Swallowing assessment

Swallowing difficulties should be assessed and regularly reviewed by a speech pathologist. The goal of managing swallowing difficulties is to reduce the risk of choking and aspiration and help maintain optimal levels of nutrition and hydration. Speech pathologists work with dietitians to provide advice concerning food and fluid consistency, modification of diet and the option of percutaneous endoscopic gastrostomy (PEG).

Miller and others 2009a

 Videofluoroscopic evaluation of the swallowing mechanism may identify food textures that can be handled successfully. However, it is not a required test to establish the presence or absence of dysphagia.