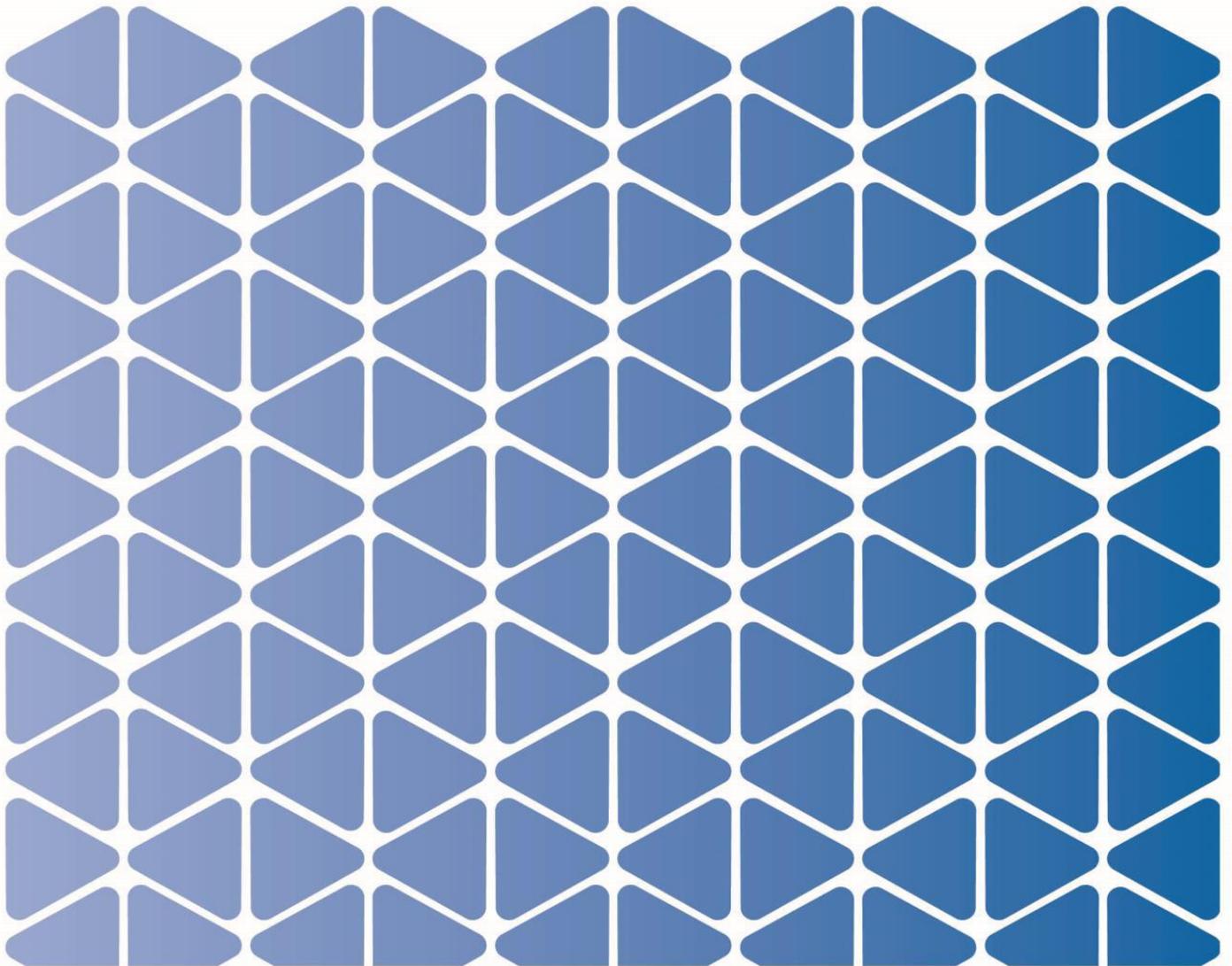




PATIENT INFORMATION

SWALLOWING STRATEGIES



These exercises/ strategies (depending on the leaflet) should be conducted as per the advice of your speech and language therapist (SLT). Please consult your SLT, should you have any queries.

CHIN LIFT

Why do I need to do it?

- If you have difficulty getting food/liquid from the front to the back of your mouth.

How do I do it?

- Put food/liquid in your mouth and **tilt your head back** like you are looking up.

CHIN TUCK WITH HEAD TURN

Why do I need to do it?

- If you are at risk of food/liquid “going the wrong way”.

How do I do it?

- Put food/liquid into your mouth.
- Bring chin down to chest while simultaneously turning your head to the weaker side.

CHIN TUCK

Why do I need to do it?

- If there is a delay in triggering your swallow.
- If the movement of the base of the tongue to the back of your throat is reduced.
- If you are at risk of food/liquid “going the wrong way”.

How do I do it?

- Put food/liquid into your mouth.
- When you are ready to swallow bring your **chin down** to your chest and swallow.

HEAD TILT

Why do I need to do it?

- If you have weakness of one side of your mouth for example lips or tongue.
- If you have weakness of one side of your throat.

How do I do it?

- Put food/Liquid into your mouth.
- When you are ready to swallow **tilt your head like you are trying to touch your ear to your shoulder.**

HEAD TURN

Why do I need to do it?

- If you have weakness of one side of your throat.
- If you have weakness of one side of your voice box.
- If you have weakness of the part of the swallow which relaxes to help food enter the stomach.

How do I do it?

- Put food/liquid into your mouth.
- When you are ready to swallow **turn your head to the side advised by your swallow therapist** as though you are looking over your shoulder.

SUPER-SUPRAGLOTTIC SWALLOW

Why do I need to do it?

- If you are at risk of food/liquid “going the wrong way”.

How do I do it?

- Take a breath and hold it tightly while bearing down.
- Continue to hold your breath and bear down as you swallow.
- Immediately after you swallow (before you inhale), cough then immediately swallow hard again (before you inhale).

SUPRAGLOTTIC SWALLOW

Why do I need to do it?

- If you are at risk of food/liquid “going the wrong way”.

How do I do it?

- Take a sip and hold it at the front of your mouth.
- Inhale deeply first then hold your breath tightly in your throat.
- Continue to hold your breath and swallow once and swallow twice.
- Immediately after you swallow the second time (before you inhale), cough then immediately swallow again (before you inhale).

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.