

Aspiration Prevention & the Oral Systemic Connection to Well-being

Linda Austin, BS, RDH
Hospital & Community Dental Services

Stephanie Guieb, RN, MSN, CDDN
Clinical & Eligibility Determination Staff

Hawaii Department of Health | Developmental Disabilities Division
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**HANDOUTS FROM DDD'S 1ST TUESDAYS
TRAINING SERIES
TUESDAY, MARCH 1, 2022 | 11 AM TO 12 PM**

First
Tuesday

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**DDD TRAINING SERIES
FIRST TUESDAY OF
EVERY MONTH**



DYSPHAGIA SCREENING TOOL

(As adapted from Francescato, et al, 2011)

1. Does the individual ever choke or cough when eating solid foods or swallowing liquids?
 Yes No
2. Does the individual enjoy eating less than they used to?
 Yes No
3. Has the individual lost weight?
 Yes No
4. Does the individual drool or have difficulty managing secretions?
 Yes No
5. Does the individual have difficulty swallowing certain foods?
 Yes No
6. Does the individual ever act like they have food stuck in their throat?
 Yes No
7. Does the individual ever complain about food going down the wrong pipe?
 Yes No
8. Does the individual's voice sound weak, wet or "gurgly" after they eat?
 Yes No
9. Does the individual have a history of repeated respiratory illness or pneumonia?
 Yes No
10. Does the individual ever have trouble swallowing medications?
 Yes No

If **any** questions are answered "YES". Refer to the PCP for further evaluation

STRUCTURING YOUR ENVIRONMENT FOR SUCCESS

Frequent or unexpected changes in routine

- Make mouth care a routine; allow 10 minutes for mouth care
- Explain changes that are coming

Wrong time of day

- Try different times to find the best time for each person
- Everyone should be alert and not hurried

Boredom

- What do they like to do? Music? Dance? Make tooth brushing pleasant or interesting. Use a musical timer – 2 minutes

Unpleasant Associations

- Be aware of your tone of voice and body language, move calmly
- Use eye contact and a calm but firm voice
- Verbal anesthesia: *WIGGLE WIGGLE JIGGLE JIGGLE*
- Find the comfort zone; create a pleasant & non-threatening environment
- Let them sit in their favorite chair

Distractions

- Choose a quiet, private area free of distractions
- Put away all cell phones and clear the surrounding area
- Focus on the activity, not the phone. Use their name frequently

Nagging (by caregiver)

- Encourage more, nag less
- Use a calm but firm voice
- POSITIVE 1st, then negative

Ignoring a Person's Needs or Interests

- Do mouth care BEFORE their favorite activity
- Schedule mouth care at a time when it will not interrupt other activities

Interruptions

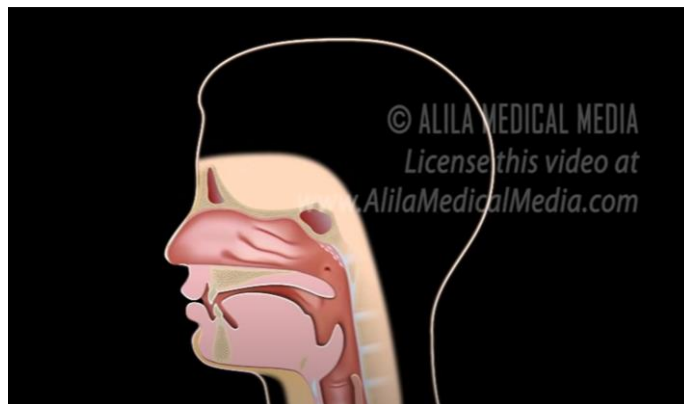
- Don't multi-task. Focus for 10 minutes of brush and relaxation

Videos to Watch

First
Tuesday

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DDD TRAINING SERIES
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Swallowing -

<https://www.youtube.com/watch?v=YQm5RCz9Pxc>



Caregiver Oral Hygiene Basics –

<https://www.youtube.com/watch?v=ff399OKyQmk>

