

Speech and Language Therapists swallow assessments

Speech and Language Therapists swallow assessments - Option 1

Required:

Nutilis x 1 tin
Shaker x 1
Spoon x 1
Fork x 1
Water 160ml
Cordial/squash* approx 40ml

Procedure:

1. Pour approximately 40 ml cordial in to the shaker, add the water up to a volume of 200 ml
2. Add 1.5 scoop of Nutilis powder
3. Screw on the lid and shake vigorously for 20 seconds
4. Shake gently for 1-2 minutes
5. Unscrew the lid and mix with a fork
6. Judge the consistency and give some thickened drink to the patient on a spoon
7. Add 0.5 scoops of Nutilis powder to the liquid in the shaker
8. Screw on the lid and shake vigorously for 20 seconds
9. Unscrew the lid and mix with a fork
10. Judge the consistency and give some thickened drink to the patient on a spoon
11. Repeat steps 7 to 10 adding a maximum of 1 scoop of Nutilis at a time.

** For best results please use cordial/squash.*

Speech and Language Therapists swallow assessments - Option 2

Required:

Nutilis x 1 tin
Shaker x 1
100ml measurement cups x 2
Drinking cups x 3 (approx 70ml)
Water 280 ml

Procedure:

1. Pour approximately 160ml water in to the shaker
2. Add 4 scoops of Nutilis powder
3. Screw on the lid and shake vigorously for 10-20 seconds
4. Shake gently for 10-20 seconds
5. Unscrew the lid and pour 50 ml of the stage 3 (pudding) consistency thickened drink in to a drinking cup
6. Add 40 ml water to the thickened drink in the shaker
7. Screw on the lid and shake vigorously for 20 seconds
8. Unscrew the lid and pour 50 ml of the stage 2 (custard) consistency thickened drink in to a drinking cup
9. Add 80 ml water to the thickened drink in the shaker
10. Screw on the lid and shake vigorously for 20 seconds
11. Unscrew the lid and pour 50 ml of the stage 1 (syrup) consistency thickened drink in to a drinking cup
12. The patient can immediately sample the stage 1 (syrup) consistency thickened drink
13. After a few minutes the stage 2 (custard) and stage 3 (pudding) consistency thickened drinks may be sampled.