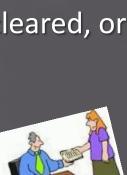
SECTION #9

DEVELOPING PLANS FOR PREVENTION AND TRAINING

DEVELOP AN ASPIRATION/CHOKING FLOW SHEET TO TRACK THE PERSON'S ACTIONS

- What happened and What caused the problem? (coughed or choked during dinner; on hot dog, candy)
- When did it happen? (5 pm)
- Where did it happen? (in dining room)
- Is the person on a <u>special diet</u>? (If yes, what is it?)
- Why is the person on a special diet? (history)
- How was it resolved? (spontaneously coughed and cleared, or what assistance was required)
- > Tell all caregivers the situation (all need to know)

<u>REPORT FINDINGS</u> TO SUPERVISOR AND ASK ABOUT A <u>SWALLOWING ASSESSMENT</u>



THESE INDIVIDUALS CAN HELP WITH SWALLOWING ASSESSMENT & PLAN

- Nurse (consultant regarding health status, assist with triage to appropriate resources)
- Primary Health Care Provider/Physician (assess health status and refer to therapists)
- Speech Therapist (swallowing assessment, recommendations and follow up therapy)
- Dietician (nutritional consult, recommendations, follow up)
- Occupational or Physical Therapist (possible assistive devices, therapies)
- Client's Service Coordinator (who may coordinate therapies, monitor, etc.)

ONCE AN ASPIRATION PROBLEM IS IDENTIFIED





Include details in IISP, ISP, plan of care





<u>Review and update</u> continually

TRAIN TRAIN TRAIN TRAIN TRAIN TRAIN BE PROACTIVE! BE PREPARED!

"Pre-think" what to do in various emergency situations, practice, role play

Know who to contact: emergency services, supervisor, provider, where to find telephone numbers, and what to report

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Know + Call 911

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Know CPR & Heimlich



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OUTCOMES OF ASPIRATION PREVENTION INCLUDE

- Fewer pneumonias
- Decreased emergency room visits
- Less deaths
- Fewer feeding tubes
- Increased nutritional status of clients
- Improved quality of life

PREVENTING **ASPIRATION** or **ASPIRATION PNEUMONIA IS WELL WORTH THE** EFFORT



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