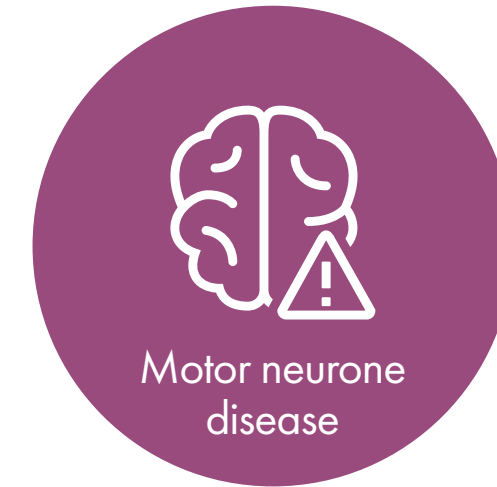


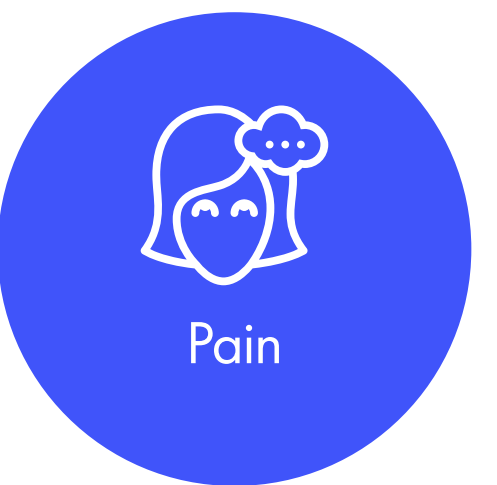
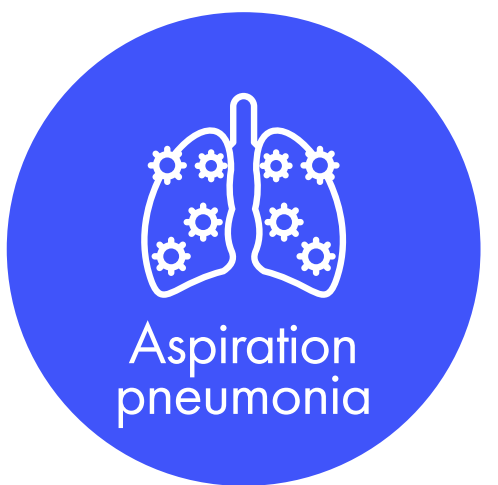
Care Quality Commission (CQC) Guidance for Dysphagia Patients

What is dysphagia?

Dysphagia refers to difficulty with swallowing that can occur as a result of several conditions such as¹:



Without proper management dysphagia patients can struggle to eat and drink safely and efficiently, resulting in multiple complications some of which include¹:



These difficulties can occur at different stages of the swallowing process¹.

1

Oral stage of swallowing
(in the mouth)

2

Pharyngeal stage of swallowing
(in the throat)

3

Oesophageal stage of swallowing (in
the tube leading to the stomach)

Swallowing issues may occur at any of these stages or in combination.

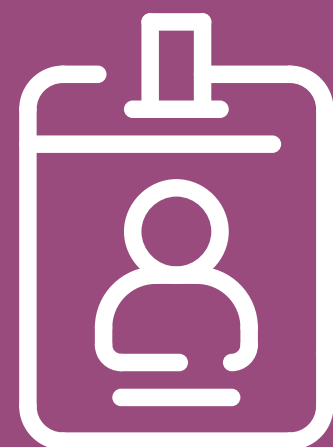
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Strategies to manage dysphagia patients may vary and will be based on individual needs. To keep patients safe, it is important that the right questions are being asked. Recent CQC guidelines provide this support through guidance around key considerations.



Considerations for providers¹

- 1) Have all dysphagia patients had an appropriate assessment?
 - 2) Has a medicines review been carried out to make sure that medicines are necessary and can be taken safely?
 - 3) Do you have guidance and care plans on how to administer oral medicines safely and effectively for people have swallowing difficulties e.g. crushing a tablet?
- Care plans should include current consistency recommendations and directions and risk assessment



Considerations for staff¹

- 1) Are staff including kitchen staff trained on the use of thickeners, and on any food modifications required by individuals?
- 2) Where is the use of thickeners recorded? How is it monitored?
- 3) If individuals are using thickener, are hydration levels monitored?
- 4) Do staff know how to spot warning signs of dysphagia and its complications?