

Swallow Resource Pack

Glossary of Terms

ASPIRATION/ ASPIRATING

The medical term for a person accidentally inhaling an object or fluid into their windpipe and lungs. This can lead to coughing, difficulty breathing, discomfort, and sometimes choking.

ASPIRATION PNEUMONIA

A lung infection that develops after you aspirate (inhale) food, liquid (including saliva), or vomit into your lungs. If you are not able to cough up the aspirated material, bacteria can grow in the lungs and cause an infection.

CARRIER FOR MEDICATION

A smooth, semi- solid foodstuff or thickened fluid used to assist swallow of medication. Please note: food must be checked for drug-food interaction.

CONTRAST SENSITIVITY

Detecting gradients of colour is reduced in people with Alzheimer's Disease. They will have trouble picking out objects that are surrounded by similar colors. For example, a person may have difficulty seeing tomato soup in a red bowl or finding the toilet in a bathroom where the floor, walls and toilet are all white.

DELAYED SWALLOW

When the mouthful rolls over the base of tongue before the swallowing reflex triggers.

DENTITION

The arrangement or condition of the teeth in a particular individual.

DIETARY MODIFICATION

Change in the type and consistency of food to make it safer for a person with swallowing difficulties to swallow.

DOWNGRADE

1. Trial lower IDDSI Level diet, e.g. change from normal diet to Level 6, Level 6 to Level 5, Level 5 to Level 4 or Level 4 to Level 3. Occasionally a person's diet may need to change by more than one Level, e.g. Level 6 to Level 4.
2. Trial higher IDDSI Level fluid, e.g. change from normal fluids to Level 2. A person's fluids may need to change by more than one Level, e.g. Level 1 to Level 3.

DYSPHAGIA

Difficulty with chewing and swallowing food, drink, medication and/or saliva.

<https://www.nhs.uk/conditions/swallowing-problems-dysphagia/>

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DYSPHAGIA CAUSES

There are a large number of disorders that cause swallowing problems. Among the more common are neurological or neuromuscular disorders that cause weakness of the pharynx, benign or malignant strictures, oesophageal motor disorders including achalasia (in which the lower esophageal sphincter does not relax) and oesophageal spasm (in which oesophageal contractions become uncoordinated). Treatment depends on the type of disorder and its underlying cause.

FORTIFICATION OF FOOD AND DRINKS

Fortified foods and drinks are those that have vitamins and nutrients added to them. These foods are meant to improve nutrition and add health benefits. This is often appropriate for people who cannot take enough food and drink due to swallowing difficulties.

GURGLY VOICE

A wet sound in the voice which may be a sign of aspiration.

HAND-OVER-HAND FEEDING

The hand-over-hand method is used to help the resident help themselves when eating and drinking, keeping them involved in their mealtime and keeping the swallow as natural as possible. The helper places their hand under or over the resident's hand, and gently supports them moving the cup/ glass/ utensil to their mouth. Use of this technique depends on the individual's abilities and amount of assistance required.

HEMIANOPIA

Partial blindness or a loss of sight in half of your visual field. The main symptom of hemianopia is losing half of the visual field in one or both eyes.

IDDSI

The International Dysphagia Diet Standardisation Initiative framework provides a common terminology to describe food and fluid textures/ consistencies. See <https://iddsi.org/>

INSTRUMENTAL ASSESSMENT

SLT may refer the resident for Barium Video swallow/ Videofluoroscopy (a moving x-ray) or alternatively a Fiberoptic Endoscopic Evaluation of Swallowing (FEES), which involves passing a small camera through the nose.

OESOPHAGEAL DYSMOTILY

Irregular, unsynchronized or absent contractions in the oesophagus.

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OESOPHAGUS

The tube from the mouth to the stomach.

PHARYNX

The part of the throat behind the mouth and nasal cavity.

RECURRENT CHEST INFECTION

Multiple chest infections. May be due to dysphagia and aspiration.

REFLUX

Reflux is a condition in which the stomach contents including gastric acid leak backwards from the stomach into the oesophagus (the tube from the mouth to the stomach).

THICKENED FLUIDS

Thickened fluids are specifically for people who have swallowing difficulty. They are made by adding a prescribed thickening powder to drinks so that drinks do not flow so quickly.

UPGRADE:

1. Trial higher IDDSI Level diet, e.g. change from Level 5 to Level 6. Occasionally a person's diet may need to change by more than one Level, e.g. Level 4 to Level 6.
2. Trial lower IDDSI Level fluid, e.g. change from Level 2 to normal fluids. A person's fluids may need to change by more than one Level, e.g. Level 3 to Level 1.