

**CLINICAL BEDSIDE EXAMINATION
OF SWALLOWING INSTRUCTIONS:
CHART REVIEW AND
ORAL MECHANISM EXAMINATION**

Published by Harmony Road Design LLC.

Copyright © 2020 Chung Hwa Brewer. All rights reserved.

No portion of this PDF may be reproduced in any form without permission from the publisher, except as permitted by U.S. copyright law.

For permissions, contact: harmonyroaddesign@gmail.com.

DISCLAIMER

The information contained in this document is not medical advice and should not be used in place of the care of a Speech-Language Pathologist who specializes in swallowing and swallowing disorders, medical doctor, or other qualified healthcare professional. The advice and strategies found within this document may not be suitable for every situation. This work is available with the understanding that neither the authors nor Harmony Road Design LLC are held responsible for the results from the advice in this document.

Instructions

Review these instructions before completing the Clinical Bedside Swallowing Evaluation. Consider printing these instructions to refer to while completing the evaluation.

REVIEW MEDICAL CHART.

- Reason for hospitalization, recent diagnoses, prior diagnoses related to speech therapy (CVA, Parkinson's, TBI, head and neck cancer, etc.)
- Surgeries performed during inpatient stay, surgeries that may affect chewing or swallowing (tumor resection, heart surgery, carotid endarterectomy, etc.)

CURRENT DIET.

- Diet textures: regular, mechanical soft, dysphagia mechanical, puree, NPO
- Liquid consistencies: thin, nectar, honey, NPO
- Note if current diet is different from Previous Level of Functioning (PLOF) diet

ORAL MECHANISM EXAMINATION.

- Ensure that the patient completed oral care.
- Sanitize your hands and put on gloves.
- During rapport-building, observe the following:
 - Level of alertness.
 - Behavior.
 - Orientation.
 - Vocal quality.
 - Breath support.
 - Resonance.
 - Articulation.
 - Secretion management.
 - Need for glasses, hearing aids, etc.
- Observe mouth and mandible symmetry at rest.

- *"Open your mouth."*
 - Observe lips and cheeks symmetry while opening and remaining open.
 - Observe velum symmetry.
 - Observe dentition. Note presence of dentures, partials, missing teeth. Also note oral cleanliness.
 - Observe oral mucosa. Note discoloration.
- *"Say AH. Say AH AH AH AH AH."*
 - Note velar symmetry and range of motion.
- *"Close your mouth."*
 - Observe lips and cheeks symmetry while closing.
- *"I'm going to place my hand under your chin and apply pressure. Open as wide as you can."*
 - Observe mandibular strength and range of motion.
- Remove your hand.
- *"I'm going to gently touch your tongue and the inside of your cheeks. Raise your hand when you feel the touch."*
 - Observe tongue and inner cheek sensitivity.
 - Induce gag reflex.
- *"Jut out your chin, like you have an underbite. Keep your neck relaxed."*
 - Observe mandibular range of motion.
- *"Now slide your jaw back. Keep your neck and lips relaxed."*
 - Observe mandibular range of motion.
- *"Pucker your lips like you're about to whistle. Push your lips out as far as they can go. Keep your neck relaxed."*
 - Observe labial range of motion and symmetry.
- *"Now push against my fingers as hard as you can. Keep your neck relaxed."*
 - Observe labial strength.
- *"Smile wide. Keep your neck and eyes relaxed."*
 - Observe labial range of motion and symmetry.
- *"Pucker and smile as big as you can back and forth."*
 - Observe labial symmetry, range of motion, and coordination.
- *"Puff out your cheeks, like you're a blowfish."*
 - Observe buccal range of motion and symmetry.
- *"Keep your cheeks puffed out while I press on them."*
 - Observe buccal strength.
- *"I'm going to gently touch your cheeks. Close your eyes, and point to where you feel the touch."*
 - Observe buccal sensitivity.
- *"Lick all around your lips."*
 - Observe lingual range of motion, symmetry, and coordination.
- *"Lick all around your teeth."*
 - Observe lingual range of motion, symmetry, and coordination.

- *"Stick your tongue straight out."*
 - Observe lingual symmetry.
 - Note any thrush or fasciculations.
- *"Stick your tongue out as far as it can go. Point it to the left. And the right."*
 - Observe lingual symmetry and range of motion.
- *"Stick your tongue inside your cheek. Press your tongue against my finger. Other side."*
 - Observe lingual symmetry and strength.
- *"Stick your tongue straight out and push against my finger."*
 - Observe strength.
- Remove soiled gloves.
- *"Say puh puh puh as clearly and quickly as you can. I'll stop you after 10 seconds."*
 - Complete 3 trials.
- *"Say tuh tuh tuh as clearly and quickly as you can. I'll stop you after 10 seconds."*
 - Complete 3 trials.
- *"Say kuh kuh kuh as clearly and quickly as you can. I'll stop you after 10 seconds."*
 - Complete 3 trials.
- *"Say puh tuh kuh puh tuh kuh tpuh tuh kuh as clearly and quickly as you can. I'll stop you after 10 seconds."*
 - Complete 3 trials.
- *"Cover your mouth with the crook of your arm and cough. Cough as hard as you can."*
 - Observe strength.
- *"Close your mouth and clear your throat."*
 - Observe strength.
- *"Say AH for as long as you can. Do what I do."*
 - Complete 3 trials.