

Name: _____
ID #: _____

VIII. Aspiration Pneumonia Risk Assessment (Optional)

Rationale:

Swallowing studies reveal that individuals are most at risk for aspiration pneumonia because of:
 a. small pockets in the throat where food can be lodged, later regurgitated and aspirated.
 b. partial throat muscle paralysis that interrupts the swallowing process causing choking/aspiration
 To identify persons at risk for aspiration pneumonia.
 This numerical system assigns a total of (5) points to the most serious problems (4) points to less serious problems, and (1) point to other possible choking factors.

Assessment Goal:

Scoring Factors:

Instructions:

1. Assess while the participant eats.
2. If finding is present enter the number found in column labeled Scoring Factor to the appropriate dated columns, if it is absent enter 0.
3. Total the column of points.
4. With any Code of 5 points or more it is recommended that a referral be made to the primary healthcare provider for a swallowing evaluation. If no referral is made, please comment in progress note.
5. Document under comments details related to your intervention.

Scoring Factor	Date	Comments
5		Choking
5		Coughing while eating
5		Frequent cleaning of throat
5		Regurgitation of undigested food
5		Nasal Regurgitation
4		Difficulty in swallowing
4		Chewing problems
4		Holding food/drink in mouth-
4		Requires cueing to swallow
4		Reduced alertness
1		Excessive time to eat
1		Very large bites
1		Eats very fast
1		Talks with food in mouth
Total Points		
		Initials

Tool designed by Nursing, Dietary and Speech Pathology representatives of Sinai Hospital, Leivindale and Pikesville Adult Day Care