

Four hour session for Dysphagia client

I will assess the Nutritional status of the client initially to determine their risk level. The nutritional risk level will determine how much time will be needed to implement the program. The goal is to stabilize the nutritional risk factors associated with clients who have dysphagia. The following factors are typical in Dysphagia clients:

Weight loss

Loss of appetite.

Difficulty chewing

Difficulty swallowing

After the client has been assessed by the Speech Therapist, and the level of Dysphagia is determined, the program to stabilize the weight and prepare the foods that meet the level of swallow/or chewing difficulty diagnosed by the Speech therapist can be started.

These are just the first steps that will be taken to start the meal plan that will slow or prevent the swallowing or chewing difficulty:

1. Assess what foods the clients want to eat and what foods are not allowed by the Dysphagia plan from the Speech Therapist.
2. Select foods from the client's choices and enhance them to provide the additional calories and protein needed to provide good nutrients and prevent weight loss.
3. Assess tolerance of the food choices made, and improve or modify what is accepted.
4. Provide information on fortified foods, and a detailed description of how to modify the texture and liquids to meet the prescribed Dysphagia plan prepared by the Speech Therapist.
5. Provide recipes and supplements that will help sustain the optimal nutritional needs to maintain the goals met.