

Module 5: Swallowing, Nutrition and Oral Care

QUIZ

- You may use your binder as a reference to answer these questions
- Submit your completed quiz to the Nurse Clinician or designate for marking
- Your test will be returned to you to keep in your binder

Name: _____ Date: _____

1. Dysphagia is the:
 - a. loss or impaired ability to chew and/or swallow
 - b. inability to comprehend spoken language
 - c. loss of expressive oral ability
 - d. motor planning impairment about the mouth

2. Complications associated with dysphagia may include:
 - a. malnutrition and dehydration
 - b. reduced quality of life
 - c. aspiration pneumonia and airway obstruction
 - d. a and c
 - e. all of the above

3. During a normal swallow, the food is chewed and mixed to form a bolus during the:
- a. pharyngeal phase
 - b. esophageal phase
 - c. oral phase
 - d. peristalsis phase

4. During a normal swallow, the pharyngeal phase is:
- a. voluntary
 - b. involuntary/reflexive
 - c. a physiological response to aspiration
 - d. often accompanied by coughing

5. List five common signs that your stroke patient is having difficulty swallowing: (5 points)

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____

6. Briefly explain silent aspiration:

7. List three signs of dehydration: (3 points)

- i. _____
- ii. _____
- iii. _____

8. Most stroke patients do not consume their estimated nutritional requirements because of:

- a. dysphagia
- b. fatigue
- c. depression
- d. aphasia
- e. inability to self-feed
- f. all of the above

9. List five examples of low-risk feeding techniques: (5 points)

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____

10. Proper oral care must include:

- a. teeth
- b. sulci (spaces between the cheeks and gums)
- c. entire mucosa
- d. tongue
- e. all of the above

SCORE: _____ / 20

Nurse Clinician/Designate signature: _____