

MODULE 6: SWALLOWING, NUTRITION AND ORAL CARE

Name: _____ Date: _____

1. What percentage of acute stroke patients have some degree of dysphagia within 72 hours after a stroke?
 - a. Approximately 25%
 - b. Approximately 50%
 - c. Approximately 60%
 - d. Approximately 80%
2. Acute stroke patients are to remain NPO until swallowing ability has been determined. These patients:
 1. May have ice chips
 2. May have *po* meds with sips of water
 3. May have nothing by mouth
 4. Require regular mouth care

Choose Answer:

- a. 1 and 2
- b. 1, 2 and 3
- c. 3 and 4
- d. 2 and 4

Quiz

- You may use the resource as a reference to answer these questions.
- Submit your completed quiz to the Nurse Clinician or designate for marking.

3. *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
4. Complications associated with dysphagia may include:
 - a. Malnutrition and dehydration
 - b. Reduced quality of life
 - c. Aspiration pneumonia and airway obstruction
 - d. All of the above
5. 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
6. During a *normal swallow*, the pharyngeal phase is
 - a. Voluntary
 - b. Involuntary/reflexive
 - c. A physiological response to aspiration
 - d. Often accompanied by coughing
7. List 5 common signs that your stroke patient is having difficulty swallowing. (5 points)

1. _____
2. _____
3. _____
4. _____
5. _____

8. Briefly explain *Silent Aspiration*. (1 point)

9. What *may not* occur when a patient aspirates silently?
(1 point)

10. Proper oral care MUST INCLUDE:

- a. Entire mucosa
- b. Sulci (spaces between the cheeks and gums)
- c. Teeth and tongue
- d. All of the above

TRUE/FALSE Questions

(CIRCLE the correct letter)

- T** **F** 1. Thickened fluids are one way to prevent dehydration when dysphagia is present in a stroke survivor.
- T** **F** 2. Feeding a patient while they are lying down is okay as long as they are comfortable.
- T** **F** 3. All stroke survivors should be screened for dysphagia as soon as they are awake and alert and before ANY oral intake is allowed.
- T** **F** 4. Presence of a gag reflex does not protect against aspiration.

SCORE: _____ / **18**

Stroke Unit/Medical Unit Nurse Clinician/Designate

SIGNATURE