

## MODULE 5: SWALLOWING, NUTRITION AND ORAL CARE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. What estimates range of acute stroke patients have some degree of dysphagia?
  - a. Approximately 5-25%
  - b. Approximately 25-52%
  - c. Approximately 29-67%
  - d. Approximately 80-90%
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. May have thickened fluids until further assessed by the Speech-Language Pathologist.

**Choose Answer:**

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

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

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10. Proper oral care MUST INCLUDE:

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

## TRUE/FALSE Questions

(CIRCLE the correct letter)

- T    F    1.    Patients on thickened fluids are at increased risk  
the risk for dehydration.
- 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

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SIGNATURE