



# Swallowing Difficulties Observational Checklist

This checklist can be used to help you identify adults with swallowing difficulties or someone whose pre-existing swallowing difficulty may have changed.

OBSERVATIONS	YES	NO	COMMENTS
Coughing during or after meals or drinks			
Choking during or after meals or drinks			
Recurrent or regular chest infections – not accompanied by symptoms of the cold			
Change in voice quality during or after eating and drinking – e.g. “gurgly” or wet voice when speaking			
Change in breathing when eating and drinking e.g. wheezy, shortness of breath or gasping for air			
Change of colour in the face when eating or drinking			
Pieces of food found inside of the person’s mouth after eating			
High risk behaviours when eating and drinking – e.g. cramming food in the mouth, not chewing food, holding food in the mouth, eating or drinking very quickly			

If you notice any of these signs, please speak to a healthcare professional e.g.

- Nursing staff
- Speech & Language Therapist
- Medical staff
- Dietitian