

North and South Tees Pathway for Referring Care Home Residents presenting with Swallowing Problems.

WHICH OF THE FOLLOWING PROBLEMS IS YOUR RESIDENT PRESENTING WITH?

- Resident has swallowing problem **and a learning disability.**
- Resident has a swallowing problem **and a mental health condition (is 65 or over and also has a CPN or Mental Health Consultant).**
- Resident has a **voice problem (e.g. hoarseness, loss of voice).**
- Resident has had a **routine care review** and swallow review requested.
- Resident was advised to have a certain diet or fluids by SALT but is **already having a more difficult texture or thinner fluids and therefore a review is requested.**
- Resident has **suspected thrush or other infection** causing difficulties with swallowing.
- Resident has **problems swallowing tablets** but no other swallowing difficulties.
- Resident has **poorly fitting dentures or poor dentition** causing difficulties with eating.

- Resident has **dementia** and is: **refusing/spitting out diet, holding diet/fluids in mouth, chewing for a long time, needing prompts to swallow, spitting out lumps/bits in their food.**
- Resident has **end stage dementia** and is **no longer able to swallow / not managing maximally modified textures of puree diet and thickened Stage 3 fluids/IDDSI Level 4.**
- Resident is considered to be entering **last days of life and has decreased intake / not swallowing as well.**
- Resident has been seen by SALT but is **refusing to follow advice**

- Resident is having swallowing problems **associated with a neurological diagnosis or existing neuro-muscular condition**
- Resident is experiencing **frequent coughing, choking or throat clearing specifically when eating and drinking.**
- Resident is having **recurrent chest infections or pneumonia** and aspiration is suspected as the **cause.**
- Resident has **weight loss** connected to the above.
- Resident has **previously been seen by SALT** but **condition has improved** and **assessment needed for upgrade** to food or fluids.

This resident is **INAPPROPRIATE** for the ADULT SPEECH & LANGUAGE THERAPY SERVICE – **Please see CARE HOME REFERRAL GUIDELINES** for advice on management of these patients. These can be found on our website www.southtees.nhs.uk

This resident needs **ACTION TAKING BY YOU BEFORE YOU CONSIDER REFERRAL** to ADULT SPEECH & LANGUAGE THERAPY. Please turn over for GUIDANCE ON ACTIONS YOU NEED TO TAKE OR CONSIDER. Copies of these guidelines can be found on our website www.southtees.nhs.uk under Speech & Language Therapy – Adults

This resident is **APPROPRIATE** for the ADULT SPEECH & LANGUAGE THERAPY SERVICE. Please complete a referral form giving as much detail about the resident's difficulty as you can. Email the completed referral form to ste-tr.salt@nhs.net

Incomplete referral forms will be returned. Referral forms can be found on our website www.southtees.nhs.uk

Guidance for staff where action needs to be taken before considering referral to Speech & Language Therapy

PROBLEM	ACTION
<p>Residents with dementia who are: refusing/spitting out diet, holding diet/fluids in mouth, chewing for a long time and need prompts to swallow, spitting out lumps/bits in their food.</p>	<p>See <i>'Managing Eating, Drinking & Swallowing in People with Dementia'</i> sheet in Nutrition & Swallowing Resource Folder and can be found on our website www.southtees.nhs.uk</p> <p>See <i>'Holding food or prolonged chewing in Dementia'</i> which can be found on our website www.southtees.nhs.uk</p> <p>SALT can only give advice about strategies, please contact SALT on 01642 854497 to arrange discussion with a Speech Therapist.</p>
<p>Residents with end stage dementia who are: no longer able to swallow anything safely or are not managing previously advised maximally modified textures of puree diet and stage 3 fluids.</p>	<p>Check whether resident has an Advance Care Plan or Stratified Treatment Escalation Plan (STEP) that covers guidance around feeding. Contact Community Specialist Palliative Care Team on 01287 639100 for Advance Care Plan</p> <p>Consult GP regarding longer term/ palliation plan.</p> <p>Consider arranging a discussion with SALT on 01642 854497 for advice.</p>
<p>Residents considered to be entering last days of life who have decreased intake and are not swallowing as well.</p>	<p>This may be occurring as part of the natural dying process. Support intake as tolerated during wakeful periods and ensure regular mouthcare / sips fluids as able.</p> <p>Consult GP / Community Specialist Palliative Care Team on 01287 639100 for advice if needed.</p>
<p>Refusing to follow advice – Residents who refuse to follow SALT swallowing recommendations and have capacity to make their own choices regarding this.</p> <p>For residents where a concern about capacity to make this decision has been raised, a mental capacity assessment should be carried out, with a best interests decision made if indicated.</p>	<p>Ensure that the reasons for the swallowing recommendations and the risks of not following them have been explained to the resident. Document any discussions and decisions in the appropriate place within your own setting. Please contact SALT on 01642 854497 if you wish to discuss the resident or for further information on explaining reasons for advice and risks associated with not following recommendations or where they have a communication difficulty e.g. aphasia.</p> <p>SALT should be consulted as part of the best interests process regarding decisions about swallowing. Tel 01642 854497.</p>

If you have any queries please contact the Adult Speech & Language Therapy Department on 01642 854497