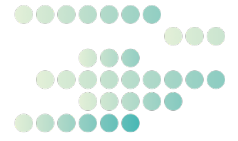


PRESSURE ULCER/INJURY RECURRENCE

FACT SHEET 10 DYSPHAGIA MEALTIME SECURITY TIPS (FOR PATIENTS AND PROFESSIONALS)



Dysphagia mealtime security tips

Care to be taken during mealtime:

- Sit the patient at 90°, with their feet flat on the floor (use a support if necessary to keep the head and neck aligned).
- Ensure the meal is within the patient's reach and that the utensils used are appropriate for handling.
- Provide assistance during the meal only if necessary.
- Ensure one portion is placed in the mouth at a time.
- Maintain a calm environment.
- Ensure the meal provided is at the correct temperature.
- Do not mix different textures in the mouth at the same time.
- At the end of each meal, don't forget to maintain proper oral hygiene.
- Don't forget to use the thickener as taught by the healthcare team.

