

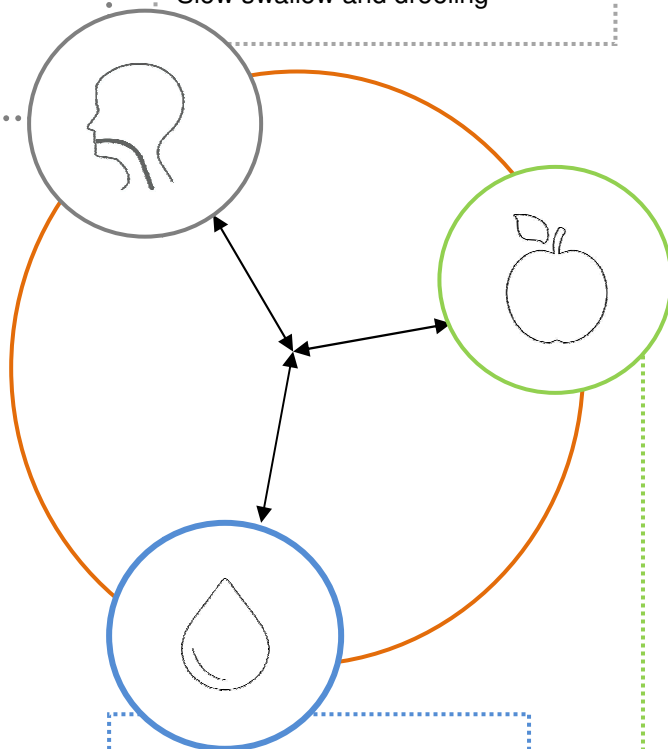
# Signs of Dysphagia, Malnutrition and Dehydration

- ! Aspiration & coughing during or after swallowing
- ! Chest infections
- ! Repeated episodes of
- ! Pneumonia

Constant feeling of a lump in the throat  
 Change in voice quality or tone  
 Tongue thrusting  
 Poor oral hygiene  
 Raised temperature  
 Weight loss

## When eating and drinking

Taking more time to eat and drink  
 Change in eating patterns  
 Tiredness when eating or drinking  
 Tongue or mouth moves slowly  
 Lots of swallowing  
 Food held in the mouth or cheeks  
 Coughing or sneezing  
 Slow swallow and drooling



**10% of 50+**  
 suffer with dysphagia in every Country

**% ↑**  
 in countries with large elderly populations

**560,000,000**  
 Global dysphagia population 2015.

Set to steadily increase due to increasingly elderly population AND because dysphagia will be looked for as its influence on the primary condition is acknowledged.

**0**

The amount of research showing the well known correlation between dysphagia, malnutrition and dehydration.

## Mildly dehydrated

Restless and irritable  
 Eyes sunken and not present  
 Mouth and tongue dry  
 Thirsty and drink eagerly  
 Pinched skin goes back slowly

## Severely dehydrated

Lethargic, floppy, unconscious  
 Eyes very sunken and not present  
 Mouth and tongue very dry  
 Drinks poorly or not able to drink  
 Pinched skin goes back very slowly

Is the person unintentionally losing weight?  
 Is the person eating/drinking less than usual  
 Have they constipation or diarrhoea  
 Are they unable to keep warm?  
 Have they lost muscle?  
 Do they complain of dizziness or are prone to falls  
 Is there difficulty recovering from an illness  
 Are they showing signs of pressure ulcers or have dry skin  
 Are they prone to recurrent infections do they complain or suffer from a sore mouth, or tongue, bleeding or swollen gums?

**1 in 10** older people\*  
 are suffering from or are at risk of  
**malnutrition**

**1 in 3** people aged 65+  
 are at risk of malnutrition  
 on admission to  
**hospital**

**37%** of people aged  
**70+** who have recently moved into care homes are at risk of  
**malnutrition**



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