



# ***Aspiration Precautions***

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**Do Not leave food/drink. Speak with nurse first.  
Follow specific swallow strategies.**


 **1:1 help needed at meals**

- Needs to be fed
- Needs help to feed self
- Needs cues/reminders

 **Feed when awake/alert**

 **Sit Up: 90° for meals/meds**

 **Stay up \_\_\_ min after meal**

 **Head of bed: 30/45° always**

 **Oral care: brush & rinse**

- Every 4 hours
- Every shift