Test of Mastication and Swallowing Solids (TOMASS)


Set-up: (person is alert and already deemed safe to be further tested/challenged with a dry cracker)
- Saltine Crackers (if you do not have a typical Saltine, then try with Carr's Table Water Crackers - available in the US, UK & Ireland. Graham crackers are NOT applicable to data below)
- Liquid in a cup (thin or modified, per individual's needs & precautions)
- Clock App on phone. Use Stopwatch with Start and Lap buttons (Tap Lap for each chew cycle).
- Clinician observes diagonally from the side, with ability to see under the chin & palpate swallowing

Instructions:
1. Sit up comfortably & safely. Use dentures if person typically eats with them in place.
2. Check mouth. Start with a small sip of liquid if mouth is dry & if this is required for safety.
3. Give 1 cracker, saying: "Eat this as quickly as is comfortably possible, AND when you have finished, say your name out loud."
4. Take a sip of water after finishing the 1st trial. If safe, give a 2nd cracker of same type.
5. Use the data from the 1st trial only. See the white, left-sided section of charts below.
6. Observe & comment on second trial differences.

Data: Cracker (circle): Saltine / Carr's Table Water Cracker
Gender: Female / Male / Non-binary
Age: 20-40 / 40-60 / 60-80 / 80+

Data Points
- Trial 1
- Trial 2
- Comments (dentition, dry mouth, impulsivity, etc)

| Number discrete bites |
| Number of masticatory cycles * (count each chew cycle by clicking "Lap") |
| Number of swallows per whole cracker |
| Total time to complete the whole cracker (when cracker passes bottom lip to name out loud) |

*A masticatory cycle is each up/down or rotary movement, which correlates with sEMG signals for maximum masseter muscle activity (closing jaw) alternating with maximal submental activity (opening). Do not count lingual sweeping to collect the bolus nor any tongue movements prior to the swallow.


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Form created by SwallowStudy.com from TOMASS by Huckabee, et al., 2018