

Aspiration Precautions

What does Aspiration mean?

Aspiration is another term for choking. It is when anything other than air (typically food or liquids) go down your airway instead of your esophagus (to your stomach).

Who does it affect?

Aspiration can happen to anyone. However, people who have had strokes, other neurological conditions, or dysphagia (trouble swallowing) are more at risk for aspiration.

Heal at Home Staff Actions/Tasks

If your patient has a history of aspiration or any of the conditions listed above, here are some things you can do to prevent aspiration.

- Cut food into small pieces
- Make sure you are following the correct diet order (Mechanical soft, thickened liquids, etc.)
- Don't rush the patient when eating, allow them time in-between bites.
- Ensure the patient is sitting up as much as they can comfortably.
- If your patient is receiving tube feedings, please keep their head elevated/ sitting up right for at least 30 minutes after their tube feeding is finished.