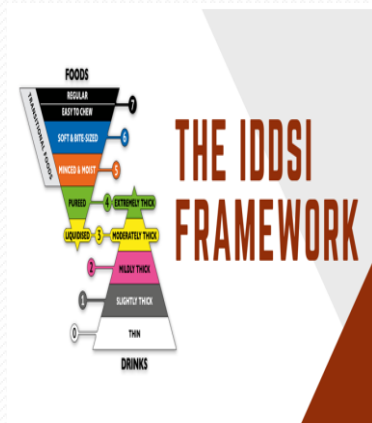


Dysphagia Northern Ireland

- *“A PHA led co production approach to improving dysphagia management outcomes”*



Hard to swallow?

Difficulties eating, drinking or swallowing can have a huge impact on your quality of life. Speak to your GP if you or your loved one ever experience:

- Coughing, gurgling or after eating and/or drinking
- Choking during or after eating and/or drinking
- Regular or current chestiness – not accompanied by any symptoms of cold
- Change in voice quality during or after eating and drinking, eg hoarse, ‘gurgly’ or ‘wet’ voice when speaking
- Swallowing takes great effort
- Changes in breathing when eating and drinking, eg silently, restily, short of breath/gasping for air
- Needing multiple swallows for each mouthful of food and/or drinks
- Food particles found inside the mouth after eating
- High risk behaviours when eating and drinking, eg cramming food in the mouth, not chewing food, holding food in the mouth, eating or drinking very quickly.

Swallow Aware

HSC Health and Social Care

Photo of an elderly man holding a glass of water, looking thoughtful.

HSC Public Health Agency

Your experience of **Swallowing Difficulties**

Have you or someone you know had problems with their swallow?

Share your story, shape our service

If you would like some help in completing the survey please contact:
028 95 362868 or email:
10000morevoices@hscni.net

10000 MORE VOICES

www.10000morevoices.hscni.net

The Context:

The Regional Choking Review Analysis (2018) identified choking as public health issue in NI.

Unprecedented increase in referrals for dysphagia and specialist assessment.

Greater recognition dysphagia is common corollary of other medical conditions and undiagnosed in vulnerable service user populations.



Dysphagia NI:

- improving awareness of dysphagia,
- trialling specialist dysphagia assessment to nursing homes using innovations in IT
- developing regional dysphagia training, tools and resources
- implementing a globalised standardised terminology to texture modified foods (IDDSI)
- Dysphagia friendly food NI guidance
- employing a co - designed approach with service users and carers.

The outcomes for dysphagic service users.

PHA led initiative provides strategic solutions to support those with dysphagia and developing the capacity of those who support their care.

