

MEALTIME OBSERVATION SPREADSHEET **✓ =no concerns X= impaired (add comment)**

		Client		Client		Client	
		Food	Drink	Food	Drink	Food	Drink
Self Feeding Abilities							
Position							
Oral Prep And Oral Phase Observations	Retrieval – mouth opening and closure, adapt to food presentation						
	Retention - lip closure to retain food or liquid without loss						
	Manipulation - ability to manipulate food with tongue						
	Chewing - ability to chew appropriate for food texture						
	Transport/Timing – ability to control in mouth and direct back in timely manner						
	Clearance/residue - ability to clear material from mouth, appropriate to food type,						
Pharyngeal Phase Indicators	Pharyngo-nasal reflux -material out of nostril, sneezing, nasal congestion						
	Laryngeal elevation – by observation or palpation, timing and excursion						
	Airway Protection - • Coughing (strength, timing) • Change in breathing pattern • Change in vocal quality						
	Signs of Clearance issues - • Repeat/multiple swallows - # • Effortful swallows • Throat clearing -#						