

SLP Screening/Evaluation Checklist: Postural changes and dysphagia

Influencing Population Health for Adults with Chronic Dysphagia Related to Postural Impairment

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Physical Symptoms	
<input type="checkbox"/> Asymmetry <input type="checkbox"/> Hemiplegia <input type="checkbox"/> Limited cervical range of motion <input type="checkbox"/> Forward Head Posture <input type="checkbox"/> Thoracic Kyphosis	<input type="checkbox"/> Shallow breathing pattern <input type="checkbox"/> Increased respiratory rate <input type="checkbox"/> Chronic open mouth posture <input type="checkbox"/> Dental malocclusion
General Symptoms	
<input type="checkbox"/> Fatigue during meals <input type="checkbox"/> Pain (e.g., headaches, painful mastication) <input type="checkbox"/> Temporomandibular Joint Dysfunction <input type="checkbox"/> Bruxism <input type="checkbox"/> Mechanically Altered Diet <input type="checkbox"/> Inability and/or difficulty performing positional compensatory strategies (e.g., head turn) <input type="checkbox"/> Weight loss <input type="checkbox"/> Poor nutrition and/or hydration status	
Oral Phase Symptoms	
<input type="checkbox"/> Weak base of tongue <input type="checkbox"/> Xerostomia <input type="checkbox"/> Anterior bolus loss <input type="checkbox"/> Chewing only on one side	<input type="checkbox"/> Biting the inside of the cheek during meals <input type="checkbox"/> Decreased a-p transit <input type="checkbox"/> Oral residue <input type="checkbox"/> Poor oral hygiene and/or tooth decay
Pharyngeal Phase Symptoms	
Identified during Clinical Dysphagia Evaluation or an instrumental exam	
<input type="checkbox"/> Vallecular residue <input type="checkbox"/> Pyriform sinus residue <input type="checkbox"/> Restricted epiglottic inversion <input type="checkbox"/> Reduced cricopharyngeal opening <input type="checkbox"/> Increased risk of or confirmed penetration/aspiration <input type="checkbox"/> Clinical symptoms of penetration/aspiration (e.g., wet vocal quality, coughing, etc.)	
Other Symptoms (possibly related to posture)	
<input type="checkbox"/> Depression <input type="checkbox"/> Digestive issues <input type="checkbox"/> Decreased wound-healing ability <input type="checkbox"/> Reduced eye contact <input type="checkbox"/> Decreased environmental scanning	