

Swallowing Awareness Day



QUICK QUIZ:

DYSPHAGIA, MOUTHCARE, AND ASPIRATION PNEUMONIA

Please read the following information and then answer the attached questions, filling in the grid with the answers. Good luck!

Aspiration pneumonia is a common type of chest infection caused by food, drink, or secretions entering the lungs through the airway. Swallowing difficulty and poor oral hygiene both play an important role in causing aspiration pneumonia.

Dysphagia (“dis-fay-juh”), or difficulty swallowing, can cause choking, aspiration, malnutrition, and aspiration pneumonia. Aspiration is when food, drink, or secretions enter the airway below the level of the vocal cords.

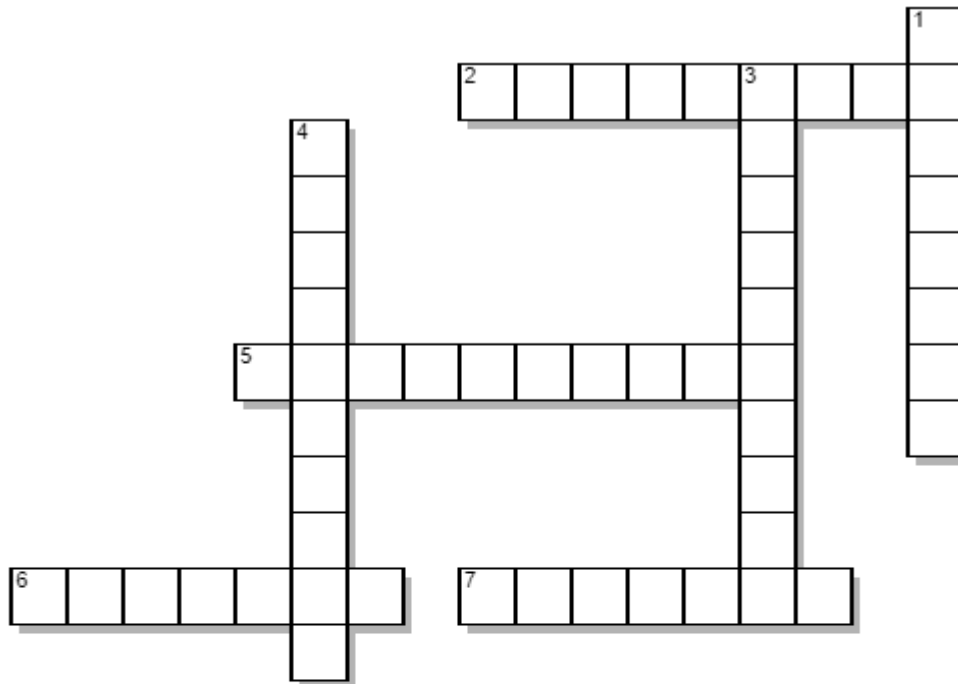
Mouth care is also important for preventing aspiration pneumonia, especially in patients with dysphagia. This is because bacteria that cause pneumonia live in the mouth and throat. These bacteria can enter the airway and lungs through the throat.

Xerostomia (dry mouth) and mouth infections increase the risk of aspiration pneumonia. Xerostomia can be caused by dehydration, medications, or swallowing difficulties.

Poor oral hygiene can impact swallowing through accumulated secretions and xerostomia. In addition, if a person is unable to swallow any food or drink, this also reduces oral hygiene and exacerbates a dry mouth.

Both mouth care and swallowing are important and interlinked factors in prevention of aspiration pneumonia.

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ACROSS

- 2 The medical term for difficulty swallowing (9)
- 5 Medication and swallowing difficulties can cause _____ (10)
- 6 Oral _____ is important for preventing aspiration pneumonia (7)
- 7 Dysphagia can cause _____, aspiration pneumonia and malnutrition (7)

DOWN

- 1 _____ can enter the lungs through the throat (9)
- 3 _____ is when substances enter the airway under the vocal chords airways (10)
- 4 Along with food and drink, _____ can cause Aspiration (10)