

# Eating, drinking and swallowing resources

## RCSLT resources

- [Addressing health inequalities: The role of the speech and language therapist](#)
- [Adult Speech and Language Therapy at Darent Valley Hospital – video](#)
- [Advancing practice](#)
- [Benefits of FEES \(National tracheostomy safety project\) – video](#)
- [Brain injury guidance](#)
- [Cleft lip and palate](#)
- [Communication & Swallowing in Mental Health – video](#)
- [Communication & Swallowing in the Community – video](#)
- [Craniofacial conditions](#)
- [Critical care](#)
- [Dementia](#)
- [Diversity, inclusion and antiracism](#)
- [Dysphagia factsheet](#)
- [Dysphagia research priorities](#)
- [Eating, Drinking and Swallowing Competency Framework 2020](#)
- [Eating, Drinking and Swallowing guidance and competency framework FAQ \(2025\)](#)
- [Eating, Drinking and Swallowing webinar \(2025\)](#)
- [Eating and drinking with acknowledged risks](#)
- [Edna’s story: the impact of speech and language therapy – video](#)
- [End of Life care](#)
- [FEES position paper](#)
- [Giving Voice: Communication & Swallowing in the Hospital – video](#)
- [Guidance on the management of dysphagia in care homes](#)
- [Head and neck cancer](#)
- [Health inequalities self-audit tool](#)
- [Infant and paediatric feeding and swallowing factsheet](#)
- [Laryngectomy Competency Framework](#)
- [Learning Disabilities](#)
- [Long COVID](#)
- [Mental Health \(adults\)](#)
- [Motor Disorders](#)

- [Mouth care guidance](#)
- [Paediatric dysphagia: workforce review and training needs analysis report](#)
- [Paediatric eating and swallowing – video](#)
- [Neonatal competency framework](#)
- [Neonatal care](#)
- [Neonatal care: feeding and non-invasive respiratory support](#)
- [Outcome measurement](#)
- [Pre-registration eating, drinking, and swallowing competencies](#)
- [Prescribing now campaign](#)
- [Professional Development Framework](#)
- [Progressive Neurological Disorders](#)
- [RCSLT Position paper: Videofluoroscopic evaluation of oropharyngeal swallowing function \(VFS\) the role of SLTs](#)
- [Speech and language therapist eating, drinking and swallowing competency framework \(2025\)](#)
- [Stroke](#)
- [Swallowing awareness day](#)
- [Swallowing difficulties in head and neck cancer factsheet](#)
- [Template for case history, oro-facial and swallowing assessment](#)
- [Thickened fluids position paper](#)
- [Towards cultural competence in dysphagia practice \(webinar\)](#)
- [Tracheostomy competency framework](#)
- [Ultrasound position statement](#)
- [Upper airway disorders within adult respiratory services](#)
- [Videofluoroscopy Greater Glasgow and Clyde Competencies Adult Level 1](#)
- [Videofluoroscopy Greater Glasgow and Clyde Competencies Adult Level 2](#)
- [Videofluoroscopy Greater Glasgow and Clyde Competencies Adult Level 3](#)
- [Videofluoroscopy Greater Glasgow and Clyde Competencies Adult Level 4](#)
- [Videofluoroscopy Competencies Paediatric](#)

## NICE guidelines

- [NICE Guideline \(2017\) Intermediate care including reablement \(NG74\)](#)
- [NICE Guideline \(2018\) on people's experience in adult social care services: improving the experience of care and support for people using adult social care services \(NG86\)](#)
- [NICE guideline CG 101: Chronic obstructive pulmonary disease in over 16s: diagnosis and management \(2010\)](#)
- [NICE guideline CG 106: Barrett's oesophagus: ablative therapy \(2010\)](#)
- [NICE guideline CG32: Nutrition support in adults: oral nutrition support, enteral tube feeding and parenteral nutrition \(2006\)](#)
- [NICE guideline NG71: Parkinson's disease in adults](#)
- [NICE guideline CG68 Stroke: Diagnosis and initial management of acute stroke and transient ischaemic attack \(TIA\) \(2008\)](#)
- [NICE guideline NG1: Gastro-oesophageal reflux disease in children and young people: diagnosis and management \(2015\)](#)
- [NICE guideline NG236 : Stroke rehabilitation in adults. \(2023\)](#)
- [NICE guideline NG72: Developmental follow-up of children and young people born preterm](#)
- [NICE impact people with a learning disability](#)
- [NICE Improving oral health for adults in care homes \(2018\).](#)
- [NICE Interventional procedures guidance \[IPG634\]: Transcutaneous neuromuscular electrical stimulation for oropharyngeal dysphagia in adults \(2018\)](#)
- [NICE Interventional procedures guidance \[IPG781\]: Pharyngeal Electrical Stimulation for Neurogenic Dysphagia \(2024\)](#)
- [NICE Medtech briefing on IQoro for stroke-related dysphagia \(MIB176\) \(2019\)](#)
- [NICE Oral health: local authorities and partners \(2014\)](#)
- [NICE \(2016\) Mental health problems in people with learning disabilities: prevention, assessment and management \[NG54\]](#)

## Other guidelines

- [All Our Health: personalised care and population health](#)
- [BAHNO multidisciplinary guidelines for Head & Neck cancer](#)
- [Bliss baby charter](#)
- [British Association of Perinatal Medicine Framework for Practice 2024](#)
- [British Dietetic Association – Nutrition and hydration in mental health and learning disability inpatient settings](#)
- [British Geriatrics Society Best Practice Guide – Dysphagia Management for Older People Towards the End of Life \(2012\)](#)
- [British thoracic society: Clinical statement for the diagnosis and management of community acquired pneumonia in people with learning disability \(2023\)](#)
- [British thoracic society: Clinical statement on aspiration pneumonia \(2023\)](#)
- [Health care professions council: Standards of proficiency 2023](#)
- [Implementing the recommendations of the Neonatal Critical Care Transformation Review 2019](#)
- [International Sialorrhoea Steering Group](#)
- [Intensive care society: Guidelines for the provision of intensive care services 2022](#)
- [My role in tackling health inequalities: a framework for allied health professionals](#)
- [National Clinical Guidelines for Stroke 2023](#)
- [Public health England \(2016\) Dysphagia in people with learning difficulties: reasonable adjustments guidance](#)
- [Royal college of physicians: Supporting people who have eating and drinking difficulties 2021](#)
- [NHS England: Stopping over medication of people with a learning disability and autistic people \(STOMP\) and supporting treatment and appropriate medication in pediatrics \(STAMP\)](#)

## Policy – England

Here you will find links to relevant national legislation, policy and frameworks. Please note that this list is not exhaustive. Please contact us if you have any suggestions.

- [Accessible communication formats](#)
- [AHP Strategy for England: AHPs deliver 2022-2027](#)
- [Mental Capacity Act \(2005\) – Code of practice](#)
- [The Mid Staffordshire NHS foundation trust public inquiry \(2013\)](#)
- [Mental Capacity Act \(2005\)](#)
- [The National confidential enquiry into patient outcome and death \(NCEPOD\): Dysphagia in Parkinson’s disease, hard to swallow](#)
- [Winterbourne View Hospital: Department of Health review and response](#)
- [LeDeR Action from Learning report 2020/21](#)

## Policy – Wales

Here you will find links to relevant national legislation, policy and frameworks. Please note that this list is not exhaustive. Please contact us if you have any suggestions.

- [A Healthier Wales](#)
- [Age friendly Wales: Our strategy for an ageing society](#)
- [Allied Health Professions Framework for Wales: Looking forward together](#)
- [All Wales Standards for Accessible Communication and Information for People with Sensory Loss](#)
- [Continuing NHS Health Care](#)
- [Duty of Quality Statutory Guidance](#)
- [National Clinical Framework 8.0](#)
- [Older people and people living with frailty: integrated quality statement](#)
- [Quality and Safety Framework: Learning and Improving](#)
- [Quality statement for palliative and end of life care for Wales](#)
- [Regulations and National Minimum Standards : Adults and children's services](#)
- [Six Goals for Urgent and Emergency Care – A policy handbook 2021-2026](#)
- [The quality statement for cancer](#)
- [An update on the action taken in Wales following the BBC Panorama Programme on abuse at Winterbourne View Hospital near Bristol.](#)

## Policy – Scotland

Here you will find links to relevant national legislation, policy and frameworks. Please note that this list is not exhaustive. Please contact us if you have any suggestions.

- [2021-26 NHS Scotland Recovery Plan](#)
- [2023-26 NES Education for Scotland Strategy](#)
- [Leading quality health and care for Scotland: Our Strategy 2023–28](#)
- [NHS Scotland Climate Emergency and Sustainability Strategy 2022 – 2026](#)
- [Oral Health Improvement | Scottish Dental](#)
- [Principles of Inclusive Communication: An information and self-assessment tool for public authorities](#)
- [Scotland Mental Health Strategy 2017-27](#)
- [Scottish allied health professions public health strategic framework implementation plan: 2022 to 2027](#)
- [Scottish Intercollegiate Guidelines Network \(SIGN\) Guideline 118 – Management of patients with stroke: Rehabilitation, prevention and management of complications, and discharge planning. \(2010\)](#)
- [Scottish Intercollegiate Guidelines Network \(SIGN\) Guideline 119 – Management of patients with stroke – Identification and management of dysphagia. \(2010\)](#)
- [Scottish Quality Performance Indicators – Head & Neck cancer](#)
- [Supporting people with eating, drinking and swallowing difficulties \(dysphagia\)](#)
- NHSGGC (2024) Oral hygiene for the highly dependent or critically ill infant or child. Available from [Oral hygiene for the highly dependent or critically ill infant or child \(scot.nhs.uk\)](https://www.scot.nhs.uk/oralhygiene) (accessed 10th September 2024).
- NHSGGC (2024) Less invasive surfactant administration (LISA) neonatal guideline. Available from <https://www.clinicalguidelines.scot.nhs.uk/nhsggc-guidelines/nhsggc-guidelines/neonatology/less-invasive-surfactant-administration-lisa-neonatal-guideline/> (Accessed 2nd October 2024)
- [Caring for Smiles](#)
- [Care inspectorate \(2022\) Safe swallowing practice note](#)
- [Care inspectorate \(2020\) Supporting people with eating, drinking and swallowing difficulties \(dysphagia\) guidance](#)
- [Speech and language therapy adult services NHS Lanarkshire \(2022\) Swallowing matters.](#)
- [Care inspectorate. Eating and drinking well in care: good practice guide for older people](#)

## Policy – Northern Ireland

Here you will find links to relevant national legislation, policy and frameworks. Please note that this list is not exhaustive. Please contact us if you have any suggestions.

- [Mental Capacity Act \(Northern Ireland\) \(2016\)](#)
- [Public Health Agency. Dysphagia- Health Care Professionals](#)

## eLearning

- [NHS England Dysphagia guide](#)
- [Small wonders: Helping parents get their neonatal journey off to the best possible start](#)
- [Introduction to allied health professionals in neonatal care](#)
- [Mini mouthcare matters](#)
- [Mouthcare matters](#)
- [Pre-registration eating, drinking and swallowing](#)
- [NHS England Dementia Tiered training](#)
- [NHS England: Stroke training and awareness resources](#)
- [Scottish social services council. Speech and language in care settings: supporting eating and drinking](#)

## Further reading

### Ageing

- Hudson, H.M., Daubert, C.R. & Mills, R.H. (2000) 'The interdependency of protein-energy malnutrition, aging, and dysphagia', *Dysphagia*, 15(1), pp.31-38, <https://doi.org/10.1007/s004559910007>
- Leiman, D. A., Jones, H. N., North, R., Porter Starr, K. N., Pieper, C. F., & Cohen, S. M. (2023) 'Self-reported dysphagia and psychosocial health among community-dwelling older adults: Results of a national study'. *Journal of general internal medicine*, 38(15), pp3329-3338. <https://doi.org/10.1007/s11606-023-08232-1>
- Ribeiro, M., Miquilussi, P.A., Gonçalves, F.M. et al. (2024) The prevalence of oropharyngeal dysphagia in adults: A systematic review and meta-analysis. *Dysphagia*, 39, 163–176. <https://doi.org/10.1007/s00455-023-10608-8>
- Seshadri, S., Sellers, C. R., & Kearney, M. H. (2018) 'Balancing eating with breathing: Community-dwelling older adults' experiences of dysphagia and texture-modified diets', *Gerontologist*, 13;58(4), pp749-758, <https://doi.org/10.1093/geront/gnw203>
- Tibbling, L. & Gustafsson, B. (1991) 'Dysphagia and its consequences in the elderly', *Dysphagia*, 6(4), pp200-202, <https://doi.org/10.1007/BF02493526>.

### Dysphagia devices

- Adams, V., Mathisen, B., Baines, S., Lazarus, C., & Callister, R. (2013) A systematic review and meta-analysis of measurements of tongue and hand strength and endurance using the Iowa Oral Performance Instrument (IOPI). *Dysphagia*, 28(3), 350–369. <https://doi.org/10.1007/s00455-013-9451-3>
- Hang, M., & Morris, N. (2022). 'Introducing IQoro: A clinically effective oral neuromuscular treatment for d', in Ahmed, M., (ed) *Dysphagia – New Advances*. IntechOpen. <http://dx.doi.org/10.5772/intechopen.95743>

### End of life

- British geriatric society. (2012) 'Dysphagia management for older people towards the end of life'. Available from <https://www.bgs.org.uk/resources/dysphagia-management-for-older-people> (accessed 16th July 2024)
- Ficke, B., Rajasurya, V., Sanghavi, D. K., & Cascella, M. (2023) Chronic Aspiration. [Updated 2023 Jul 4]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK560734/> (Accessed 8th October 2024)

### Equality, diversity and inclusion

- Chauhan, A., Walton, M., Manias, E., Walpola, R. L., Seale, H., Latanik, M., Leone, D., Mears, S., & Harrison, R. (2020) 'The safety of health care for ethnic minority patients: a systematic review', *International journal for equity in health*, 19(1), 118. <https://doi.org/10.1186/s12939-020-01223-2>
- GOV.UK (2022) Health Disparities and health inequalities: Applying all our health, GOV.UK. Available at: <https://www.gov.uk/government/publications/health-disparities-and-health-inequalities-applying-all-our-health/health-disparities-and-health-inequalities-applying-all-our-health> (Accessed: 15 June 2024).
- Kenny, B. (2015) 'Food culture, preferences and ethics in dysphagia management', *Bioethics*, 29(9), pp646-52. <https://doi.org/10.1111/bioe.12189>
- Robinson, A., Elarbi, M., Todd, A., & Husband, A. (2022) 'A qualitative exploration of the barriers and facilitators affecting ethnic minority patient groups when accessing medicine review services: Perspectives of healthcare professionals', *Health expectations : an international journal of public participation in health care and health policy*, 25(2), 628–638. <https://doi.org/10.1111/hex.13410>
- Uberoi, E., & Carthew, H. (2023) 'Ethnic diversity in politics and public life'. *House Common Library*. 1–42. Available from: <https://researchbriefings.files.parliament.uk/documents/SN01156/SN01156.pdf> (Accessed 17th July 2024)

## Head and neck cancer

- Baijens, L. W. J., Walshe, M., Aaltonen, L. M., Arens, C., Cordier, R., Cras, P., Crevier-Buchman, L., Curtis, C., Golusinski, W., Govender, R., Eriksen, J. G., Hansen, K., Heathcote, K., Hess, M. M., Hosal, S., Klusmann, J. P., Leemans, C. R., MacCarthy, D., Manduchi, B., Marie, J. P., Nouraei, R., Parkes, C., Pflug, C., Pilz, W., Regan, J., Rommel, N., Schindler, A., Schols, A. M. W. J., Speyer, R., Succo, G., Wessel, I., Willemsen, A. C. H., Yilmaz, T., & Clavé, P. (2022) European white paper: oropharyngeal dysphagia in head and neck cancer. *European archives of otorhinolaryngology*, 278(2), pp577-616. <https://doi.org/10.1007/s00405-020-06507-5>.
- Bandeira, A.K.C., Azevedo, E.H., Vartanian, J.G., Nishimoto, I.N., Kowalski, L.P. & Carrara-de Angelis, E. (2008) Quality of life related to swallowing after tongue cancer treatment. *Dysphagia*, 23(2), pp.183-192. <https://doi.org/10.1007/s00455-007-9124-1>

## Learning disabilities

- Faculty of dental surgery and British society for disability and oral health (2012) Clinical guidelines and integrated care pathways for the oral health care of people with learning disabilities. Available from <https://www.rcseng.ac.uk/library-and-publications/rcs-publications/docs/oral-health-care/> (Accessed 8th October 2024)

- Guthrie, S., & Stansfield, J. (2020) 'Dysphagia assessment and intervention: evaluating inclusive approaches using video'. *Advances in mental health and intellectual disabilities*, 14(6), pp247-261. <https://doi.org/10.1108/amhid-04-2020-0007>

## Neonates – general

- Altimier, L. & Phillips, R. (2016) ' Neonatal integrative developmental care model: Advanced clinical applications of the seven core measures for neuroprotective family-centered developmental care', *Newborn and infant nursing reviews*, 16(4), pp. 230–244. <https://doi.org/10.1053/j.nainr.2016.09.030>.
- British association of perinatal medicine. (2021) 'Family integrated care: A framework for practice'. Available at <https://www.bapm.org/resources/ficare-framework-for-practice> (accessed 16th July 2024)
- British association of preterm medicine. (2023) 'Safe and effective repatriation of infants. Available from: <https://www.bapm.org/resources/safe-and-effective-repatriation-of-infants> (accessed 16th July 2024)
- Connell, A., Knudsen, K., Marginean, H., & Raddish, M. (2023). Associations between feeding and development in preterm infants in the NICU and throughout the first year of life. *Early human development*, 177-178, 105719. <https://doi.org/10.1016/j.earlhumdev.2023.105719>
- Coughlin, M. (2017). 'Trauma-informed neuroprotective care for hospitalised newborns and infants'. *Infant*, 13(5), pp176-179, available at [https://www.infantjournal.co.uk/pdf/inf\\_077\\_eur.pdf](https://www.infantjournal.co.uk/pdf/inf_077_eur.pdf) (accessed 16th July 2024)
- Harding, C., Frank, L., Botting, N., and Hilari, K. (2015) 'Assessment and management of infant feeding', *Infant*, 11(3) pp85-89. Available at: [https://www.infantjournal.co.uk/pdf/inf\\_063\\_sme.pdf](https://www.infantjournal.co.uk/pdf/inf_063_sme.pdf) (accessed 16th July 2024)
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- NHSGGC (2024) Less invasive surfactant administration (LISA) neonatal guideline. Available from <https://www.clinicalguidelines.scot.nhs.uk/nhsggc-guidelines/nhsggc-guidelines/neonatology/less-invasive-surfactant-administration-lisa-neonatal-guideline/> (Accessed 2nd October 2024)
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- Sauthier, M., Sauthier, N., Bergeron Gallant, K., Lodygensky, G. A., Kawaguchi, A., Emeriaud, G., & Jouvett, P. (2021) 'Long-term mechanical ventilation in neonates: A 10-year overview and predictive model', *Frontiers in pediatrics*, 9, 689190, <https://doi.org/10.3389/fped.2021.689190>
- UNICEF UK, (2021) 'UNICEF UK baby friendly initiative: Bottle feeding assessment tool'. Available from <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2021/03/Unicef-UK-Baby-Friendly-Initiative-Bottle-Feeding-Assessment.pdf> (Accessed 7th October 2024)
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## Oral health

- British Association for the Study of Community Dentistry and Public Health England. (2014) 'Delivering better oral health. An evidence based toolkit for prevention@. Third Edition. Available at: Delivering better oral health: an evidence-based toolkit for prevention – GOV.UK (www.gov.uk) (Accessed 16h July 2024)
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## Other

- Keser, T., Kofler, M., Katzmayer, M. et al. (2020) Risk factors for dysphagia and the impact on outcome after spontaneous subarachnoid hemorrhage. *Neurocritical care*, 33, pp132-139.

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<https://doi.org/10.1007/s004550011002>

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## Outcome measures

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<https://jamanetwork.com/journals/jamaotolaryngology/fullarticle/482382> (Accessed 8th October 2024)

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