# Level 1 Public Health Messages, Awareness

## Level 1

This level identifies information that would be suited to a public health message. It signposts information that is useful for the general population regarding awareness of the signs and symptoms of eating, drinking and swallowing difficulties and associated health risks.

Individuals who are in contact with people at high risk of swallowing difficulty should be signposted to local pathways for referral, the GP and the Speech and Language Therapy Department.

The information required at this level could be provided through general literature, awareness sessions and induction programmes or during mandatory updating, delivered as part of life-support training etc. There would be no form of assessment required.

People at this level should have an awareness of:

1. the normal swallow in order to identify whether observed symptoms are part of normal swallowing or indicative of swallowing difficulty (see [Appendix 1](#_Appendix_1:_Normal_1))
2. the signs and symptoms of swallowing difficulty
3. the potential implications of eating, drinking and swallowing difficulties on the individual’s respiration and nutrition and hydration status
4. the physical, emotional and psychological impact of swallowing and eating difficulties on the individual and carers
5. individuals who are in contact with people at high risk of swallowing difficulty should be signposted to GP, the speech and language therapy department or local pathways for referral.

Demonstrable skill and competencies are not applicable to this role.