

Self Test for Swallowing Disorder

Below are some general questions related to swallowing. Please read each question and circle "Yes" or "No" next to each question. When you have finished answering ALL of the questions, follow the scoring directions below.

1. Does food *sometimes* go down the wrong pipe? Yes No
2. Does your voice *sometimes* sound "gurgly" or wet when you eat? Yes No
3. Is eating *sometimes* less enjoyable than it used to be? Yes No
4. Do you *sometimes* have trouble clearing food from your mouth in one swallow? Yes No
5. Do you *sometimes* get the feeling that food is stuck in your throat? Yes No
6. Have you had *repeated* pneumonia or other respiratory illnesses? Yes No
7. Have you *ever* lost weight without trying? Yes No
8. Do you *often* have trouble swallowing medications? Yes No
9. Do you *often* choke or cough when you eat solid foods or swallow liquids? Yes No
10. Do you *often* have difficulty swallowing a specific food or liquid? Yes No

Count your "Yes" answers _____

Add 2 points if you answered "Yes" to Questions 1, 2, and 3 _____

Add 2 points if you answered "Yes" to Questions 3, 4, and 5 _____

If your age is 70 through 74, add 2 points. _____

If your age is 75 through 79, add 3 points. _____

If your age is 80 through 85, add 4 points. _____

TOTAL SCORE _____*

TODAY'S DATE _____

*If your total score is 7 or greater you should consider consulting your physician. Take this Self Test to your Primary Care Physician.

This self-test is a guide only and not a diagnosis of dysphagia. It is possible to have a total score of zero and still have dysphagia. It is also possible to have a score greater than 7 and *not* have dysphagia. However, the higher your score the more likely it is that you have some form of dysphagia.