



Strategije za sigurno gutanje

Safe Swallowing Strategies

Ime / Name: _____ Datum / Date: __/__/20__

Gustoća hrane i tekućina Consistency (density) of food and drinks

Obroci/Meals:

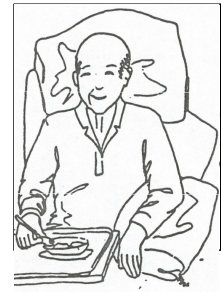
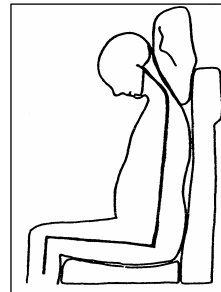
- Normalna hrana/Normal diet
- Mekana čvrsta hrana/Soft solid diet
(Sastav A–Mekano, 1.5 cm/Texture A–Soft, 1.5cm)
- Mljevena hrana/Minced diet
(Sastav B–Mljeveno i mokro, 0.5 cm/
Texture B – Minced & Moist, 0.5cm)
- Pasirana hrana/Pureed diet
(Sastav C–Fino pasirana/Texture C–Smooth pureed)
- Ostalo/Other: _____

Tekućine/Drinks

- Rijetke tekućine/Thin fluids
- ¼ gusta tekućina (nivo 150 – malo gusto)/
¼ thickened fluids/(Level 150 – mildly thick)
- ½ gusta tekućina (nivo 400–prilično gusto)/
½ thickened fluids (Level 400 – moderately thick)
- Potpuno guste tekućine (nivo900–jako gusto)/
Full thickened fluids (Level 900 – extremely thick)
- Ostalo/Other: _____

Položaj tijela/Positioning

- Sjedite potpuno uspravno (najbolja je stolica)/
Sit fully upright (chair is best)
- Brada malo pognuta/Chin tucked slightly down
- Glava okrenuta na lijevo/desno/
Head turned to the left / right
- Ostanite uspravni 30 minuta poslije svakog jela/
Stay upright 30 mins after meal/snack
- Ostalo/Other: _____



Gutanje/Swallowing

- Uzimajte male zalogaje/gutljaje / Take small mouthfuls / sips
- Izmjenjujte zalogaje i gutljaje / Alternate mouthfuls of food and drink
- Spunim ustima progutajte _____ puta / Allow _____ swallows per mouthful
- Upotrebjavajte čajnu ili malu žličicu / Use teaspoon / dessertspoon
- Upotrebjavajte čašu/šalicu s grlicem ili cijevčicom / Use a cup with a spout/straw for drinking
- Obratite pažnju na boju glasa –ako zvuči “mokro”- zakašljite i pročistite grlo i tek onda ponovno progutajte / Listen to the voice– if it sounds “wet”- cough and clear the throat then swallow again
- Prestanite jesti ako ne možete prestati kašljati, ako se gušite, ako imate mrmoru glasu ili Vam se hrana nagomilava u ustima / Stop eating if there is ongoing coughing choking, gurgly voice or pooling of food in the mouth
- Tijekom jela često napravite prekid / Take frequent pauses during the meal
- Provjerite da Vam u ustima i obrazima nije a ostalo hrane poslije jela / Check that the mouth and cheeks are free from food after eating.
- Ostalo / Other: _____

Posebne upute / Special instructions:

Ako trebate dodatne informacije, molimo kontaktirajte odio za patologiju govora / If you require further information, please contact the speech pathology department:

Patolog za govor /Speech Pathologist: _____ Telephone: _____