FIBER-OPTIC EVALUATION OF SWALLOWING
Berlin Dysphagia Index – Swallowing Examination

Name: ______________________________ Birth: _______

Diagnosis:

Question:

Feeding | Oral | PEG | Naso-Gastric | Parenteral
---|---|---|---|---
Tracheostomy Tube (TT) | None | Speaking Tube | Cuffed | De-Cuffed
Therapy | None | F.O.T.T. | Functional | Frequency:.../W
Anaesthesia | Nose | Pharynx | Larynx |
Way of examination | Nose R | Nose L | Oral | Tracheostoma
Posture | Sitting | Wheelchair | Bed |

Glasgow-Coma-Scale

SWALLOWING EXAMINATION

Saliva

Examination / Swallowing impossible
Assistance | Spontaneous | 0 | With prompt | 4 | With facilitation | 4

<table>
<thead>
<tr>
<th>Leaking</th>
<th>No</th>
<th>Yes</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residues</td>
<td>R</td>
<td>L</td>
<td></td>
</tr>
<tr>
<td>Pharyngeal Wall</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valleculae</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Piriform sinus</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Re-Swallow</td>
<td>Yes</td>
<td>0</td>
<td>No</td>
</tr>
</tbody>
</table>

Penetration/Aspiration

<table>
<thead>
<tr>
<th>Normal</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supraglottal with cough</td>
<td>1</td>
</tr>
<tr>
<td>Supraglottal without cough</td>
<td>3</td>
</tr>
<tr>
<td>Glottal with cough</td>
<td>3</td>
</tr>
<tr>
<td>Glottal without cough</td>
<td>6</td>
</tr>
<tr>
<td>Subglottal with cough</td>
<td>7</td>
</tr>
<tr>
<td>Subglottal without cough</td>
<td>8</td>
</tr>
</tbody>
</table>

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FIBER-OPTIC EVALUATION OF SWALLOWING
Berlin Dysphagia Index – Swallowing Examination

### Pureed Food

<table>
<thead>
<tr>
<th>No Examination necessary</th>
<th>0</th>
<th>Examination / Swallowing not possible</th>
<th>8</th>
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</thead>
<tbody>
<tr>
<td><strong>Tool</strong></td>
<td></td>
<td><strong>Food</strong></td>
<td></td>
</tr>
<tr>
<td>Spoon</td>
<td></td>
<td>Jelly</td>
<td></td>
</tr>
<tr>
<td><strong>Assistance</strong></td>
<td>0</td>
<td>With prompt</td>
<td>4</td>
</tr>
<tr>
<td>Spontaneous</td>
<td></td>
<td>With facilitation</td>
<td>4</td>
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</table>

**Pharynx**

<table>
<thead>
<tr>
<th>Leaking</th>
<th>No</th>
<th>Yes</th>
<th>1</th>
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</thead>
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<td>Residues</td>
<td>R</td>
<td>L</td>
<td></td>
</tr>
<tr>
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<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valleculae</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Piriform sinus</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Re-Swallow</td>
<td>Yes</td>
<td>0</td>
<td>No</td>
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</tbody>
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### Liquid

<table>
<thead>
<tr>
<th>No Examination necessary</th>
<th>0</th>
<th>Examination / Swallowing not possible</th>
<th>8</th>
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</thead>
<tbody>
<tr>
<td><strong>Tool</strong></td>
<td></td>
<td><strong>Food</strong></td>
<td></td>
</tr>
<tr>
<td>Spoon</td>
<td></td>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>Cup</td>
<td></td>
<td>Mineral water</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td><strong>Assistance</strong></td>
<td>0</td>
<td>With prompt</td>
<td>4</td>
</tr>
<tr>
<td>Spontaneous</td>
<td></td>
<td>With facilitation</td>
<td>4</td>
</tr>
</tbody>
</table>

**Pharynx**

<table>
<thead>
<tr>
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<td>Valleculae</td>
<td>0</td>
<td></td>
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</tr>
<tr>
<td>Piriform sinus</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Re-Swallow</td>
<td>Yes</td>
<td>0</td>
<td>No</td>
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<td>8</td>
</tr>
</tbody>
</table>

### Solid Food

<table>
<thead>
<tr>
<th>No Examination necessary</th>
<th>0</th>
<th>Examination / Swallowing not possible</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tool</strong></td>
<td></td>
<td><strong>Food</strong></td>
<td></td>
</tr>
<tr>
<td>Spoon</td>
<td></td>
<td>Bread</td>
<td></td>
</tr>
<tr>
<td>Fork</td>
<td></td>
<td>Quantity</td>
<td></td>
</tr>
<tr>
<td><strong>Assistance</strong></td>
<td>0</td>
<td>With prompt</td>
<td>4</td>
</tr>
<tr>
<td>Spontaneous</td>
<td></td>
<td>With facilitation</td>
<td>4</td>
</tr>
</tbody>
</table>

**Pharynx**

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<thead>
<tr>
<th>Leaking</th>
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<tr>
<td>Pharyngeal Wall</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Valleculae</td>
<td>0</td>
<td></td>
<td></td>
</tr>
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<td>Piriform sinus</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Re-Swallow</td>
<td>Yes</td>
<td>0</td>
<td>No</td>
</tr>
</tbody>
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**Score Swallowing capability**

| Total |   |

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PROTECTION OF THE RESPIRATORY TRACT

Coughing, clearing the throat, transport of secrete and cough and swallow are evaluated during the swallowing tests. The weighting of the swallowing capability is carried out separated for each consistency.

Result of Swallowing capability

<table>
<thead>
<tr>
<th>Score</th>
<th>Significance</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 &lt;= 3</td>
<td>Normal to moderate reduction</td>
<td>Complete</td>
</tr>
<tr>
<td>4 &lt; 8</td>
<td>Reduction needs therapy</td>
<td>Incomplete</td>
</tr>
<tr>
<td>&gt;=8</td>
<td>Solid reduction, needs absolutely therapy</td>
<td>Impossible</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protection of Saliva</th>
<th>Voluntary</th>
<th>0</th>
<th>Involuntary</th>
<th>0</th>
<th>Absent</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transport of Secrete</td>
<td>Productive</td>
<td>0</td>
<td>Limited</td>
<td>1</td>
<td>Absent</td>
<td>2</td>
</tr>
<tr>
<td>Cough and Swallow</td>
<td>Yes</td>
<td>0</td>
<td>Incomplete</td>
<td>1</td>
<td>No</td>
<td>2</td>
</tr>
<tr>
<td>Swallowing of Salvia</td>
<td>Complete</td>
<td>0</td>
<td>Incomplete</td>
<td>1</td>
<td>Impossible</td>
<td>2</td>
</tr>
<tr>
<td>Swallowing of Puree</td>
<td>Complete</td>
<td>0</td>
<td>Incomplete</td>
<td>1</td>
<td>Impossible</td>
<td>2</td>
</tr>
<tr>
<td>Swallowing of Liquid</td>
<td>Complete</td>
<td>0</td>
<td>Incomplete</td>
<td>1</td>
<td>Impossible</td>
<td>2</td>
</tr>
<tr>
<td>Swallowing of Solid Food</td>
<td>Complete</td>
<td>0</td>
<td>Incomplete</td>
<td>1</td>
<td>Impossible</td>
<td>2</td>
</tr>
</tbody>
</table>

#### Berliner Dysphagie Index

Therapy recommendations

Check therapy recommendations

<table>
<thead>
<tr>
<th>Score</th>
<th>Significance</th>
<th>Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Normal</td>
<td>No therapy necessary, Tracheostomy Tube (TT) removable</td>
</tr>
<tr>
<td>&lt;8</td>
<td>Moderate reduction</td>
<td>If necessary therapy</td>
</tr>
<tr>
<td>&gt;=4</td>
<td>Coughing complete, Swallowing incomplete</td>
<td>Needs therapy, Decuffed TT with speaking valve possible, if necessary enteral feeding</td>
</tr>
<tr>
<td>&gt;=6</td>
<td>Coughing incomplete, Swallowing complete</td>
<td>Needs therapy, if necessary tracheostomy, During therapy decuff TT if necessary, Needs enteral feeding</td>
</tr>
<tr>
<td>&gt;=8</td>
<td>Coughing absent, Swallowing absent</td>
<td>Needs therapy and tracheostomy, Needs cuffed TT, Needs enteral feeding</td>
</tr>
</tbody>
</table>

Resume

Investigator: __________________________  Date: ________________