

## 9 free swallow assessment tools

Rating scales completed by the patient:

- EAT-10 (Belafsky et al, 2008). Eating Assessment Tool. Online: <https://bit.ly/31OgCQu>. PDF: <https://bit.ly/2L8N2PD>.
- MDADI (Chen et al, 2001). M.D. Anderson Dysphagia Index. PDF: <https://bit.ly/2KwrFsc>.

Rating scales completed by the clinician:

- FOIS (Crary et al, 2005). Functional Oral Intake Scale. PDF: <https://bit.ly/31JBR61>.
- PSS-HN (List et al, 1990). Performance Status Scale for Head and Neck Cancer Patients. PDF: <https://bit.ly/31QX2Tu>.

Direct assessment of oral mechanism:

- BOHSE (Kayser-Jones et al, 1996). Kayser-Jones Brief Oral Health Status Examination. PDF: <https://bit.ly/2La2oU6>.
- OHAT (Chalmers et al, 2008). Oral Health Assessment Tool. Register and access the free training: <https://igec.uiowa.edu/>.

Direct non-instrumental assessment of eating/drinking:

- GUSS (Trapl et al, 2007). Gugging Swallowing Screen. PDF: <https://bit.ly/2IBme9b>. Manual: <https://bit.ly/2mBblRe>.
- TOMASS (Huckabee et al, 2018). Test of Masticating and Swallowing Solids. Article: <https://www.ncbi.nlm.nih.gov/pubmed/28677236/>.
- Yale Swallow Protocol (3 oz water test) (Leder & Suiter, 2008). PDF: <https://bit.ly/2Rtl3Kr>.

See the article for more details: <https://eatspeakthink.com/9-free-swallow-assessment-tools/>.