## ASPIRATION PRECAUTIONS SAMPLE PROTOCOL

Aspiration precautions are interventions to reduce the risk to an individual of aspiration of food, liquids, or secretions during the swallowing process. These interventions may include:

1. Positioning the individual in an upright position to 90 degrees while eating, drinking or taking oral medications.
2. Positioning the individual so that he or she maintains an upright position for one hour after eating.
3. Having a licensed clinician provide instruction and direction to staff to report immediately to nursing staff any change to the individual’s baseline, especially: (a) increased coughing; (b) increased secretions or changes to secretions (color, texture); (c) change in respiratory status; and (d) fever.