

餵食時要專注觀察病人不可分心。

Carer should focus on the person during the entire feeding process and avoid distraction.



留意病人的身體語言，
如示意已吞嚥可繼續進食。
若出現哽塞，或食物積聚於
口腔內，應停止餵食。

Observe patient for non-verbal
cues of completing the swallow
before continuing feeding.
Stop feeding if choking or
pocketing of food in the mouth
is noted.



不要催促，容許足夠
時間咀嚼及吞嚥食物。

Do Not Rush.
Allow time for chewing
and swallowing.

don't
rush!



每口食物一茶匙份量

One teaspoonful amount
for each mouthful

時常提醒病人吞嚥

Frequent reminders to
swallow



讓病人吞嚥數次至吞完
每口食物

Repeated swallows to
clear food residue in
mouth

檢查並清潔口腔內的
殘餘食物

Check and clear the
residue in the mouth





對於一些口腔乾涸的病人，
在食物中加汁使其濕潤，或
將食物與適當稠度的流質
交替餵食均有助吞嚥。

For person with dry mouth,
moistening food with sauce or
alternate food with thickened
liquid as appropriate may
facilitate the swallow.