

Is it safe to begin a diet?

Nurse Aspiration Screening Tool (NAST)

- ▶ Performed by RN – WVU RN Policy
 - ▶ *Unless* NPO for medical procedure
- ▶ Based upon diagnoses, the NAST is performed at admission or after extubation for *adults* at risk for aspiration
- ▶ Observational and water swallowing components
- ▶ **PASS** → baseline/home diet ordered
 - ▶ No changes to diet consistency can be made based upon NAST
- ▶ **FAIL** → NPO and BSE ordered

Bedside Swallow Evaluation (BSE)

- ▶ Performed by Speech Therapists (ST)
- ▶ Ordered by RN via protocol order if NAST failed or by MD/DO/MLP
- ▶ Structural and physiological assessment of swallowing with varied consistencies
- ▶ **PASS** → recommendation from ST for safest diet consistency
 - ▶ Provider places diet order
- ▶ **FAIL** → more specific recommendations, possible MBSS or FEES, re-evaluation by ST