

F.O.T.T.® assessment

WHAT TO LOOK FOR?

(There is no pre-defined order of where to begin- that depends on the patient)
It is fundamental to examine how posture influences the patients function in the four areas

Swallowing of saliva and eating

Examined by:
- visual and tactile examination of the mouth
- therapeutic eating and/or
- assisted eating and/or
- independent eating

Breathing/voice/speech articulation

Examined by:
- observing the patient breathe/speak
- using the hands on the patient's chest and/or thorax to monitor breathing,
- listening to any spontaneous voice
- elicit voice production/speech articulation

Facial expressions

Examined by:
- visual and tactile examination of the face
- watching the patients facial expressions in a social context

Oral hygiene

Examined by:
-visual and tactile examination of the mouth
- brushing teeth, involving the patient as much as possible.

Performance problems?
(Make hypotheses of the causes for the problems)

Performance problems?
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Performance problems?
(Make hypotheses of the causes for the problems)

Performance problems?
(Make hypotheses of the causes for the problems)

YES

NO

NO

YES

YES

NO

NO

YES

Choose chart

Swallowing of saliva and eating
or
Breathing/voice/speech articulation
or
Oral hygiene

Examine other area

If you answered **NO 4** times the patient do not have any F.O.T. problems

Choose chart

Breathing/voice/speech articulation
or
Swallowing of saliva and eating

Choose chart

Facial expressions
or
Swallowing of saliva and eating

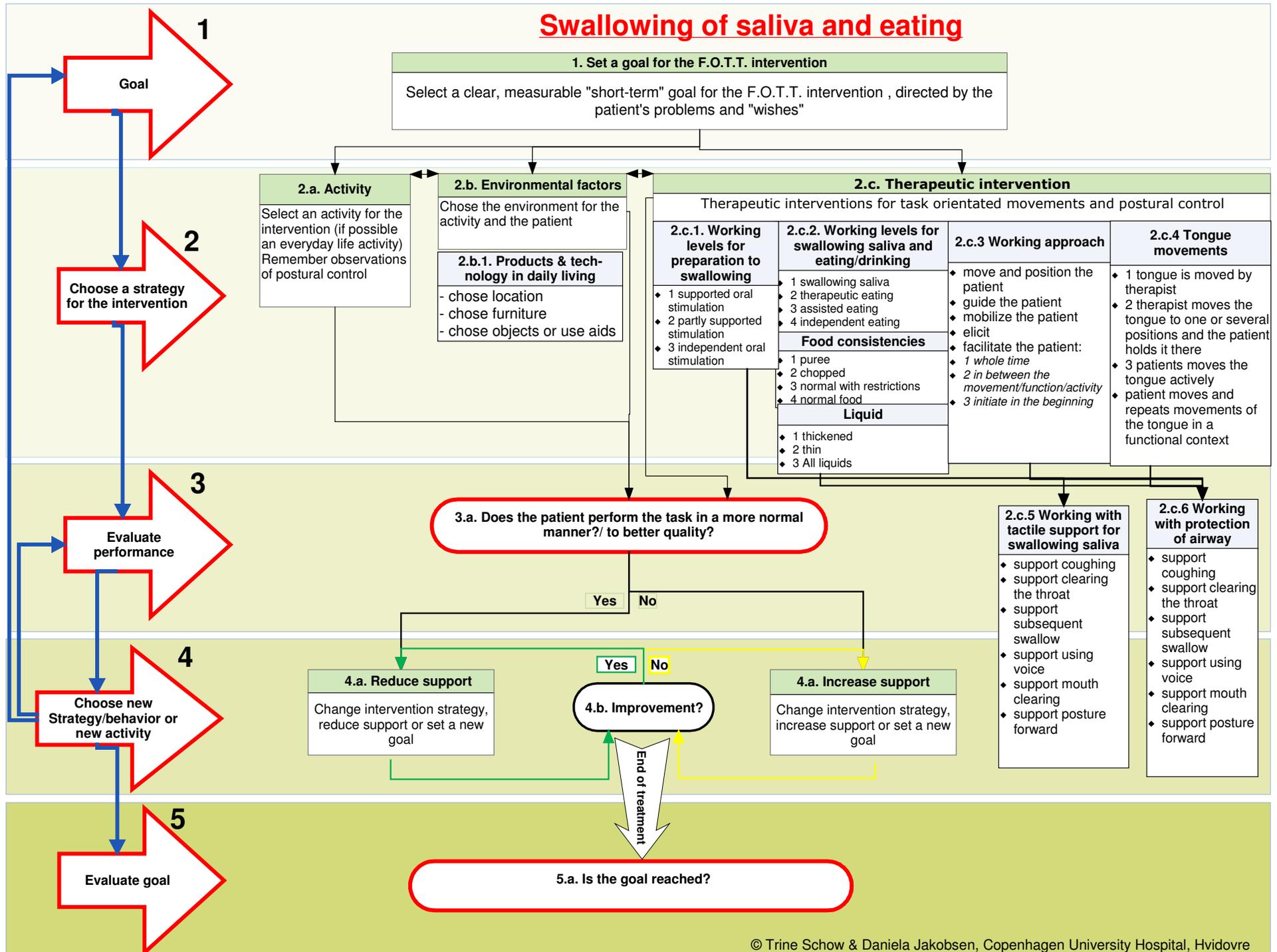
Examine other area

If you answered **NO 4** times the patient do not have any F.O.T. problems

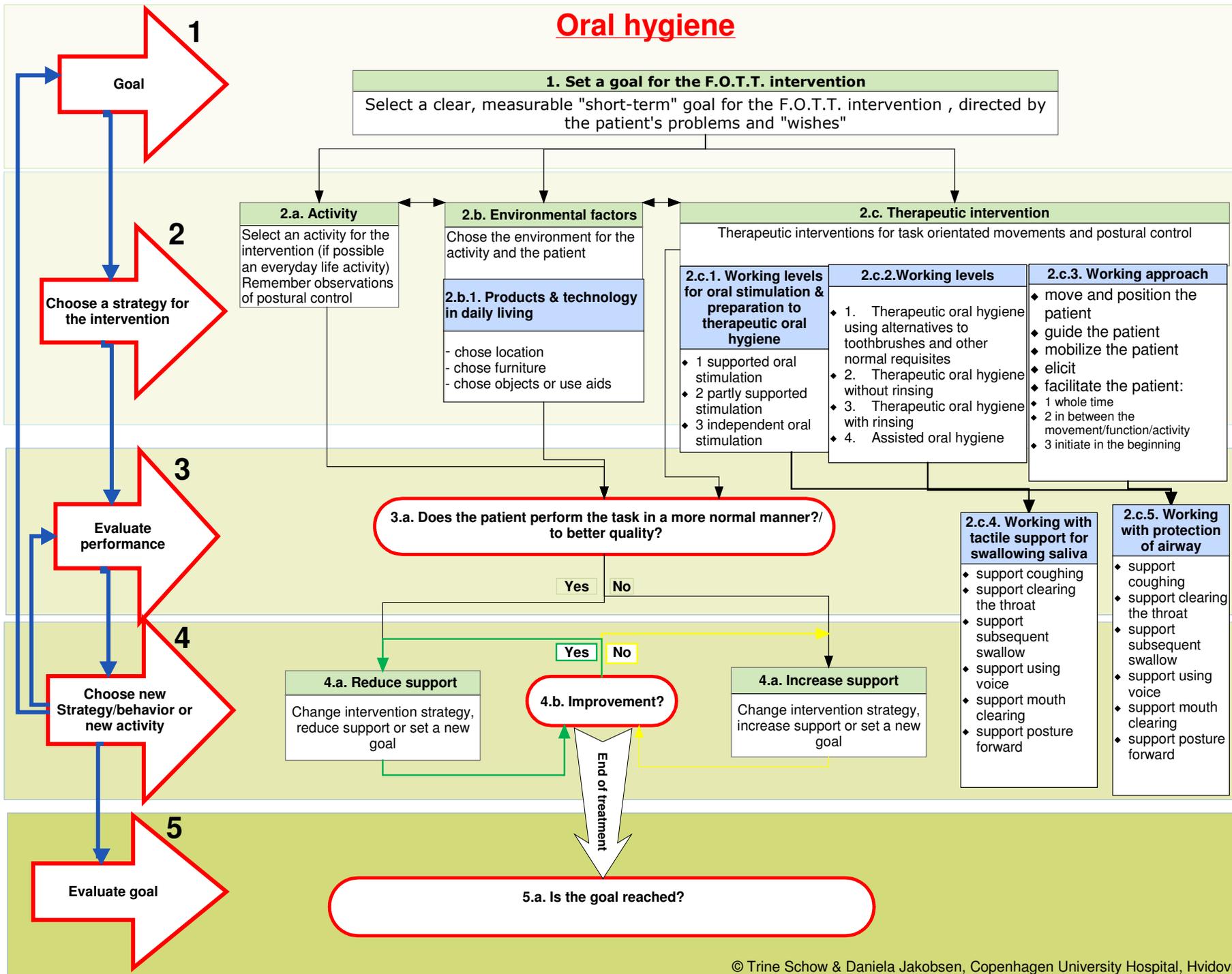
Choose chart

Oral hygiene
or
Swallowing of saliva and eating
or
Facial expressions

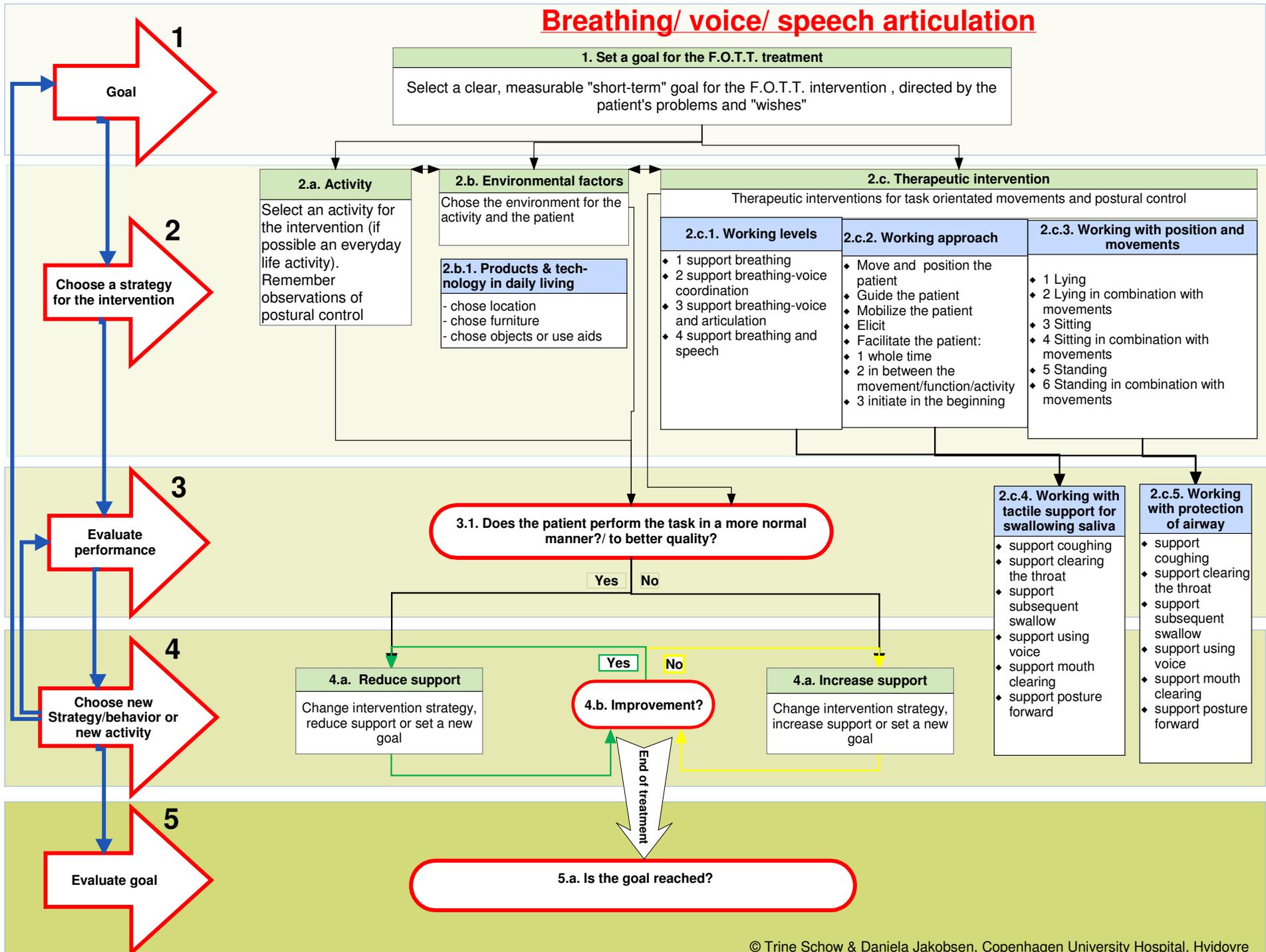
Swallowing of saliva and eating



Oral hygiene



Breathing/ voice/ speech articulation



Facial expressions

