



educational service center
of Central Ohio

Request for School-Based Oral Feeding

Dear Physician:

Your patient, _____, D.O.B.: _____, is attending _____
_____. The parents are requesting that a feeding program be provided while the student is at school. Prior to oral feeding at school, we need the following packet completed. We are requesting your assistance in identifying the health information and services, which need to be provided in the school setting. Members of the school team include the parent, program supervisor, teacher, classroom aide and other school personnel with direct responsibility for the educational care of the student.

- Has _____ had a modified barium swallow study?

Yes No

If yes, please attach a copy of the swallow study report, including the date.

- If the answer is no, is a swallow study recommended prior to initiating feeding at school?

Yes No

- Is this child at risk for aspiration/choking with any type of solids?

Yes No

If yes, please comment: _____

What is the primary means of nutrition? Please check:

- Tube feeding
- NPO
- Soft food
- Regular diet
- Puree
- Mechanical soft
- Thin liquids
- Thick liquids

I have attached a procedure by which liquids are thickened.

* We are not in a position to initiate a therapeutic feeding program, but we will support the current level of feeding for nutritional purposes.

- I have reviewed and approved the attached procedure/packet as written.
- I have reviewed and approved the attached procedure/packet with the attached modification.
- I do not approved of the school's procedure and, therefore, have attached my alternate written procedure.
- I do not approve this procedure at this time.
- I am aware that this procedure will be performed by the school team.

Other recommendation: (please include time, schedule, any special precautions or possible untoward reactions, and interventions)

Please contact _____ at _____
with any questions or concerns.

Physician's Signature _____ Date: _____

Physician's Printed Name _____

Address _____

Phone Number _____ Fax Number _____

Parent/Guardian's Section

We (I) the undersigned, who are the parents/guardians of the above-mentioned student, request that the specialized health care service outlined above and prescribed by the physician be provided to our child. It is our understanding that in performing this service, the designated person(s) will be using a procedure, which has been approved by our physician. We (I) agree to notify school personnel immediately if there is any change in either the child's treatment regimen or the authorizing physician. By signing this, we (I) also agree to hold the school district and any district employee immune from any civil action.

(Parent/Guardian's Signature)

Home Phone _____ Work Phone _____

Liquid Consistencies

Please check the following liquids that are safe for _____ to be given at school.

Definition: Liquids are divided into three consistencies, including thin, nectar and honey consistencies. Commercial thickener may be used to achieve desired consistency.

Thin Liquids

- Ice, water
- Ice cream, fruit juices, sherbet, milkshakes, malts, yogurt shakes (any frozen consistency that melts into thin liquid when in mouth)
- Jell-O, gelatin
- Coffee, tea, soda, hot chocolate
- Milk
- Broth, clear liquid soups
- Juice (apple, orange, grape), lemonade

Nectar Thick Liquid

- Tomato juice, vegetable juice
- Buttermilk, eggnog

Consistency should be equivalent to pancake syrup or apricot nectar

Honey Thick Liquid

- Yogurt, custard, pudding
- Thick gravy
- Blenderized cream soups, such as cream of potato, cream of celery

Consistency should be equivalent to honey

- Yes, I have attached a procedure by which liquids are thickened.
- No, I have not attached a procedure by which liquids are thickened.

Puree Diet

Please check the following foods that are safe for _____ to be given at school.

Definition: Pureed food should be the consistency of pudding and should be able to be transferred from the front of the mouth and swallowed using only the tongue. If it has to be chewed, it is not pureed.

Cook or bake foods before using a food processor or blender to puree. Strain off any chunks or lumps.

Meat

Remove all fiber and gristle before pureeing.

- Lean tender cuts of ground meat/fish (blend with gravies or sauces, etc. to get desired applesauce consistency)

Bread

- Breads, muffins, or biscuits in milk, sauces, or gravies (soak first before blending to the consistency of pudding)
- Hot cereals (farina, oatmeal) blended

No breads with nuts or fruit or hard crusts that won't blend well.

Fruits/Vegetables

- Canned fruits (blended and strained)
- Well ripened fruit (bananas, cantaloupe, plums, peaches, grapes) peeled and seeds removed before blending
- Cooked soft vegetables like carrots, sweet potatoes, potatoes, squash (blended and strained)

No stringy vegetables like sauerkraut and spinach or fruits/vegetables with hard skins like corn, peas, and beans.

Snacks

- Puddings/custards

No snacks that melt into thinner consistency such as ice cream, sherbet, and gelatin. No snacks that can't be broken down into applesauce or pudding consistency and strained.

Soups

- Soup consistency of farina or oatmeal. Blended and strained. Use of a thickening agent may be necessary to get desired consistency.

Soft Diet

Please check the following foods that are safe for _____ to be given at school.

Definition: Soft food items should be able to be cut with the side of a fork.

Meats/Cheeses/Eggs

- Tender meats (chicken, fish, bologna, meat salads, fish sticks, meatloaf, tuna)
- Soft cheeses (blue cheese, cheddar, Colby, cream cheese, mozzarella, Swiss, and American cheese)
- Eggs
- Smooth peanut butter
- Cottage cheese/yogurt

No crispy, chewy, hard or tough cuts of meat such as pork chop, hot dogs, sausages, steak, bacon, and crunchy peanut butter.

Breads

- Soft dinner rolls, wheat or soft white bread
- Farina (Cream of Wheat), oatmeal, doughnuts
- Soft cakes, brownies, flour cookies, vanilla wafers
- Waffles, French toast, pancakes
- Muffins without dried fruit or nuts
- Graham crackers, saltines

No crusty or chewy breads, tough crusts like bagels or biscuits, rye or wheat crackers, unleavened bread, sandwich cookies, pizza, or English muffins.

Fruits

- All cooked/mashed fruits that are skinless and seedless
- Canned fruits without membranes
- Bananas
- Applesauce/cranberry sauce
- Raisins

No fruit with stringy membranes, crunchy and/or hard peel, dry and/or crumbly pieces such as rhubarb and coconut.

Vegetables

- Soft cooked vegetables (beets, broccoli, carrots, baked potatoes, mashed potatoes, sweet potatoes, has browns)

No hard crunchy or stringy vegetables such as any raw vegetables or sauerkraut; no vegetables with hard skins like asparagus, green beans and corn; no lettuce or French fries.

Snacks/Soups

- Pudding, custards, yogurt
- Cake, cupcakes
- Sherbet, ice cream, popsicles
- Plain chocolate candies, soft marshmallows

No dry, crunchy, chewy, or hard snacks; no chips, popcorn, pretzels, nuts, chewy candy. If on thickened liquids, no broths, ice cream, sherbets, popsicles.

Mechanical Soft Diet

Definition: Mechanical soft foods should mash and crumble when pressed flat with a fork.

Meats/Cheeses/Eggs

- Ground meats
- Chili without beans
- Scrambled eggs
- Cottage cheese/yogurt
- Finely ground ham, turkey, tuna, chicken salads

No whole cuts of meat; peanut butter; hot dogs; or anything that cannot be mashed easily with a fork.

Breads

- Bread that can be broken down with little chewing
- Pancakes, muffins
- Oatmeal, hot creamed cereals
- Soft cakes
- Noodles and soft pastas

No crusty bread, toast, doughnuts, bagels, waffles, cold cereals, crackers or cookies

Fruits

- All cooked/mashed fruits that are skinless and seedless
- Canned fruits (but not fruit cocktail)
- Applesauce/cranberry sauce
- Soft bananas
- Canned pumpkin

No fruits with stringy membranes, hard peels, seeds.

Vegetables

- Very soft cooked vegetables (carrots, sweet potatoes, squash, beets, skinned well cooked potatoes)

No French fries, peas, corn, beans; no vegetables with hard skins; no stringy vegetables like spinach, sauerkraut, asparagus.

Snacks/soups

- Pudding, custards, yogurt
- Sherbet, ice cream, popsicles
- Cake, cupcakes
- Broth and creamed soups (tomato, cream of chicken)

No dry, crunchy, chewy, or hard snacks; no chips, popcorn, pretzels, nuts, chewy candy. No soups with chunks of meat or vegetables.

If no thickened liquids, no broths, ice cream, sherbets, popsicles.