

# Aspiration Prevention Zone Tool

<b>GREEN ZONE</b>	<p><b>ALL CLEAR (GOAL)</b></p> <p><u>Signs:</u></p> <ul style="list-style-type: none"> <li>• No coughing during or after feeding</li> <li>• Clear breath sounds</li> <li>• No reflux, vomiting, or distress</li> <li>• Sit upright during and after feeds for at least 45 minutes</li> <li>• No fever</li> </ul>	<p><u>Actions:</u></p> <ul style="list-style-type: none"> <li>• <b>Perform oral care 2–3× daily</b></li> <li>• Continue feeding or recommended diet level as ordered</li> <li>• Maintain upright positioning</li> <li>• Perform any personal care needed after waiting 45 minutes after feeding</li> <li>• If fed via tube, flush as directed</li> </ul>
<b>YELLOW ZONE</b>	<p><b>CAUTION (WARNING)</b></p> <p><b>If you have any of the following:</b></p> <p><u>Signs:</u></p> <ul style="list-style-type: none"> <li>• Mild coughing during feeds</li> <li>• Increased or inability to clear secretions</li> <li>• Wet/gurgly voice</li> <li>• Vomiting / Regurgitation</li> <li>• Nausea or mild bloating</li> <li>• Any elevated temperature</li> <li>• Early confusion or lethargy</li> <li>• New constipation or dry cracked mouth</li> </ul>	<p><b>Act Today! Call VNA</b></p> <ul style="list-style-type: none"> <li>• <i>Call VNA Home Health:</i> <b>1800-862-3330</b></li> <li>• <i>After discharge from home health services on __/__/__ call your doctor or healthcare provider: _____</i> <i>(provider's phone number)</i></li> </ul> <p><u>Actions:</u></p> <ul style="list-style-type: none"> <li>• Pause the feeding (tube or mouth)</li> <li>• Reposition patient upright</li> <li>• Slow feeding rate</li> <li>• Notify VNA staff</li> </ul>
<b>RED ZONE</b>	<p><b>EMERGENCY</b></p> <ul style="list-style-type: none"> <li>• Uncontrollable coughing or choking during or immediately after feeds</li> <li>• Respiratory distress or drop in oxygen saturation</li> <li>• Tube feed visible in mouth/airway</li> <li>• Severe abdominal bloating</li> </ul>	<p><b>Act NOW!</b></p> <ul style="list-style-type: none"> <li>• <b>Actions:</b> <ul style="list-style-type: none"> <li>◦ <b>Call 911, go to the Emergency Department or your doctor right away</b></li> </ul> </li> </ul> <p style="text-align: center;">_____</p> <p style="text-align: center;"><i>(doctor's phone number)</i></p> <ul style="list-style-type: none"> <li>• STOP feeds immediately &amp; sit upright</li> <li>• Suction airway if trained/available</li> <li>• Consider ED evaluation for suspected aspiration</li> </ul>