

Appendix 4

Choking Capacity Questions

This form outlines information that an individual or their carer needs to understand and retain in relation to the risk of choking. It can be completed as a record of what someone understands in relation to choking, to support capacity assessments and help with management of non-compliance.

Assessment of capacity needs to include is the person able to:

- ✓ Comprehend and retain information relating to the risks
- ✓ Understand and weigh options-risks & benefits
- ✓ Rationalise/ Evaluate choices
- ✓ Communicate the decision

Ideas to consider

Consult with family and care staff on the best way to communicate

Be aware of any cultural, ethnic or religious factors that may have a bearing

Make the person feel at ease, choose the best time of day for the person

Consider if the person is likely to regain capacity

Try to ensure that the effects of any medication or treatment are considered

Do not rush; be prepared to try more than once.

Name of patient/client	Date form completed
Name of person completing form	<i>(describe any visual/written resources used as prompts?)</i>

Questions	Key concepts	Response
1. What does the word 'choking' mean?	<i>(e.g. blockage, food gets stuck in the throat)</i>	
2. What happens when you choke?	<i>(e.g. something gets stuck, stops you breathing, you could die)</i>	
3. What will happen if you stop breathing?	<i>(e.g. could die, could cause other injury)</i>	
4. What do you think caused your choking episode(s)?	<i>(e.g. check for understanding e.g. of any underlying condition)</i>	
5. Do you think there's a chance that you could choke again?	<i>(e.g. check for understanding of any potential contributory factors)</i>	

6. Can you think of things that might make you choke?	<i>(e.g. high risk foods for choking, see also factors which can increase the risk of choking)</i>	
7. What would you do if you started to choke?	<i>(e.g. stop eating/call for help)</i>	
8. What if you are choking and not able to speak or call for help?	<i>(e.g. Lifeline)</i>	
9. What can you do to avoid another choking episode?	<i>(e.g.) cut food up smaller next time)</i>	
10. What could other people do to help you avoid choking?		

Please evaluate effectiveness	4 always	3 often	2 50:50	1 occasionally	0 never
How well was the person engaged?					
How well did the person understand the topic?					
How well did you understand the person?					
How did you feel about the quality of the information you got?					
Any other comments					

(adapted from work by Helen Cunliffe, Principal Speech & Language Therapist, September 2014)