

TOR-BSST© The Toronto Bedside Swallowing Screening Test©

(addressograph)

DATE: _____ (mm/dd/yyyy)

TIME: _____ (hh/mm)

Is patient alert and able to participate?

No (Skip to Section D and mark as Failed) **Yes (Continue to Section A below)**

A) Before water intake:

(Mark either abnormal or normal for each task.)

- Have patient say 'ah' and judge voice quality
- Ask patient to stick their tongue out and then move it from side to side.

<i>Abnormal</i>	<i>Normal</i>
<input type="checkbox"/>	<input type="checkbox"/>
<i>Abnormal</i>	<i>Normal</i>
<input type="checkbox"/>	<input type="checkbox"/>

B) Water intake: Have the patient **sit upright** and give water. Ask patient to say "ah" after each intake. Mark as abnormal if you note any of the following signs: **coughing, change in voice quality or drooling**. If abnormal, stop water intake and advance to 'D'.

	<i>Cough during/after swallow</i>	<i>Voice change after swallow</i>	<i>Drooling during/after swallow</i>	<i>Normal</i>
1) One Tsp Swallows				
Swallow 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2) Cup drinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C) After water intake:

(Administer at least a minute after you finish Section B.)

- Have patient say 'ah' again and judge voice quality.

<i>Abnormal</i>	<i>Normal</i>
<input type="checkbox"/>	<input type="checkbox"/>

D) Results: **Passed** **Failed → Initiate referral to SLP**
 (no abnormal signs) (1 or more abnormal signs)

TOR-BSST© Screener's Signature: _____

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Some Guidelines and Tips for the TOR-BSST©

Before the start of screening, remember to: a) have a cup of water and a teaspoon; b) ensure patient's mouth is clean; and c) ensure patient is sitting upright at 90°.

A. Before water intake:

1. ***“I want you to say “ah” for 5 seconds using your speaking voice.”***

- Model a clear “ah” for the patient.
- Remind them not to sing “ah” or use a quiet voice.
- You can ask them to stretch the last syllable of the word *Ottawa*.
- Remember to take note of the patient’s voice when speaking. If his/her voice sounds different when saying “ah” re-instruct the patient to use a normal voice using any of the suggestions above.
- **You are looking for any breathiness, gurgles, hoarseness, or whisper quality to the voice. If you perceive any of these, even to a mild degree, mark as abnormal.**

2. ***“Open your mouth. Now stick out your tongue as far as it will go. Now move it back and forth across your mouth.”***

- Stick your tongue straight out. If no deviation, model a consistent back and forth motion for the patient.
- **You are looking for any deviation of the tongue towards one side on protrusion, or any difficulty in moving the tongue to one side. Mark as abnormal if you perceive any of these features.**
- **If the patient is unable to protrude his/her tongue at all, mark as abnormal.**



B. Water Swallows:

Give the patient 10 X 1 tsp of water. Remind the patient to say “ah” after every teaspoon swallow. If normal, give cup to patient for drinking.

- The patient should always be fed the teaspoon of water.
- Ensure that full teaspoon amounts are given.
- Lightly palpate the throat to monitor for movement of the larynx on the first few swallows.
- **You are looking for any coughing, drooling or change in the patient’s voice suggesting wetness, hoarseness, etc. If you perceive this, mark accordingly and stop the water swallows.**
- **If you see what looks like a stifled or suppressed cough, mark this as a cough.**
- **If there is no coughing, drooling, wet voice or hoarseness mark as normal.**

C. Voice after Water Swallows:

- Wait one minute after the end of the water swallows.(You can use this time to clear away the cup etc. and mark the form)
- Ask the patient to say “ah” as in the first part of the screen.

D. Final Scoring:

If you have marked **any** of the **items** as **abnormal**, score the patient as **Failed**.

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