Eating Assessment Tool (EAT-10)

Patient Information:

Name: John Doe

Height: 5'10

Weight: 75kg

Please briefly describe your swallowing problem:

Patient reports difficulty swallowing solids more than liquids, experiencing discomfort and occasional pain during meals.

Please list any swallowing tests you have had, including where, when, and the results:

Barium swallow test on January 2020 at General Hospital, results indicated mild esophageal stricture.

Please review the following scenarios.

Choose an answer between **0 (no problem with swallowing)** and **4 (severe problem with swallowing)** to explain the severity of your swallowing problem in each scenario.

Questions	**0**	**1**	**2**	**3**	**4**
My swallowing problem has caused me to lose weight.	☐	☐	☑	☐	☐
My swallowing problem interferes with my ability to go out for meals.	☐	☐	☑	☐	☐
Swallowing liquids takes extra effort.	☐	☑	☐	☐	☐
Swallowing solids takes extra effort.	☐	☐	☐	☑	☐
Swallowing pills takes extra effort.	☐	☐	☑	☐	☐
Swallowing is painful.	☐	☐	☑	☐	☐
The pleasure of eating is affected by my swallowing.	☐	☐	☐	☑	☐
When I swallow, food sticks in my throat.	☐	☐	☑	☐	☐
I cough when I eat.	☐	☐	☑	☐	☐
Swallowing is stressful.	☐	☐	☑	☐	☐

EAT-10 Total:

Please add the numbers from your answers to the scenarios and enter the total here:

21