



thickened liquids does not lower aspiration pneumonia risk



Why This is Unnecessary and Potentially Harmful

- Thickened liquids are associated with higher rates of dehydration, fever, and urinary tract infections in comparison to thin liquids.⁷
- Perceived QOL of patients using thickened liquids is significantly lower.⁸
- Compliance with thickened liquids is low (~35% after 5 days).⁹
- No significant difference in the risk of developing pneumonia in patients with access to free water when compared to those with thickened liquids.^{2,5,6,8,10}

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References

Based on Lippert WC, Chadha R, Sweigart JR. The Use of Thickened Liquids in Treating Hospitalized Adult Patients with Dysphagia. *J Hosp Med.* 2019 May;14(5):315-317.

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