



Functional Oral Intake Scale at The Swallowing Evaluation and Treatment Center at The Children's Institute of Pittsburgh

The Functional Oral Intake Scale is an ordinal scale that is used to assess the current status and meaningful change in the oral intake. The Children's Institute of Pittsburgh is using this scale as a functional outcome of change in the Functional Feeding and Swallowing Program. The following is the scale that is used.



Functional Oral Intake Scale (FOIS)

- 7** - Total oral intake. No restrictions.
- 6** - Total oral intake. It is a diet without special preparation. Limitations on specific food items due to swallowing difficulty.
- 5** - Total oral intake with multiple consistencies, but needs special preparation, such as soft with thickened fluids or puree with thin liquids.
- 4** - Total oral intake, but of a single consistency, such as a pureed diet.
- 3** - Limited oral intake of 25% or greater, requiring tube supplements.
- 2** - Limited oral intake of 25% or less, requiring tube supplements.
- 1** - Nothing by mouth.

Each child is scored by the evaluating clinician upon admission and the discharging clinician at the end of treatment. The families also have an opportunity to provide a score on the completed case history form, prior to admission.

To determine if there was a meaningful change in the FOIS scores, an analysis was completed on patients that were admitted to the functional feeding program and completed treatment in 2015 and 2016. The change that occurred was statistically significant ($P=0.004$), indicating that the change was not random.

When the numbers of sessions to reach these changes were analyzed, the average (mean) number was 15 speech therapy sessions. The highest number of sessions was 98 and the lowest was 1.