

# Check List for Indicators of Reflux

## Beckman Oral Motor Assessment and Intervention

### Immediate Indicators

- Diaphoresis (sweating)
- Hiccups/Burping
- Drooling, especially episodic
- Increased Mucus/phlegm
- Bad breath
- Gagging
- Coughing
- Excessive swallowing
- Pain/sensitivity at the distal end of the sternum
- Startle movement
- Increased breathing rate
- Head hyperextension
- Arching of the body
- Laryngospasm
- Discomfort when swallowing
- Frequent tongue pumping
- Sneezing
- Face reddening
- Watering eyes
- Irritable/crying
- Heart rate change (up or down)
- Needs to be held (infant)
- Crying with liquid intake
- Bubbling/foaming secretions
- Emesis

# Check List for Indicators of Reflux

## Beckman Oral Motor Assessment and Intervention

### Long Term Indicators

- Accepts only fluids
- Picky eater – soft, smooth, runny textures, or crunchy foods that melt
- Eats only small amounts
- Morning coughing/phlegm/hoarseness
- Sleep difficulties – restless, awakens often, night terrors
- Frequent sore throat – negative cultures, no strep
- Frequent meal refusal
- Inability to gain weight, despite calorie intake
- Unexplained temperature elevations
- Black tarry stool
- Intrinsic asthma/broncho spasms
- Odynophagia (painful swallowing)
- Coffee ground emesis
- Complains of “Lump in the throat”
- Intermittent apnea
- Ascending aspiration
- Otitis media
- Enamel on the teeth deteriorates
- Hand mouthing
- Refuses anything around or in the mouth
- Sandifer’s syndrome – reflux with torticollis in infants
- Increased levels of H. pylori
- Increased food allergies or food sensitivities
- Increased incidence of thrush