

Gastroesophageal Reflux Checklist

Associated indicators of gastroesophageal reflux

Gastroesophageal reflux can be difficult to diagnose. If left untreated, gastroesophageal reflux may result in medical issues and can impact on a person’s quality of life.

This checklist has been designed to help you identify the possible presence of gastroesophageal reflux. If you are concerned about gastroesophageal reflux please consult with your medical practitioner.

Associated indicators of gastroesophageal reflux
<input type="checkbox"/> Heartburn (often seen by people rubbing, scratching or clutching chest)
<input type="checkbox"/> Oesophagitis (as seen from medical assessment)
<input type="checkbox"/> Upper respiratory tract infections (including ear infections)
<input type="checkbox"/> Vomiting (could be small posits of vomit at back of mouth, general vomiting or projectile vomiting)
<input type="checkbox"/> Regurgitation (involuntary bringing up of partially chewed food)
<input type="checkbox"/> Rumination (voluntary, effortless regurgitation)
<input type="checkbox"/> Haematemesis (blood in vomit or dark coloured vomit)
<input type="checkbox"/> Melaena (darkened faeces due to blood)
<input type="checkbox"/> Failure to thrive (in infants) or underweight (in children & adults)
<input type="checkbox"/> Airway disease
<input type="checkbox"/> Apnoea
<input type="checkbox"/> Asthma (including nocturnal asthma)
<input type="checkbox"/> Aspiration Pneumonia
<input type="checkbox"/> Changes in the appearance of teeth or inflamed gums
<input type="checkbox"/> Waterbrash (excess salivation)
<input type="checkbox"/> Tube feeding (e.g. naso-gastric, oro-gastric, PEG)

<input type="checkbox"/> Changes in voice quality (e.g. hoarseness) or stridor (audible breathing)
<input type="checkbox"/> Difficulty feeding or aspiration symptoms (coughing, chest infections etc)
<input type="checkbox"/> Irritability around mealtimes or after eating
<input type="checkbox"/> Behavioural concerns at mealtimes (e.g. eating quickly, eating slowly, eating part of the meal, pocketing food in cheeks etc)
<input type="checkbox"/> Food refusal or disinterest in eating
<input type="checkbox"/> Strong food preferences, or a preference for drinking over eating
<input type="checkbox"/> Intolerance of specific foods (including different temperatures, textures or flavours)
<input type="checkbox"/> Disturbed sleeping patterns (e.g. waking or coughing during the night)
<input type="checkbox"/> Frequent burping or 'gassiness'
<input type="checkbox"/> Chewing on clothes or pushing hand towards back of mouth
<input type="checkbox"/> Constipation
<input type="checkbox"/> Disordered muscle tone (e.g. high tone or low tone)
<input type="checkbox"/> Minimal physical movement/reduced mobility
<input type="checkbox"/> Scoliosis
<input type="checkbox"/> Medications – please list:
Further Comments:

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