

姓名 Name: _____ 日期 Date: _____

以下10條問題可以幫助初步篩查有否出現吞嚥困難及其程度，但不能代替專業診斷和評估。如果想確診是否患有吞嚥困難和探討治療方案，應尋求專科醫生和言語治療師協助，接受專業評估。

EAT-10 helps to measure swallowing difficulties.

It may be important for you to talk with your physician about treatment options for symptoms.

就以下描述的情況，請根據自己的狀況評分

Answer each question by writing the number of points in the boxes.

To what extent do you experience the following problems?

0為沒有這問題，4為情況嚴重

0 = no problem, 4 = severe problem

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|--|---|---|---|---|---|
| 1. 吞嚥問題令我的體重下降。
My swallowing problem has caused me to lose weight. | 0 | 1 | 2 | 3 | 4 |
| 2. 吞嚥問題導致我難以外出用餐。
My swallowing problem interferes with my ability to go out for meals. | 0 | 1 | 2 | 3 | 4 |
| 3. 吞嚥流質食物十分吃力。
Swallowing liquids takes extra effort. | 0 | 1 | 2 | 3 | 4 |
| 4. 吞嚥固體食物十分吃力。
Swallowing solids takes extra effort. | 0 | 1 | 2 | 3 | 4 |
| 5. 吞藥丸十分吃力。
Swallowing pills takes extra effort. | 0 | 1 | 2 | 3 | 4 |
| 6. 吞嚥時會感到痛楚。
Swallowing is painful. | 0 | 1 | 2 | 3 | 4 |
| 7. 吞嚥問題減少了我品嚐食物的樂趣。
The pleasure of eating is affected by my swallowing. | 0 | 1 | 2 | 3 | 4 |
| 8. 吞嚥時，食物會黏在喉嚨。
When I swallow food sticks in my throat. | 0 | 1 | 2 | 3 | 4 |
| 9. 吞嚥食物時會嗆住和咳嗽。
I cough when I eat. | 0 | 1 | 2 | 3 | 4 |
| 10. 每當吞嚥時，我就覺得有壓力。
Swallowing is stressful. | 0 | 1 | 2 | 3 | 4 |

如果總分等於或超過3分，表示你可能有吞嚥困難的問題。

建議攜同此篩查問卷結果，尋求專業協助。

If the EAT-10 score is 3 or higher, you may have problems swallowing efficiently and safely.

We recommend discussing the EAT-10 results with a physician.