

LocuTour's Risk Assessment: GERD or LRD Checklist

Indicators of GERD or LRD - Gastroesophageal or Laryngeal Reflux Disease (Friedman, 2006)

A: Follow-up evaluation or screening by a physician for a possible reflux disorder is indicated. The following symptoms were reported or observed in the course of treatment:

- Heartburn
- A feeling of a “lump in the throat”
- Burning sensation when swallowing
- Nighttime choking/coughing episodes
- Black tar-like stools
- Loss of voice
- Asthma-like reactions
- Chest discomfort
- Persistent cough, rhinitis
- Inspiratory stridor (noise when breathing in)
- Recent Upper Respiratory Infection (URI) with lingering symptoms
- Stridor worse with increased activity or feeding
- Noisy breathing while sleeping
- Mouth breathing
- Regurgitation

High risk behaviors

A: Follow-up evaluation or screening by a physician for a possible reflux disorder is indicated. The following high risk behaviors were reported or observed in the course of treatment:

- Singing professionally
- Smoking
- Drinking large amounts of caffeinated beverages
- Drinking large amounts of alcoholic beverages
- Overeating or eating to full satiation
- Frequently eating spicy foods
- Eating then lying down
- Being sedentary or on bedrest
- Medications not taken with food when indicated
- Decline in functional reserve (failure to thrive)