

## FOIS (Functional Oral Intake Scale)

Initial psychometric assessment of a functional oral intake scale for dysphagia in stroke patients. Crary MA, Mann GD, Groher ME. Arch Phys Med Rehabil. 2005 Aug;86(8):1516-20.

FOIS level	Comment
Level 1	Nothing by mouth.
Level 2	Tube dependent with minimal attempts of food or liquid.
Level 3	Tube dependent with consistent oral intake of food or liquid.
Level 4	Total oral diet of a single consistency.
Level 5	Total oral diet with multiple consistencies, but requiring special preparation or compensations.
Level 6	Total oral diet with multiple consistencies without special preparation, but with specific food limitations.
Level 7	Total oral diet with no restrictions.

## FOIS Guideline based on a comprehensive swallowing evaluation

FOIS Level	Secure swallowing possible for			Quantity of oral intake	Supportive findings
	semisolids	liquids	solids		
Level 7	Yes	Yes	Yes	Normal portion	<ul style="list-style-type: none"> <li>• 50ml water swallow test negative</li> <li>• Any 2 &lt; 2</li> <li>• PHAD &gt; 90</li> <li>• GUSS = 20</li> </ul>
Level 6	Yes	Yes	Yes	Normal portion	<ul style="list-style-type: none"> <li>• 50ml water swallow test negative</li> <li>• Any 2 &lt; 2</li> <li>• PHAD ≤ 90</li> <li>• GUSS ≥ 15</li> </ul>
Level 5	Avoid challenging consistencies (e.g. mixed consistencies, crumbly food)			Normal portion	<ul style="list-style-type: none"> <li>• 50ml water swallow test negative</li> <li>• Any 2 &lt; 2</li> <li>• PHAD ≤ 90</li> <li>• GUSS ≥ 15</li> </ul>
Level 4	Two consistencies can be swallowed securely			Normal portion	<ul style="list-style-type: none"> <li>• 50ml water swallow test negative</li> <li>• Any 2 &lt; 2</li> <li>• PHAD ≤ 90</li> <li>• GUSS ≥ 15</li> </ul>
Level 3	Yes	No	No	≤ 50% of normal portion (additional tube feeding is optional)	<ul style="list-style-type: none"> <li>• 50ml water swallow test positive</li> <li>• Any 2 ≥ 2</li> <li>• PHAD ≤ 80</li> <li>• GUSS ≤ 14</li> </ul>
Level 2	Yes	No	No	Only few spoons or sips per mouth (additional tube feeding is optional)	<ul style="list-style-type: none"> <li>• 50ml water swallow test positive</li> <li>• Any 2 ≥ 2</li> <li>• PHAD ≤ 80</li> <li>• GUSS ≤ 9</li> </ul>
Level 1	No	No	No	Nothing by mouth (additional tube feeding is optional)	<ul style="list-style-type: none"> <li>• 50ml water swallow test positive</li> <li>• Any 2 ≥ 2</li> <li>• PHAD ≤ 80</li> <li>• GUSS ≤ 9</li> </ul>