

# Oral Feeding and aspiration risk in children on high flow respiratory support.

ACTRN12620000065998

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**Status** RECRUITING  
**Sponsor** Gold Coast Health  
**Enrollment** 60 participants

## Plain Language Summary

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When young children get sick with respiratory infections, many are treated with high flow nasal cannula (HFNC) — a device that delivers warm, humidified oxygen through small prongs in the nose to help them breathe more easily. But here is an important safety question that has not been fully answered: is it safe for these children to eat and drink while on this support? This study investigates whether the increased pressure created by HFNC might interfere with a child's ability to swallow safely, potentially causing food or liquid to enter the lungs (called aspiration).

A speech pathologist will assess the swallowing of 60 young children receiving HFNC using both bedside assessment tools and a specialised X-ray swallowing study. Children are grouped by age to compare risks across different developmental stages.

This study is open to infants and children from 35 weeks corrected gestational age up to 5 years old who are receiving HFNC and are showing signs of readiness for oral feeding. Children with major chromosomal abnormalities, congenital conditions affecting swallowing, or severe neurological conditions are not eligible.

## Key Eligibility Criteria

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### Inclusion (2)

- Eligible infants/children are those who are greater than or equal to 35 weeks corrected gestational age to 5 years on HFNC with minimum flow of greater than or equal to 2L/kg/min, indicate readiness cues for oral feeding, can manage oral secretions, are medically stable on their level of respiratory support, cleared by their physician for inclusion in the study and have parental consent.
- Stratification: Children will be stratified into three groups: i) preterm to 1 month corrected age; ii) > 1 month corrected age to 1 year corrected age & iii) >1 year corrected age to 5 years.

## Locations (1 total)

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Gold Coast University Hospital - Southport, QLD, Australia