LOOKING AT THE WHOLE SWALLOWING PICTURE
IT IS NOT ALL ABOVE THE SHOULDERS
HISTORY – SO TINA WHERE THESE IDEAS COME FROM

Sorry to say it but in 1990, it wasn’t school or externship 😞 even though I loved both!!!!!!!!!!!!!!!!!!!!!! We have come along way as a profession – but we need to go further!

Modified Barium Swallows
Experience – acute rehabilitation hospital, acute care, HHC, SNF
Focused care with: geriatrics, Stroke, TBIs, PD, MS
Interdisciplinary Team Interaction and a little common sense

**Continuing education** – Neurodevelopmental Techniques (NDT), Myofascial Release, VitalStim, LSVT LOUD, Beckman Oral Motor, ASHA Dysphagia Special Interest Division, Esophageal Courses for SLPs, Respiratory Training with RTs
SHOUT OUT TO:

MESPA, TGH staff, ASHA Dysphagia Special Interest Division, CIAO, all the SLPs, PTs, OTs, RNs, dietitians, RTs I’ve learned from and My Mom and My Mom! 💖

These individuals and groups have taught me and I hope will continue to teach me!!!
LET'S START WITH THE BRAIN

Thought Processes
- Do I know I need to eat?
- Do I have the cognitive initiation to start eating and the sustained attention span to continue eating without assistance?
- Am I consciously or unconsciously avoiding any items?

Decision Making
- Do I have the ability to make decisions about diet decisions?
- Do I have the ability to make and communicate my meal/diet preferences?
BRAIN SITES OF LESION

Brainstem
Localized within Cortex
Multiple sites
Sensation and Motor – Sensation only – Motor only
WHAT DO MY EYES HAVE TO DO WITH IT?

Does the food/liquid visually appeal to me?
Does this matter?

What does double vision have to do with it?
- Site of lesion?
- Accompanying nausea- position/timing intake is crucial
WHAT ABOUT MY SMELL AND TASTE?

Smell has proven impact
Taste has proven impact
WHAT ABOUT THE ENVIRONMENT AROUND ME?

Environment
  • Sound
    • Music
    • Colors
  • Distraction-Overload
  • Other people – Modeling/Engagement
CERVICAL NEC

Spinal Impingement
ORAL STRUCTURES

- Lips
- Tongue
- Cheeks
- Don’t forget the Jaw – Opening – Closure
- Teeth
- Stretching, Resistance Training, Icing, Sustained compression, Suck & Swallow, Spitting

? Are straws always bad?    ?Is spitting good or bad?
MOUTH TO THROAT

Soft Palate-Closure
Anterior-Posterior Walls – Contraction – Stripping action
Hyalaryngeal elevation and excursion
  • Epiglottal Inversion
TOP OF ESOPHAGUS TO STOMACH

Cricopharyngeus (C-P)
Aortic Arch
Gastro-Esophageal Junction

C-P opening
Peristalsis or lack of
Barriers: Hiatal Hernias, Barrett's Esophagus, Schatzki Ring, Strictures
Problems: Vomiting, Spitting, Expectoration
THE STOMACH

Gastric Emptying

Impairments in absorption

Oral intake with Tube Feed intake – even flushes matter
INTESTINES-BOWEL

Constipation
Obstructions
Other: Irritable bowel syndrome

Now let’s go back up and out
WHAT ABOUT POSTURE

Head/Neck Control

- Flexion
- Extension
- Retroflexion
- Tremors
- Head/Neck ROM
- Rigidity

**Positioning:** Upright, positioned for optimal head/neck function, does fatigue matter? Is a chin tuck really the answer to everything? Head turn to the left, to the right, midline. Should we ever let someone swallow looking up at the ceiling?
WHAT ABOUT POSTURE 2?

Shoulders/Upper/Lower Back
- Respiratory impact for airway clearance abilities
- Compression/Barriers to esophageal transit
- Energy usage (conservation, small meals, diet consistency)
THE LUNGS # 1

Upper
Mid
Base

Inhalation capabilities
Exhalation capabilities

Limitations: Conditions that reduce ability to clear – Chronic Obstructive Pulmonary Disease, Congestive Heart Failure, Lobectomies, Asthmatic conditions - - - The body demands oxygen – the lungs are jealous!
‘What can I handle?’
• Clean, clear secretions and clean, clear water – Frazier Water Protocol
• Amounts – vary with every BODY – What is my overall physical condition?
• Benefits vs Risk
• Gastric contents, food items, acidic items, gastric contents

Don’t be afraid of aspiration – be afraid of the body not managing it!!!!!!
Temperature-Breath Sounds-Weight maintenance- Calorie counts-Urine color-Bowel movements
WHAT DOES OUR HEART HAVE TO DO WITH IT?

Oxygen levels
Respiratory rates
Energy level

Our HEART and LUNGS are JEALOUS!!!!!!!
HOW CAN I ENHANCE MY SWALLOWING EVAL & TREATMENT WITH PT, OT, RT, DIETITIAN, PHARMACIST & NURSING EYES?

Systemic Impairments (tone, rigidity, fatigue)
- Often the swallow models the walking (even if you don’t have MBSS, FEES input)

Different times of the day – When is the biggest meal? What is my weight? Fluid retention? Caloric needs? Fiber needs?

How am I handling my medications? If we don’t assess-who is? What difference does it make?

Medication impact (there are classes and books written….)
- Pain - constipation
- Muscle relaxers – smooth muscle impact
- Antibiotics – gastric irritation, thrush (white or red or yellow?)
- Systemic – neuro meds ex: PD meds, neuro stimulants
EQUIPMENT RECOMMENDATIONS

Eyes, Ears, Hands, Good History questions, TRAINING/CEUS

MBSS/FEES, stethoscope, 02 sat monitor, incentive spirometer-right side up, upside down, respiratory strength trainer, EMST-150, acapellas, whistles, kazoos, etc..., NeuroMuscularElectrical Stimulation