Adult Swallowing Safety: Impact of Changes to Feeding and Swallowing Processes

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EVIDENCE-BASED PRACTICE

It is the position of the American Speech-Language-Hearing Association that audiologists and speech-language pathologists incorporate the principles of evidence-based practice in clinical decision making to provide high-quality clinical care. The term evidence-based practice refers to an approach in which current, high-quality research evidence is integrated with practitioner expertise and client preferences and values into the process of making clinical decisions.

Participants are encouraged to actively seek and critically evaluate the evidence basis for clinical procedures presented in this and other educational programs.

Adopted by the Scientific and Professional Education Board, April 2006

ASHA Self-Study 2730
INTRODUCTION

SLPs employ many strategies when working with adults to address feeding and swallowing disorders. From evaluation through treatment, SLPs must consider the impact of alterations to foods, liquids, positioning, and more on swallowing efficiency and safety. This journal self-study investigates what impact the addition of barium to a bolus during a videofluoroscopic swallowing study has on swallowing behaviors; exactly what happens to the swallowing process when the chin-down posture is employed as a compensatory strategy; and how assisted feeding may affect swallowing. Clinicians will come away with a much better explanation of the physiological and functional changes that occur when they make bolus, head position, or feeding situation changes. The articles make specific recommendations about the appropriateness of the chin-down posture for specific types of patients, depending on the difficulties they are having during the swallow. Practical suggestions also are made for how to address some of the problems that are introduced by feeding assistance.

LEARNING OUTCOMES

You will be able to:

- summarize the impact on swallowing behaviors of adding barium to liquids
- describe the rationale for using a chin-down posture during swallowing
- discuss what happens physiologically to swallowing structures when the chin-down posture is used
- explain how assisted feeding affects the swallowing process
- describe how to maximize the benefits of the chin-down posture and feeding assistance in patients with swallowing difficulties

PROGRAM HISTORY and IMPORTANT INFORMATION

Articles originally published in ASHA’s scholarly journals

Start date: April 7, 2016

Available through: October 29, 2017

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