Nutrition and Counseling Considerations for Older Adults With Dysphagia

INTRODUCTION

This course includes four recorded sessions from the 2017 online conference “Dysphagia in Older Adults.” These sessions include points to keep in mind when counseling older adults with dysphagia and their families or caregivers about nutrition, diet, and other topics. The conference included a total of 13 sessions, with the broad goal of giving clinicians new, evidence-based strategies for improving overall quality of life for older adults.

LEARNING OUTCOMES

You will be able to:

- list the risks and benefits of fluid selection and diet modification for patients with dysphagia
- identify three approaches to improve nutrition with modified diets in the management of dysphagia
- discuss the controversy surrounding feeding tubes and why conversations about them are challenging
- discuss the patient’s rights surrounding dysphagia treatment and diet consistency modifications

CONTENTS

- Balancing Risks in Diet Selection for Older Adults With Dysphagia, by Nicole Rogus-Pulia, PhD, CCC-SLP
- Nutrition and Dysphagia in Older Adults, by Michelle McDonagh, RD, CD
- Feeding Tubes: Weighing Patient and Family Preferences With Medical Recommendations, by Erin Scott, MD
- Rights, Responsibilities, and Informed Consent in Dysphagia Management, by Mary L. Casper, MA, CCC-SLP

PROGRAM HISTORY AND IMPORTANT INFORMATION

End date: May 4, 2020

To earn continuing education credit, you must complete the learning assessment on or before May 4, 2020.

To see if this program has been renewed after this date, please search by title in ASHA’s online store at www.asha.org/shop.

ASHA Self-Study 17816
This course is offered for 0.45 ASHA CEUs (Intermediate level, Professional area).

STATEMENT ON 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*