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 (76 minutes)
- Nutrition and Dysphagia in Older Adults, by Michelle McDonagh, RD, CD (64 minutes)
- Feeding Tubes: Weighing Patient and Family Preferences With Medical Recommendations, by Erin Scott, MD (67 minutes)
- Rights, Responsibilities, and Informed Consent in Dysphagia Management, by Mary L. Casper, MA, CCC-SLP (65 minutes)
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PROGRAM HISTORY AND IMPORTANT INFORMATION

**Online conference dates:** May 3–15, 2017; November 29–December 11, 2017

**End date:** May 3, 2022

To earn continuing education credit, you must complete the learning assessment on or before **May 3, 2022**.

This course is offered for **0.45 ASHA CEUs** (Intermediate level, Professional area).