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

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

CONTENTS

Barium Versus Nonbarium Stimuli: Differences in Taste Intensity, Chemesthesis, and Swallowing Behavior in Healthy Adult Women, by Ahmed Nagy, Catriona M. Steele, and Cathy A. Pelletier .............................................. CE-1

Supplemental Materials ............................................................................................................. CE-11

Mechanisms of Airway Protection During Chin-Down Swallowing, by Phoebe Macrae, Cheryl Anderson, and Ianessa Humbert .............................................. CE-20

The Sequence of Swallowing Events During the Chin-Down Posture, by Jennifer L. Young, Phoebe Macrae, Cheryl Anderson, Isha Taylor-Kamara, and Ianessa A. Humbert .............................................................. CE-28

ASHA Self-Study 2731
The Effects of Age and Preoral Sensorimotor Cues on Anticipatory Mouth Movement During Swallowing, by Samantha E. Shune, Jerald B. Moon, and Shawn S. Goodman

PROGRAM HISTORY and IMPORTANT INFORMATION

Original start date: April 7, 2016
Peer reviewed: June 7, 2017
End date: June 7, 2020

To earn continuing education credit, you must complete and submit the learning assessment on or before June 7, 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.

This course is offered for 0.3 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