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*

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**TABLE OF CONTENTS**

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction and Learning Outcomes</td>
<td>i</td>
</tr>
<tr>
<td>Faculty Disclosures</td>
<td>ii</td>
</tr>
<tr>
<td>Swallowing Exercises in Head and Neck Cancer by Heather M. Starmer</td>
<td>21</td>
</tr>
<tr>
<td>Pediatric Dysphagia Rehabilitation: Considering the Evidence to Support Common Strategies by Memorie Gosa and Pamela Dodrill</td>
<td>27</td>
</tr>
<tr>
<td>Exercise-Based Dysphagia Rehabilitation: Past, Present, and Future by Lori Burkhead Morgan</td>
<td>36</td>
</tr>
</tbody>
</table>
INTRODUCTION

The articles focused on the published literature that discussed the current state of understanding of the impact of swallowing exercises in the following patient populations: post-stroke, neurodegenerative diseases, and head and neck cancers. Further, the evidence on the impact of swallowing therapy in the pediatric patient population is detailed as well. The first article, by Gary McCullough, explored the literature as it pertains to physiological impairments in swallowing disorders resulting from strokes. In the second article, Michelle Troche and Avinash Mishra discussed the literature’s findings as they relate to strength-based and skill-based dysphagia treatment and treatment strategies in patients with neurodegenerative diseases. The modern management of dysphagia in the head and neck cancer patient population is elaborated in the third article, written by Heather Starmer. In the fourth article, Memorie Gosa and Pamela Dodrill presented the process of effective diagnosis and management of oral-pharyngeal dysphagia in children. Lastly, Lori Morgan Burkhead comprehensively highlighted recent work in dysphagia rehabilitation utilizing the basic principles of exercise therapy as they relate to the interpretation of the content in the aforementioned four articles.

LEARNING OUTCOMES
You will be able to:
- identify the core principles of exercise relevant to dysphagia treatment
- summarize the impact of strength-based vs. skill-based dysphagia treatment
- explain the most modern management of dysphagia in the head and neck cancer patient population
- discuss the evidence to support rehabilitative strategies for remediating dysphagia in the pediatric population
- describe the basic principles of exercise therapy in dysphagia management

PROGRAM HISTORY
Start date: February 10, 2017
Available through: November 5, 2019

IMPORTANT INFORMATION
To earn continuing education credit, you must complete the test with a passing score on or before November 5, 2019.

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 Professional Development is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.
This course is offered for 0.20 ASHA CEUs (Intermediate level, Professional area).

DISCLOSURES

Swallowing Exercises in Patients Post-Stroke: What Is the Current Evidence?
by Balaji Rangarathnam and Gary H. McCullough
Balaji Rangarathnam
Gary H. McCullough

Disclosures
Financial: Balaji Rangarathnam has no relevant financial interests to disclose.
Gary H. McCullough has no relevant financial interests to disclose.
Nonfinancial: Balaji Rangarathnam has no relevant nonfinancial interests to disclose.
Gary H. McCullough has no relevant nonfinancial interests to disclose.

Swallowing Exercises in Patients With Neurodegenerative Disease: What Is the Current Evidence?
Michelle S. Troche
Avinash Mishra

Disclosures
Financial: Michelle S. Troche has no relevant financial interests to disclose.
Avinash Mishra has no relevant financial interests to disclose.
Nonfinancial: Michelle S. Troche has no relevant nonfinancial interests to disclose.
Avinash Mishra has no relevant nonfinancial interests to disclose.

Swallowing Exercises in Head and Neck Cancer
Heather M. Starmer

Disclosures
Financial: Heather M. Starmer has no relevant financial interests to disclose.
Nonfinancial: Heather M. Starmer has no relevant nonfinancial interests to disclose.

Pediatric Dysphagia Rehabilitation: Considering the Evidence to Support Common Strategies
Memorie Gosa
Pamela Dodrill

Disclosures
Financial: Memorie Gosa has no relevant financial interests to disclose.
Pamela Dodrill has no relevant financial interests to disclose.
Nonfinancial: Memorie Gosa has no relevant nonfinancial interests to disclose.
Pamela Dodrill has no relevant nonfinancial interests to disclose.

Exercise-Based Dysphagia Rehabilitation: Past, Present, and Future
Lori Burkhead Morgan

Disclosures
Financial: Lori Burkhead Morgan has no relevant financial interests to disclose.
Nonfinancial: Lori Burkhead Morgan has no relevant nonfinancial interests to disclose.