



Swallowing Disorders in Parkinson's Disease

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Disclosure

- Neither presenter has any actual or potential conflict of interest in relation to this program/presentation.
- Neither presenter received any compensation for programs or products discussed during this presentation.
- Both presenters are currently employed by the VA Central Iowa Healthcare System and receive a salary.

Objectives

After this presentation listeners will:

- Be able to define dysphagia and identify signs and symptoms
- Be able to demonstrate awareness of the types of evaluations speech therapy can offer to identify dysphagia
- Have a better understanding of treatment options for swallowing disorders

Why would you need to see a Speech Pathologist?

A Speech-Language Pathologist completes evaluations and treatments in the following areas:

- Voice
- Cognitive/Memory Therapy
- Communication
 - Speech
 - Language
 - Alternative Augmentative Communication
- Swallowing - Dysphagia

What is Dysphagia?

Defined: “Difficulty swallowing and may even experience pain while swallowing.” (NIH, 2021)

Dysphagia can occur at any level of the swallow:

- Oral/Oral Prep phase
- Pharyngeal phase
- Esophageal phase

Causes: “Any condition that weakens or damages the muscles and nerves used for swallowing” (NIH, 2021)

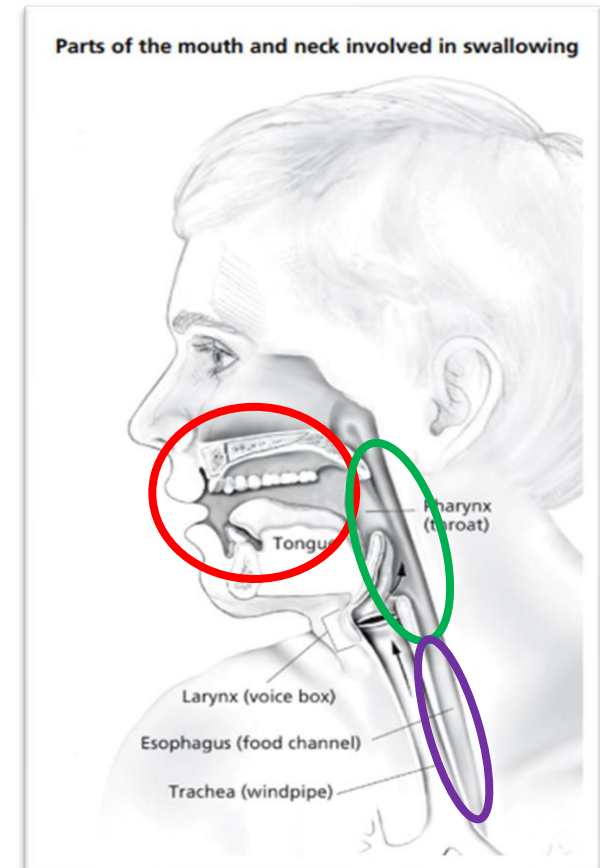


Image courtesy of NIH (2021)

Causes of Dysphagia

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Neurogenic

Stroke/Vascular Condition

Parkinson's

Tumors/Neoplasms

Huntington's Chorea

Shy-Draeger Syndrome

Spinocerebellar Degeneration

Amyotrophic Lateral Sclerosis

Progressive Supranuclear Palsy

Myasthenia Gravis

Polymyositis

Post-Polio Syndrome

Motor Neuron Disease

Muscular Dystrophy

Multiple Sclerosis

Head Injury

Systemic

Arthritis

Diabetes

Polymyositis

Scleroderma

Sjogren's Disease

Acquired Immune

Deficiency Syndrome

Chronic Obstructive

Pulmonary Disease

Psychiatric

Dementia

Depression

Pharmacologic

Latrogenic

Medication

Post-Radiation

Chemotherapy

Post-Surgery Effects

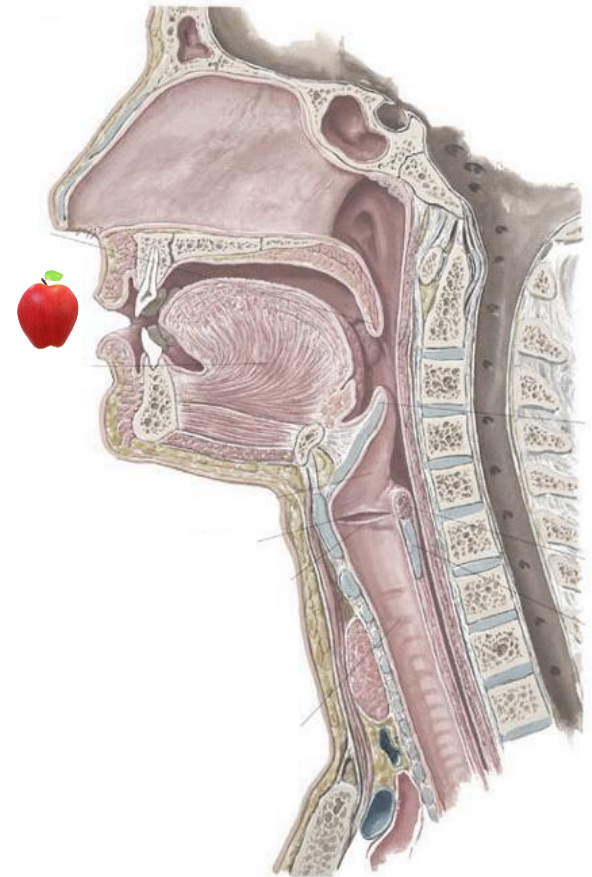
Signs and Symptoms

- Coughing
- Choking
- Wet voice
- Complaints of food feeling “stuck”
- Low grade temperatures
- Congestive lung sounds
- Slow rate or uncoordinated chewing
- Sneezing, runny, or blowing nose
- Throat clearing
- Watery eyes
- Fast rate of eating without swallowing
- Leftover food in mouth after swallowing
- Drooling
- Food spillage from mouth
- Pocketing of food
- Redness, facial strain



Aspiration: What is it?

- **Defined:** Entry of foreign material (food, liquid, vomit, mucous, saliva) into the airway/lungs. (Marik, 2010)
- **Silent Aspiration:** Occurs without coughing, throat clearing, etc.



Prevalence

- One of the leading causes of death in Parkinson's Disease is pneumonia
- Parkinson's Disease can impact all stages of swallowing
- Varies between 11% - 87% depending on the disease stage, disease duration, and the assessing method
- Underreported and/or unaware of swallowing difficulties

Without Effective Treatment, Dysphagia Can Lead To

- Pneumonia
- Malnutrition
- Dehydration
- Decreased quality of life
- Increased length of hospital stay
- Increase cost for care
- Reduced rehab potential
- Mortality

Types of Swallow Function Evaluations

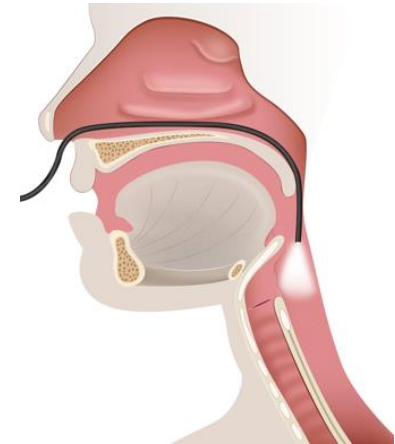
BEDSIDE SWALLOW EXAMINATION



VIDEO FLUOROSCOPIC SWALLOW STUDY



FIBEROPTIC ENDOSCOPIC EVALUATION OF SWALLOWING



Video Fluoroscopic Swallow Study (VFSS)

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Fiberoptic Endoscopic Evaluation of Swallowing (FEES)

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Treatment




- Traditional swallow strengthening exercises
- Expiratory Muscle Strength Trainer (EMST)
- Lee Silverman Voice Treatment
- SPEAK OUT!
- Food and drink alterations



Food Alterations

TEXTURE NAME	DESCRIPTION	PHOTO REFERENCE
Regular	<ul style="list-style-type: none"> - Food can be eaten with any method - Variety of textures include, but are not limited to: hard, tough, chewy, fibrous, stringy, pith inside skin, husks, bones, mixed consistencies - No bite size requirement 	
Easy to Chew	<ul style="list-style-type: none"> - Food should NOT be hard, tough, chewy, fibrous, stringy, contain bones or gristle 	
Soft & Bite Size	<ul style="list-style-type: none"> - Eat with a fork or spoon - Mashable with pressure from silverware - Pieces must be a 15x15mm bite size 	
Minced & Moist	<ul style="list-style-type: none"> - Eat with a fork or spoon - Holds shape on a spoon - Pieces must be 4x15mm bite size - Food is easily squashed with tongue 	
Puree	<ul style="list-style-type: none"> - Eat with a spoon or fork - Cannot drink from cup or through straw - Falls off spoon in a single spoonful when tilted - No lumps - Not sticky - No chewing required 	

Liquid Alterations

CONSISTENCY NAME	DESCRIPTION	PHOTO REFERENCE
<p>Moderately Thick</p>	<ul style="list-style-type: none"> - Liquid: Can drink from cup or eat with spoon - Can't eat with fork, drips through fork tines - Effort needed to suck through straw - No chewing required - Formerly "honey-thick" liquid 	
<p>Mildly Thick</p>	<ul style="list-style-type: none"> - Liquid flows off a spoon in ribbons - Some effort required to suck through straw - Formerly "nectar-thick" liquid 	
<p>Thin</p>	<ul style="list-style-type: none"> - All liquids, H2O, juices, milk, coffee, tea, etc. - Fast flow, like water - Can drink through cup or straw 	

Thickener

Why use thickener?

Brands:

- Simplythick
- Thick & Easy
- Thick-it
- Resource ThickenUp



Adaptive Equipment

Nosey Cup	
Provale Cup	
Spouted, Lidded Mug	

Adaptive Equipment (Cont.)

Anti-Splash, Lidded Mug	
2-Handled Mug	
Restricted Flow Straws	

Questions



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THANK YOU
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