

# Nestlé Healthcare Nutrition FIRST INTERNATIONAL COURSE ON OROPHARYNGEAL DYSPHAGIA

“Building bridges in interdisciplinary dysphagia care”

Mataró, Spain May 20th - 21st 2010

## 1 DAY

Nestlé Healthcare  
Nutrition

- 8.30: (05') **Welcome by Nestlé Healthcare Nutrition**
- 8.35: (15') **Welcome: Presentation of the course objectives**  
**PERE CLAVÉ** (MD)  
Spain
- 8.50: (20') **Definition, prevalence, and burden of oropharyngeal dysphagia: A serious problem among older adults worldwide**  
**OLLE EKBERG** (MD)  
Sweden
- 9.10: (20') **Physiology of deglutition and pathophysiology of oropharyngeal dysphagia**  
*Neurophysiology of deglutition and dysphagia (afferent, central organization and efferent pathways)*  
**SHAHEEN HAMDY** (MD)  
United Kingdom
- (20') *The normal/impaired oropharyngeal swallow response*  
**PERE CLAVÉ** (MD)  
Spain
- (20') *Interaction of body systems for respiration and swallowing: Physiology and pathophysiology of oropharyngeal dysphagia*  
**JULIE CICHERO** (PhD SLP)  
Australia
- (20') **Discussion**
- 10.30: **Break**
- 10.45: (20') **Screening and clinical assessment of oropharyngeal dysphagia**  
*Identifying vulnerable patients: Role of the EAT-10 and the multidisciplinary team for early intervention and comprehensive care of individuals with oropharyngeal dysphagia*  
**KALA KASPAR** (PhD)  
Switzerland
- (20') *A review to determine the effectiveness and feasibility of bedside methods for detecting oropharyngeal dysphagia*  
**RENEE SPEYER** (PhD SLP)  
The Netherlands
- (20') *The V-VST. Accuracy of the volume-viscosity swallow test (V-VST) for clinical screening of dysphagia and aspiration*  
**VIRIDIANA ARREOLA** (SLP)  
Spain
- (15') **Discussion**
- 12.00: (60') **Practical Session 1: Bedside clinical assessment using the V-VST**  
Participants are divided into groups of 8-10. 2nd Floor Hospital de Mataró (Medicine, Geriatrics, Neurology). Examinations are performed on real patients co-led by a nurse: SLP team. Each participant will evaluate a clinical case
- Group 1.** **ROSA MONTEIS** (NURSE). Spain  
**RENÉE SPEYER** (PhD SLP). The Netherlands
- Group 2.** **VIRIDIANA ARREOLA** (SLP). Spain  
**JULIE CICHERO** (PhD SLP). Australia
- Group 3.** **ANNA CIURANA** (NURSE). Spain  
**HANS BOGAARDT** (SLP). The Netherlands
- Group 4.** **MARISA SEBASTIAN** (NURSE). Spain  
**SÖNKE STANSCHUS** (SLP). Germany
- 13.00: **Lunch**
- 14.30: (20') **Instrumental diagnosis and respiratory care in the patient with oropharyngeal dysphagia**  
*Videofluoroscopic swallow study: Techniques, signs, and reports*  
**MARGARETA BÜLOW** (PhD SLP)  
Sweden
- (20') *Fiberoptic endoscopic evaluation of swallowing (FEES). Techniques, signs, and reports*  
**ANTONIO SCHINDLER** (MD)  
Italy
- (20') *Respiratory care & rehabilitation in the patient with oropharyngeal dysphagia*  
**ERIC VERIN** (MD PhD)  
France
- (20') **Discussion**
- 15.50: (20') **Pathophysiology, relevance and natural history of oropharyngeal dysphagia among patient groups:**  
*Neurogenic dysphagia: Older adults with neurological disturbances*  
**ERNEST PALOMERAS** (MD)  
Spain
- (20') *Head and neck cancer patients*  
**ANTONIO SCHINDLER** (MD)  
Italy
- (20') *Elderly*  
**PERE CLAVÉ** (MD)  
Spain
- (20') **Discussion**
- 17.10: **Break**
- 17.30: (40') **Practical session 2: Measuring the swallow response by videofluoroscopic swallow study: Clinical examples**  
**MARGARETA BULOW** (PhD SLP)  
Sweden  
**PERE CLAVÉ** (MD)  
Spain

## 2 DAY

Nestlé Healthcare  
Nutrition

- 9:00: (20') **Complications of oropharyngeal dysphagia: The downward spiral of dysphagia and the need for comprehensive care by a multidisciplinary team**  
*Screening and assessment of nutritional status: Utility of the MNA-SF*  
**PAT ANTHONY** (RD)  
Switzerland
- (20') *Nutritional complications of oropharyngeal dysphagia*  
**PILAR GARCIA-PERIS** (MD)  
Spain
- (20') *Aspiration pneumonia: A life-threatening complication of oropharyngeal dysphagia and the need for a comprehensive care by a multidisciplinary team*  
**JORDI ALMIRALL** (MD)  
Spain
- (20') *Quality of life and social aspects of oropharyngeal dysphagia: The need for comprehensive care by a multidisciplinary team*  
**HANS BOGAARDT** (SLP)  
The Netherlands
- (20') **Discussion**
- 10.40: **Break**
- 11.00: (20') **Treatment**  
*Dietary modification. Interventions for malnutrition and dehydration*  
**ANA CANTÓN BLANCO** (MD)  
Spain
- (20') *Importance of nutritional support including oral supplements*  
**PAT ANTHONY** (RD)  
Switzerland
- (20') *Rehabilitation strategies (maneuvers, postures, swallowing exercises)*  
**CATRIONA STEELE** (PhD SLP)  
Canada
- (10') **Discussion**
- 12.10: (20') **Biofeedback and electrical stimulation**  
**HANS BOGAARDT** (SLP)  
The Netherlands
- (20') *Emerging strategies: Pharmacological approach*  
**LAIA ROFES** (PHARMACIST)  
Spain
- (20') *Oral health issues.*  
**JOSÉ NART** (DDS, PhD)  
Spain
- (20') **Discussion**
- 13:30: **Lunch**
- 15:00: (90') **Practical session 3: Clinical case of diagnosis and treatment of a patient with dysphagia and malnutrition.**  
Participants are divided into groups co-led by a doctor, speech/swallow therapist, and nutrition specialist team. A particular clinical situation related to the clinical cases is presented and participants must calculate the nutritional requirements, the type of nutritional support and the adaptation of the texture of solids and liquids as a practical exercise
- Group 1.** **OLLE EKBERG**  
**CATRIONA STEELE**  
**PAT ANTHONY**
- Group 2.** **PERE CLAVÉ**  
**MARGARETA BÜLOW**  
**ISABELLE GERMAIN**
- Group 3.** **JORDI ALMIRALL**  
**JULIE CICHERO**  
**PETER IAM**
- Group 4.** **ANTONIO SCHINDLER**  
**RENEE SPEYER**  
**ANA CANTON**
- 16.30: **Break**
- 16.50: (15') **Strategies on improvement of dysphagia patient management**  
**PERE CLAVÉ** (MD)  
Spain
- (15') *Professional resources: dysphagia societies, websites & tools*  
*The structure of a scientific society*  
**JANE LEWIS**
- (15') *Clinical guidelines on dysphagia. Link. Dysphagia and malnutrition*
- (15') *Dysphagia day in hospitals and nursing homes*
- (15') **Discussion**
- 17.50: **Participants feedback and closing remarks**

END OF COURSE