



Toronto Rehab is a teaching and research hospital  
affiliated with the University of Toronto.

# Identification, Assessment, Management and Rehabilitation of Dysphagia: *An Update on Current Best Practices for Speech-Language Pathologists*

A two-day workshop with instructor

*Catriona M. Steele, PhD, MHSc, SLP(c), CCC-SLP, BRS-S, Reg CASLPO*

**Register online at:**

**[www.torontorehab.com/education/videof.html](http://www.torontorehab.com/education/videof.html)**

**Ottawa** – September 16 – 17, 2010

*Hampton Inn Ottawa & Conference Centre*

**Vancouver** – February 7 – 8, 2011

*British Columbia Institute of Technology (BCIT) – Downtown Campus*

**Edmonton** – February 10 – 11, 2011

*Matrix Hotel*

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## Learning Outcomes

- Participants will review current evidence regarding the predictive utility of swallowing screening protocols.
- Participants will review current evidence regarding the sensitivity and specificity of particular signs identified in clinical bedside swallowing assessments for determining the presence/absence of dysphagia and aspiration.
- Participants will review the purpose and design of the videofluoroscopic swallowing assessment, including current evidence regarding best practices in the review and interpretation of videofluoroscopy.
- Participants will review the indications for specific compensatory and rehabilitative interventions, and the evidence regarding their effectiveness.
- Participants will practice treatment planning on the basis of videofluoroscopic swallowing studies, using examples of specific physiological impairments.

- Participants will critically evaluate current evidence behind rehabilitative approaches to oropharyngeal swallowing treatment and apply this to case scenarios.

## Who Should Attend

The course is intended for practicing Speech-Language Pathologists. Other professionals who wish to register for the course need to support their online registration with a letter of confirmation from the Speech-Language Pathology Department at the facility where they practice. The letter should confirm that they work interprofessionally with SLPs. The letter can be sent to Conference Services at Toronto Rehab by fax: **416-597-6202** or by email: [conferences@torontorehab.on.ca](mailto:conferences@torontorehab.on.ca).

## About Toronto Rehab

At Toronto Rehab, our goal is to advance rehabilitation and enhance quality of life by pushing the frontiers of rehabilitation science. As a fully affiliated and specialized teaching and research hospital of the University of Toronto, we do everything humanly possible to generate new knowledge, put it into practice and share our discoveries with others.

## Course Description

This intermediate-advanced 2-day workshop provides an evidence-based update on current practices in swallowing identification, assessment, management and rehabilitation. Participants will consider current best evidence as it applies to the programs and services offered for adult patients with dysphagia in their workplace. We will critically review current practices, exploring current research evidence that supports or challenges these approaches. The current regulations applying to dysphagia practice in Ontario will be emphasized. Participants will have the opportunity to consider several case

scenarios and to critically evaluate the decisions that would be made regarding assessment and treatment options for such patients. Videofluoroscopic examples will be used to support the review and discussion of treatment planning for patients with specific presentations. Examples and case scenarios will primarily feature adults with acquired neurogenic dysphagia; however, extension to pediatric caseloads or clients with structurally-related or oncology-related dysphagia will be explored pending audience interest.

## Agenda

### Day 1

**09:00** Introduction, objectives

**09:15** Case study exercise

#### **09:30 Dysphagia Identification**

- What are the goals of swallowing screening?
- Organizational approaches to swallowing screening: what are the options?
- Standardized screening protocols
- Sensitivity and specificity: what you need to understand
- Case scenarios
- Discussion

**10:30** Morning break

#### **10:45 Clinical (Bedside) Swallowing Assessment**

- What are the goals of the clinical swallowing assessment?
- Validated protocols
- Sensitivity, specificity of specific assessment components
- What kinds of management decisions can be made based on clinical swallowing assessments?
- What kinds of interventions should NOT be recommended if instrumental assessments cannot be obtained?
- Case scenarios
- Discussion

**12:00** Lunch break

#### **1:00 Videofluoroscopic Swallowing Assessment**

- What are the goals of a videofluoroscopic swallowing assessment?
- Protocol decisions: standardized vs. customized
- Technical considerations (equipment, personnel, roles, policies)
- When would endoscopy be a useful alternative?
- Issues in obtaining endoscopy
- Case scenarios
- Discussion

**2:30** Afternoon break

#### **2:45 What to Expect on Videofluoroscopy: A Review of the Literature and Examples**

- What is normal bolus control?
- What is normal timing and swallow response?
- What is normal hyoid excursion?
- What is normal laryngeal excursion?
- What is normal airway protection?
- What is normal pharyngeal constriction?
- What is normal UES opening?
- What is normal bolus clearance?
- Discussion

**4:30** Adjourn for the day

### Day 2

**09:00** Introduction to day 2

#### **09:15 Interventions for Impaired Bolus Control**

- Case scenarios
- What does the literature say?
  - *Chin tuck*
  - *Texture modification*
  - *Tongue-pressure resistance training*
- Discussion

**10:30** Morning break

#### **10:45 Interventions for Impaired Timing and Swallow Response**

- Case scenarios
- What does the literature say?
  - *Thermal tactile stimulation*
  - *Taste stimulation*
  - *Airpulse stimulation*
- Discussion

**12:00** Lunch break

#### **1:00 Interventions for Aspiration and Impaired Airway Protection**

- Case scenarios
- What does the literature say?
  - *Texture modification*
  - *Oral hygiene*
  - *Free water*
  - *Supraglottic swallow*
- Discussion

#### **2:00 Interventions for Impaired UES Opening and Bolus Clearance**

- Case scenarios

**2:30** Afternoon break

#### **2:45 Interventions for Impaired UES Opening, Bolus Clearance continued**

- What does the literature say?
  - *Effortful swallow*
  - *Mendelsohn Maneuver*
  - *Shaker exercise*
  - *Neuromuscular electrical stimulation*
- Discussion

#### **3:30 Designing a Rehabilitative Treatment Program**

- Issues of duration, frequency, intensity
- Instrumentation for biofeedback
- Outcome measurement
- Discussion

**4:30** Wrap up and questions

**4:45** Adjourn

## Speaker Biography

**Catriona M. Steele, PhD, MHSc, SLP(c), CCC-SLP, BRS-S, Reg CASLPO**

**Affiliations: Toronto Rehabilitation Institute; University of Toronto**

Dr. Steele is a scientist and Director of the Swallowing Rehabilitation Research Laboratory at the Toronto Rehabilitation Institute. She teaches in the Graduate Department of Speech-Language Pathology at the University of Toronto. Prior to completing her Ph.D., Dr. Steele worked as a medical speech-language pathologist for 10 years. She holds board-specialty recognition in Swallowing and Swallowing Disorders (BRS-S).

Dr. Steele is known for her commitment to pursuing theoretically driven research that will underpin clinical interventions with sound empirical evidence. She has received particular recognition for her research on tongue movements and tongue pressure in swallowing and has developed a reputation as an expert on the use of texture modifications as an intervention for dysphagia. Dr. Steele holds research funding and a prestigious New Investigator award from the Canadian Institutes of Health Research.

Dr. Steele is known across Canada and internationally as an outspoken advocate of evidence-based practice by speech-language pathologists. She has a particular interest in mentoring and supporting front-line

clinicians to develop strong skills in critically evaluating literature and incorporating good scientific evidence into their day-to-day practice. Dr. Steele has been invited to participate on several national and international expert panels regarding standards of practice in the area of swallowing evaluation and treatment and is frequently invited to be a speaker at professional development courses on this topic. She is known for her commitment to "active learning", and incorporates practical hands-on assignments into her lectures and workshops. Her teaching experience includes face-to-face and web-based University courses and many workshops and invited lectures across North America, Europe, China, Korea, Japan, New Zealand and Australia.

Dr. Steele is a past president of the Canadian Association of Speech-Language Pathologists and Audiologists and past board member of the Dysphagia Research Society. She currently serves as the coordinator of the American Speech-Language and Hearing Association's Special Interest Division 13 (Swallowing and Swallowing Disorders).

## Registration

Regular: \$425 Student \$275\*

Fees are in Canadian funds.

*\*Please include a valid student ID number with registration*



**Register online at**

**[www.torontorehab.com/education/videof.html](http://www.torontorehab.com/education/videof.html)**

or call Conference Services at **416-597-3422, ext. 3693**

Registration includes a continental breakfast, a light lunch and refreshments, materials and a certificate of attendance.

## Cancellation Policy

Registration will close at 5 p.m. two business days before each workshop. A full refund, minus a \$75 administration fee, will be given for cancellations received in writing via facsimile or email no less than three weeks before each workshop. No refunds will be given after these dates.

## Contact Information

For more information on this course or to inquire about other events:

email: [conferences@torontorehab.on.ca](mailto:conferences@torontorehab.on.ca)

Fax: 416-597-6202 tel: 416-597-3422 ext. 3693

[www.torontorehab.com/education](http://www.torontorehab.com/education)



**Toronto  
Rehab**

## Hotel Reservations and Location Details

### Ottawa

Hampton Inn Ottawa by Hilton

100 Coventry Road

Ottawa, ON K1K 4S3

Reservations by phone 1-877-701-1281

Room rate: \$131 single and \$141 double

Please mention the “Toronto Rehab Videofluoroscopic Workshop” to receive the group rate.

### Vancouver

British Columbia Institute of Technology (BCIT) – Downtown Campus

555 Seymour Street

Vancouver, BC V6B 3H6

### Hotel Reservation

The St. Regis Hotel

602 Dunsmuir Street

Vancouver, BC V6B 1Y6

Reservations by phone at 1-800-770-7929

Room rate: \$129

Please mention the “Toronto Rehab Videofluoroscopic Workshop” to receive the group rate.

### Edmonton

Matrix Hotel

10640 100th Avenue

Edmonton, AB T5J 1J1

Telephone: 1-866-465-8150 or [reservations@matrixedmonton.com](mailto:reservations@matrixedmonton.com)

Room Rate: \$155

Please mention the “Videofluoroscopic Workshop – Open Block” to receive the group rate.