

Workshop Proposal

Best Practices in the Management of Oropharyngeal Dysphagia

February 1-2, 2016

London, UK

Day 1: Best Practices in the Identification and Assessment of Oropharyngeal Dysphagia

09:00	Introductions
09:15	What is dysphagia and why are we worried about it?
10:15	Break
10:30	Screening for dysphagia: Sensitivity and Specificity of different approaches
11:30	The clinical/bedside swallowing assessment
12:30	Lunch break
13:30	Videofluoroscopy: Purpose, protocols and important technical considerations
14:30	Break
14:45	Penetration-Aspiration and residue: rating methods and practice
15:45	Determining the mechanisms behind swallowing impairment: what is normal and which parameters are useful?
16:30	Wrap up and questions

Day 2: Management and Rehabilitation of Oropharyngeal Dysphagia

09:00	Introductions
09:30	The history of dysphagia management
09:45	Texture modification: what does the evidence say?
10:30	Break
10:45	Postural approaches (e.g. Chin down, Head turn plus chin down): what does the evidence say?
11:30	Direct swallowing approaches: Effortful swallow; Mendelsohn Maneuver

12:30	Lunch break
13:30	Indirect exercise approaches: Tongue pressure resistance training
14:30	Break
14:45	Indirect exercise approaches: Shaker exercise and Chin-tuck against resistance
15:30	Other approaches in the literature: respiratory interventions, electrical stimulation, vibratory stimulation, devices.
16:30	Wrap up and questions.