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UNLOCKING THE SECRETS OF BRAIN DISEASE®

SWALLOWING SAFETY: DIET & CONSIDERATIONS FOR PEG PLACEMENT
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SWALLOWING – CONSIDERATIONS

Decisions regarding diets, exercises, and PEG placement are specific to each patient

Decisions may change over a period of time as the disease process progresses

Decisions regarding swallowing may be challenging

Decisions should be a shared decision making process



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SWALLOWING - CONSIDERATIONS

- Hydration
- Nutrition
- Quality of Life
- Safety – aspiration/aspiration sequelae
- Mental Status



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SWALLOWING - CONCERNS

- Increase in saliva production
- Difficulty with manipulation of food/control of food
- Lingual pumping
- Pocketing
- Delay in initiation
- Food sticking in the throat



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SWALLOWING - ASSESSMENT

- Evaluation by Speech Language Pathologist
- Bedside Swallowing Evaluation
- Modified Barium Swallow Study
- Fiberoptic Endoscopic Evaluation of Swallowing



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SWALLOWING - TREATMENT

- Liquid and Diet Alterations
 - Thickened liquids (thin, nectar, honey)
 - Solid food alterations (soft, mechanical, pureed)
- Postural changes
- Size/Rate
- Strategies



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SWALLOWING - TREATMENT

- Education
- Swallow Maneuvers
- Exercises
- Expiratory Muscle Strength Trainer
- PEG placement



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SWALLOWING – FEEDING TUBES

Types

- Nasogastric tube
- Gastrotomy tube (PEG)
- Jejunostomy tube – alternative to a PEG

In most cases, PEG tubes are the feeding tube of choice



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SWALLOWING – PEG CONSIDERATIONS

- Is this temporary versus long term?
- What are the benefits of having the feeding tube?
- What are the cons of having a feeding tube?
- MYTH: Feeding tubes do NOT prevent aspiration
- FACT: People with feeding tubes are still at risk for pulmonary complications including aspiration pneumonia



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SWALLOWING – WHAT TO DO?

- Prepare ahead of time
 - Thoughts/Feelings regarding feeding tube placement
 - When would be the right time for you to consider a feeding tube
- Caregivers/Power of attorney may have to make decision about feeding tube based on previous knowledge about patient preference
 - Ask questions
- Advanced Directive
- Team approach to help with decision making



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**THERE IS NO RIGHT OR WRONG
ANSWER WHEN IT COMES TO
FEEDING TUBES!**



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THANK YOU



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