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.
SWALLOWING - CONSIDERATIONS

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

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
SWALLOWING - ASSESSMENT

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

SWALLOWING - TREATMENT

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

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

SWALLOWING – FEEDING TUBES

Types
- Nasogastric tube
- Gastrostomy tube (PEG)
- Jejunostomy tube – alternative to a PEG

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

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

THANK YOU