



Rehabilitation saves life.

A two-day workshop with instructor
Catriona M. Steele, PhD, CCC-SLP, SLP(C),
Reg CASLPO, BRS-S, ASHA Fellow

Assessment and Intervention for Oropharyngeal Dysphagia



Register online at: www.torontorehab.com/events/dysphagia/registration

Halifax – November 7– 8, 2011

Four Points by Sheraton Halifax

1496 Hollis Street, Halifax

Toronto – January 19 – 20, 2012

Toronto Rehab, Auditorium, South Tower, Second floor

550 University Avenue, Toronto

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Course Description

This intermediate-advanced 2-day workshop takes a physiological and evidence-based approach to videofluoroscopic assessments of oropharyngeal swallowing as a tool for understanding the nature of a patient's dysphagia and for intervention planning. Synthesis of the literature on swallowing physiology suggests that the swallow can be broken down into three primary functional components: oral bolus control and transport (tongue); airway protection (respiration, hyoid and larynx); pharyngeal transport and clearance (tongue, hyoid and upper esophageal sphincter). For each of these, recent literature suggests specific interventions when impairment is identified. In this

workshop, each functional component will be reviewed. We will discuss what the literature tells us about function of each component in normal versus disordered swallowing. Practical exercises will enable participants to rate videofluoroscopies showing different degrees of impairment for each functional component. We will then discuss evidence-based approaches to intervention that are indicated for each type of impairment, and identify expected responses to these interventions. Examples and case scenarios will primarily feature adults with acquired neurogenic dysphagia.

Agenda

Day 1

09:00 Introduction, objectives and definitions

- Dysphagia
- Functional components of swallowing
 - Oral bolus control and transport*
 - Airway protection*
 - Pharyngeal transport and clearance*
- Consequences of swallowing impairment

09:30 Introduction to Case Scenarios for the Workshop

- Clinical signs and symptoms
- Tools and protocols for clinical/bedside swallowing assessment
- Customizing clinical/bedside swallowing assessment

10:30 Morning break

10:45 What Comes after the Clinical/Bedside Swallowing Assessment?

- Management based on clinical assessment
- Evidence for compensatory interventions

12:00 Lunch break

13:00 Planning Videofluoroscopy

- Standardization as a goal
- Technical considerations
- Protocol considerations

14:00 Rating Videofluoroscopy

- Initial review of videofluoroscopy recordings for case scenarios

14:30 Afternoon break

14:45 Expectations of Swallowing Physiology

- Literature review on physiological signs associated with aspiration
- Literature review of physiological signs associated with inefficiency
- Discussion of physiological versus functional measures

16:00 Questions & Answers

16:30 Adjourn for the day

Day 2

09:00 Review of Videofluoroscopy and Physiology (continued)

- Training your eyes to a standard
- Review of healthy examples of 5 cc thin liquid swallows

9:30 Detailed Analysis of Swallowing Physiology

Participants will review examples of different degrees of impairment and complete a worksheet guiding them through comprehensive analysis of cases.

- Event sequencing
- Timing and durational measures

10:30 Detailed Analysis of Swallowing Physiology (continued)

- Structural measures (hyoid and laryngeal displacement, pharyngeal shortening and constriction, UES opening)

12:00 Lunch break

13:00 Synthesizing Measures of Swallowing Physiology to Understand Function

- Oral bolus control and transport*
- Airway protection*
- Pharyngeal transport and clearance*

14:00 Treatment Planning from Videofluoroscopy

- Evidence for rehabilitative interventions targeting bolus control

14:30 Afternoon break

14:45 Treatment Planning from Videofluoroscopy (continued)

- Evidence for rehabilitative interventions targeting airway protection
- Evidence for rehabilitative interventions targeting pharyngeal transport and clearance

16:00 Questions & Answers

6:30 Wrap-up

Speaker Biography

Catriona M. Steele, PhD, CCC-SLP, SLP(C), Reg CASLPO, BRS-S, ASHA Fellow
Affiliations: *Toronto Rehab; 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.

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 a prestigious New Investigator award from the Canadian Institutes of Health Research and a major research grant from the National Institutes of Health in the United States, to explore the interface between tongue motor function and oral sensory functions in swallowing. She is also leading a Heart and Stroke Foundation funded trial of tongue-pressure resistance training interventions for dysphagia post stroke.

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, Asia, 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 served as the coordinator of the American Speech-Language and Hearing Association's Special Interest Division 13 (Swallowing and Swallowing Disorders) from 2008-2010.

Learning Outcomes

- a) Participants will review current evidence regarding the physiology of oropharyngeal swallowing.
- b) Participants will review clinical (non-instrumental) methods for the assessment of oropharyngeal swallowing, and apply this to the discussion of several different case scenarios.
- c) Participants will understand the indications and contra-indications for using videofluoroscopy as an instrumental procedure for evaluating oropharyngeal swallowing physiology.
- d) Participants will critically evaluate the steps involved in the videofluoroscopy procedure and explore the issue of using standardized protocols.
- e) Participants explore the issue of customizing videofluoroscopy based on clinical bedside assessment, including the selection of compensatory manoeuvres to be trialled.
- f) Participants will understand the current evidence behind compensatory interventions for oropharyngeal dysphagia, including risks and benefits.
- g) Participants will practice rating oropharyngeal swallowing physiology from videofluoroscopy recordings for several cases, and will be able to benchmark their own identification and severity ratings against those of the instructor and other participants.
- h) Participants will critically evaluate the implications of videofluoroscopy findings for treatment planning.
- i) Participants will understand current evidence behind different rehabilitative approaches to oropharyngeal swallowing treatment.

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.

About Toronto Rehab

As a leading rehabilitation sciences centre, Toronto Rehab is revolutionizing rehabilitation to help people overcome the challenges of disabling injury, illness or age-related health conditions so they can live active, healthy, more independent lives. Fully affiliated with the University of Toronto as a teaching and research hospital, Toronto Rehab integrates innovative patient care, groundbreaking research and diverse education to build healthier communities. Find out how at www.torontorehab.com.

If you would like to support Toronto Rehab's work, please contact the Toronto Rehab Foundation at **416-597-3040** or foundation@torontorehab.on.ca.

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/events/dysphagia/registration

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. four 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

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

www.torontorehab.com/events/dysphagia

www.torontorehab.com

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

Hotel Reservations and Location Details

The Four Points by Sheraton Halifax

1496 Hollis Street, Halifax, NS B3J 3Z1

Reservations by phone: 902-423-4444 or the toll free reservation line at: 1-866-444-9494

Reservation online:

www.starwoodhotels.com/fourpoints/reservations/index.html

Metropolitan Hotel Toronto

108 Chestnut Street, Toronto, ON M5G 1R3

Reservations by phone: 416-977-5000 or the toll free reservation line at: 1-800-668-6600

Reservation online: www.metropolitan.com/qreserv_yyz.asp

Metropolitan is pleased to offer a rate of \$135.00/night plus taxes and facility fee of \$8.00 for January 18th and 19th, 2012.

Please ensure to make your reservations prior to December 20, 2011, after this date, the group rate will be subject to availability. When calling, please quote Workshop on Dysphagia – Toronto Rehab.

Courtyard Marriott Downtown Toronto

475 Yonge Street, Toronto, ON M4Y 1X7

Reservations by phone 416-924-0611 or the toll free reservation line at 1-800-847-5075

Reservation online: www.marriott.com/hotels/travel/yyzcy-courtyard-toronto-downtown/

The Courtyard Marriott is pleased to offer a rate from \$159.00/night plus taxes for January 18th and 19th, 2012.

Please ensure to make your reservation prior to December 18th, 2011, after this date, the group rate will be subject to availability. When calling, please quote Toronto Rehab.