

## Outline

### RESPIRATORY SYSTEMS

*Breathing/swallowing coordination*

- Overview of systems - anatomy/physiology
- Breathing/Swallow coordination
- Coordination and aspiration
- Airway protective mechanisms
- Reflexive cough

### GASTROESOPHAGEAL SYSTEMS

*The impact on feeding and swallowing*

- Esophageal function
- Digestive functions
- Reflux mechanisms
- When does GER become GERD?
- GERD signs and symptoms
- GERD and feeding/swallowing difficulties
- Esophageal/Pharyngeal inter-relationships

### GI/RESPIRATORY RELATIONSHIPS

*What's the connection?*

- Pressure, energy, and innervation
- Extra-esophageal reflux

### ASPIRATION

*How much is too much?*

- Pulmonary Clearance Mechanisms
- Predictors of pneumonia in various populations

### RESPIRATORY DISEASE PROCESSES

*The impact on feeding/swallowing*

- Pediatric:
- Infant Respiratory Distress Syndrome (IRDS)
  - Bronchopulmonary Dysplasia (BPD)
  - Respiratory Syncytial Virus (RSV)
  - Congenital Heart defects
- Adult:
- Obstructive Sleep Apnea (OSA) and dysphagia
  - Congestive Heart Failure (CHF)
  - Obstructive Conditions
  - Restrictive Conditions

### PNEUMONIAS

*It's not all aspiration*

- Pneumonia vs Pneumonitis
- Community Acquired Pneumonia
- Healthcare Acquired Pneumonia
- Aspiration Pneumonia

### AIRWAY MANAGEMENT

*What's the impact on swallowing?*

- Non-invasive positive pressure ventilation
- High flow nasal cannula
- Intubation
- Tracheostomies

### ASPIRATION ASSESSMENT

*Clinical Assessment – Making the Most of your Bedside Eval*

- Cognitive assessment
- Pitch elevation
- Serial swallows
- Oral mechanism
- Respiratory factors
- Cough
- Respiratory muscle strength
- 3 oz water tests
- Understanding lab values
- Pulse Oximetry

*Instrumental assessment – Which type and when?*

- Modified Barium Swallow studies
- Fiberoptic Endoscopic Evaluation of Swallowing

### ASPIRATION MANAGEMENT

*Diet modifications – Not such a benign intervention*

- Implications of dietary changes
- Compliance issues
- Thick liquids - pros and cons
- Water protocols

*Strategies and Exercises – What does the evidence tell us?*

- Compensation
- Sensory interventions
- Principles of exercise physiology
- Lingual strengthening
- Pharyngeal strengthening
- Expiratory muscle strength training

### REFLUX ASSESSMENT

*What do these tests tell me?*

- Upper GI studies
- Ph Monitoring
- Esophagoscopy
- Scintigraphy

### REFLUX MANAGEMENT

*What's the dysphagia clinician to do?*

- Lifestyle modifications
- Positioning
- Diet modifications
- Medications
- Effects of acid suppression
- Surgical interventions
- New directions in reflux management

### Live Webcast Schedule

*(Times listed in Central)*

**8:00** Program begins

**12:00-1:00** Lunch Break

**3:30** Program ends

There will be small breaks spread throughout the day.  
Break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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# Breathing, Digestion & Swallowing

## Best Practices in Dysphagia Management

### LIVE Interactive Webcast

**Friday, January 22, 2021**

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# Breathing, Digestion & Swallowing

## Best Practices in Dysphagia Management

*Featuring*

**ANGELA MANSOLILLO, MA/CCC-SLP, BCS-S,**

Speech-Language Pathologist and Board Recognized Specialist in Swallowing Disorders

**When breathing changes, so does swallowing - the impact of COVID 19, COPD, and ARDS on swallow safety.**

- New research detailing the development and interrelationships between the respiratory and gastroesophageal systems
- Common indicators of reflux and how they impact the treatment process
- Patients at risk for developing aspiration pneumonia
- Evidence for specific dysphagia management strategies and the effectiveness of each

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*"A much welcomed, practical, useful, a 'hands-on' presentation. I am walking away with an arsenal of oral-motor techniques that I can use tomorrow. It was a very interesting course!"* **Shawnie, SLP**

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*What's the safest diet? Is he aspirating? Can she swallow these pills? He hates the pureed food – what else can we do? She's refusing the thick liquids! Is he going to get pneumonia? Does he need a feeding tube?*

These are issues that we face every day in our work with children and adults with dysphagia. How do we keep our clients safe, while making sure they're well hydrated and well nourished, and normalize eating as much as possible?

Sometimes, it's about more than just swallowing.

This course will examine the inter-relationships between respiration, gastro-intestinal function, and swallowing to allow clinicians to better identify the underlying causes of their client's swallowing difficulties. We'll look at specific respiratory and GI diagnoses and their impact on what, when, how much, and how safely our clients eat. ***Using clinical case studies, we'll examine the evidence to provide you with the tools you need to perform a thorough assessment and implement a comprehensive treatment plan that takes into account all of the potential contributing factors.***

## Speaker

**ANGELA MANSOLILLO, MA/CCC-SLP, BCS-S**, is a speech-language pathologist and Board Recognized Specialist in Swallowing Disorders with over 21 years of experience. She is a senior speech-language pathologist at Cooley Dickinson Hospital in Northampton, Massachusetts where she is involved in evaluation, treatment, and program planning for adults and children with dysphagia. In addition, she is a clinical supervisor and adjunct faculty member at Elms College Department of Communication Sciences and Disorders in Chicopee, Massachusetts. For over 15 years, she has worked in a variety of clinical settings, provided numerous regional and national presentations and served as guest lecturer at several colleges and universities throughout Massachusetts.

Ms. Mansolillo received her Bachelor of Arts degree in communication from Rhode Island College and earned her Master of Arts in speech-language pathology from the University of Connecticut. She is a member of the American Speech-Language-Hearing Association and is a member of Special Interest Division 13, which focuses on swallowing and swallowing disorders.

**Speaker Disclosures:**  
Financial: Angela Mansolillo has an employment relationship with Cooley Dickinson Hospital. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Angela Mansolillo is board certified specialist, Swallowing and Swallowing Disorders of the American-Speech-Language-Hearing Association.

## Objectives

1. Use your understanding of the interrelationships between the respiratory and gastrointestinal systems to identify and treat the causes and not just the symptoms of dysphagia in your pediatric and adult clients.
2. Evaluate the impact of respiratory and gastrointestinal functions on swallowing systems in order to choose targeted interventions and increase your effectiveness in reducing aspiration risk.
3. Design effective treatment plans for clients with respiratory and GI disease processes including COPD, Respiratory failure and GERD.
4. Prepare your diagnostic tool box to include cough testing, water screenings, pulse oximetry, respiratory muscle strength testing and other evidence based tools.
5. Develop successful treatment plans by identifying reflux disease and its impact on swallowing function in your clients.
6. Design assessment strategies that allow you to identify those clients who are more likely or less likely to get sick as a result of aspiration.

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The best conference I've attended in years. Clearly designed for the clinicians interested in complex feeding issues.  
Maryellen, SLP



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\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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**Speech Language Pathologists** - All States

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**information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

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**\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.**

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