

How do we know what works to rehabilitate a swallow?  
is there more to swallow rehab  
than basic exercises and thickening liquids?

## Workshop: Managing Adult Dysphagia

**\*Advanced Level\***

### Presenter:

Dr. Mershen Pillay  
(SLT/Aud; dysphagia practitioner)

### Venues:

**Life St Dominic's Hospital Conference Centre  
Medical Suite B, East London  
8<sup>TH</sup> & 9<sup>TH</sup> March 2010**

**Durban (exact venue to be confirmed)  
11<sup>th</sup>-12<sup>th</sup> March 2010**

For East London: Contact: Luanet Smit: 043 722 1028/ 084 516 9726;  
email [luanets@absamail.co.za](mailto:luanets@absamail.co.za); 0866 377 028 (fax).  
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**KNOWLEDGE AND SKILL LEVEL** : ADVANCED LEVEL

**ACCREDITED FOR CEU POINTS BY HPCSA** : 13 CEUS

**WORKSHOP DESCRIPTION** : *This advanced level workshop is intended to further improve therapists' skills in developing, delivering and evaluating therapy for adults with dysphagia. Exercise and muscle physiology and a critical review of current practices and trends will be highlighted. The focus is on adults with acute neurological and/or mechanical/structural etiologies. This workshop offers speech therapists an opportunity to learn from an experienced dysphagia practitioner.*

**TARGET AUDIENCE** : Speech therapists currently working with adults in acute, sub-acute and/or long term chronic care (preferably at least 2 years work experience).

## **LEARNING OBJECTIVES:**

*At the end of this workshop delegates will demonstrate knowledge and skill regarding the following:*

1. Dysphagia Therapy (goal setting, dysphagia care plans + evidence based intervention)
2. Therapy for oral prep and oral phase disorders
3. Therapy for pharyngeal phase and oesophageal motility disorders (as relevant)
4. Managing gastro-oesophageal reflux disorder
5. Managing patients with tracheostomies and/or respiratory compromised patients
6. Special Cases: including patients with oral/laryngeal/pharyngeal cancer; the cardiac patient; patients with TBI and challenging behaviour; stroke patients; medically complex patients (e.g patients with degenerative diseases).
7. Clinical conundrums: including: management of the disoriented patient; working with dietitians and use of thickeners; safe feeding techniques for nursing staff; oral medication; treating bite reflexes
8. Measuring Efficacy of therapy (outcome measures)

*Delegates will engage with focused case studies and practical sessions.*

## **About the Presenter:**

*Dr. Mershen Pillay is a speech-language therapist and audiologist. In London (England), Mershen provided specialist services to adults with severe disorders through Lewisham's community services and the Royal Free & St Pancras hospitals. In SA, he was a clinical tutor and lecturer (UKZN) and also provided private services to hospitals and schools. In the United Arab Emirates he has worked as a clinical practitioner/rehabilitation supervisor at a Cleveland Clinic managed hospital (Sheikh Khalifa Medical City, United Arab Emirates). He has practiced under accreditation by the Joint Commission for International Accreditation and is currently Supervisor of Audiology and Speech Pathology services at Mafraq hospital (Abu Dhabi). He is competent with a range of non-instrumental/instrumental assessment and therapy methods such as videofluoroscopic swallow\_ and fibre-optic endoscopic evaluation of swallowing (FEES) studies, surface electromyography (sEMG) and techniques such as deep neuromuscular pharyngeal stimulation. He has also received training under master-clinicians such as Prof Susan Langmore (USA) who is the inventor of FEES and an ASHA Board Recognised Specialist in Dysphagia. Mershen served as the Editor-in-Chief of the SA Journal of Communication Disorders and is an active clinical researcher. He is a honorary research associate at the University of Cape Town. He presents and publishes his work on dysphagia/other topics in South Africa, Europe, the UK, the USA, Canada, the Middle East, the East, Australia and the Caribbean. He is also a contributing author in an international textbook on life history research (by Sense Publishers, Rotterdam, 2009).*

# Managing Adult Dysphagia: Advanced Level

## Agenda

### DAY ONE

<b>08:00</b>	Registration
<b>08:15</b>	Welcome & Introduction
<b>08:30</b>	1. Dysphagia Management: Treatment Principles & Frameworks 2. Compensation Vs Remediation 3. Therapy Fads & the Real McCoy
<b>09:30</b>	Ethical Decision Making Issues ( <i>including ethics associated with enteral vs oral feeding, practice with respiratory compromised patients and aspiration risks</i> )
<b>10:30</b>	<b>TEA BREAK</b>
<b>10:50</b>	Dysphagia Therapy ( <i>goal setting, dysphagia care plans + evidence based intervention</i> )
<b>11:30</b>	Therapy for oral prep and oral phase disorders Part I
<b>12:30</b>	<b>LUNCH BREAK</b>
<b>13:30</b>	Therapy for oral prep and oral phase disorders Part II
<b>15:00</b>	<b>TEA BREAK</b>
<b>15:20</b>	Therapy for pharyngeal & oesophageal phase disorders Part I
<b>16:45</b>	Evaluation of Day One/Close of Day 1

## ***DAY TWO:***

- 08:00** Registration
- 08:15** Review of Day One/Overview of Day Two
- 08:30** Therapy for pharyngeal & oesophageal phase disorders Part II  
Managing patients with tracheostomies and/or respiratory compromised patients
- 10:00** **TEA BREAK**
- 10:20** Therapy for pharyngeal & oesophageal disorders Part III  
Managing gastro-oesophageal reflux disorder
- 12:30** **LUNCH BREAK**
- 13:30** Special Cases: Focused Case Studies  
Clinical Conundrums
- 15:00** **TEA BREAK**
- 15:20** Special Cases: Focused Case Studies (CONTINUED)
- 16:00** Measuring Efficacy of therapy  
CPD Evaluation of day 2