



10th UK Swallow Research Group Conference 8th/ 9th February 2024

Edgbaston Hotel and Conference Centre, Birmingham

Welcome to the 10th UKSRG Conference. A new venue, but the same expectation and excitement persists. Many interesting topics (Intervention, Evaluation, Rehabilitation and Management) and a whole host of international and national speakers. I am sure you will go away from here stimulated by what you have heard, buzzing with excitement and perhaps an inkling of getting involved personally in research. Research does not need to be complicated. A small project triggered by a clinical observation, could lead to something bigger further down the line. All active researchers started small, either with their own project or by taking part in someone else's research.

In 2003, the great and the good within the UK dysphagia world were invited to a meeting, in London, to discuss the possibility of holding a scientific dysphagia meeting. After much deliberation, an agreement was reached, and a name was formulated. The team wanted to encompass all aspects of swallowing and not just impairments (dysphagia) – so the name UK Swallowing Research Group was coined. A programme was pulled together with a plan to hold the meeting in 2005. Planning was a little chaotic. Finally, BMA House was accepted as a venue and the conference was held in December of that year. Two hundred people came, with a waiting list. The conference booklet was delivered midway through the first morning and we managed to isolate the sponsors from the delegates most of the time – not good.

The main aim was to bring research to those members of the swallowing community who do not take part in research and organise a biennial conference to enable professionals to meet the researchers that they had heard about. We have also welcomed those with lived-experience of dysphagia to share their stories. While speech and language therapists form the majority of the attendees, we continue to encourage participation from practitioners across the dysphagia multidisciplinary team. This is represented in our broadening committee membership.

As we embark on our 10th meeting, UKSRG continues to thrive, pursuing its aim of bring up to date research to all professionals involved in swallowing.

Enjoy UKSRG 2023 and enjoy Birmingham after the conference if you have not been here before.

Thank you

A handwritten signature in black ink, appearing to read 'David G. Smithard'.

David G Smithard
President UKSRG

A handwritten signature in black ink, appearing to read 'Justin Roe'.

Justin Roe
President-Elect UKSRG



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Thursday 8th February 2024

09.00-09.30 Registration

09.30-09.45 Welcome - David Smithard President of UKSRG

09.45-10.55 Theme: Early intervention

Chairs: Sue McGowan and Sarah Wallace

- Renée Speyer- **Three years on from the ESSD white paper on screening for dysphagia in adults: where are we now?**
- Joanne Murray- **What does a knowledge translation study tell us about barriers and facilitators to compliance with swallow screening?**
- Anne Breaks & Charlie Fairhurst- **Evidence and outcomes of interventions for saliva control**
- Panel discussion

10.55-11.15 Coffee break and poster viewing

11.15-12.45 Theme: Instrumental evaluation

Chairs: Rebecca Murphy & Lisa Everton

- Liza Bergström- **Psychometric properties of (adult) cervical auscultation: Research pros, cons and clinical application**
- Thuy Frakking- **Diagnostic test accuracy of cervical auscultation in the detection of aspiration in infants and children**
- Heather Starmer- **DIGEST-FEES: Quantifying pharyngeal dysphagia severity**
- Catriona Steele- **Using quantitative measures of videofluoroscopy to identify the mechanisms behind impairments in swallowing safety and efficiency**
- Panel discussion

12.45-13.45 Lunch and poster viewing-

13.00 Optional lunchtime seminar by Phagenesis (30 mins)

Chair: Anita Smith

14.00-15.50 Theme: Rehabilitation

Chair: David Smithard and Justin Roe

- Ian Swaine- **The underlying basis of rehabilitation**
- Aoife Stone-Ghariani- **Neuromuscular rehabilitation**
- Jo Patterson- **HNC prehabilitation**
- Anna Gillman- **Oropharyngeal dysphagia in oesophageal cancer- can it be rehabilitated?**
- Arun Balaji- **Rehabilitation after Head Neck Surgery**
- Panel discussion

15.50-16.10 Tea and poster viewing

16.10-17.10 Free papers

Chairs: Chadwan Al Yaghchi & Alex Stewart

Free paper 1: Arlene McCurtin: Alterations and preservations in approaches to thickened liquids: an international survey.

Free paper 2: Grainne Brady: 'That was a bigger blow than getting the cancer in the first place... to be diagnosed with recurrence' patient and carer experience of recurrent oropharyngeal cancer (OPC) and changes to swallowing and quality of life- a qualitative study.

Free paper 3: Liza Bergström: Validity and reliability of Dysphagia Outcome Severity Scale (DOSS) when used to rate Flexible Endoscopic Evaluations of Swallowing (FEES)

Free paper 4: Sabrina Eltringham: Improving understanding of barriers and facilitators to minimise stroke-associated pneumonia in stroke survivors with dysphagia – learnings from an ethnographic study

17.10-18.10 Simultaneous workshops

1. Writing for publication- Paula Leslie **MacNeice Room**

Chair: Alison Smith

2. High resolution manometry- Rami Sweis (virtual), Chadwan Al Yaghch & Kate Heathcoat **Lodge Room**

Chair: Chadwan Al Yaghchi

3. Ultrasound in the assessment and management of swallowing disorders - Jodi Allen and Joan Ma **Coreli Room**

Chair: Sarah Wallace

4. How clinical reasoning is used to make decisions about thickened fluids vs Free Water Protocol Joanne Murray **Fry Suite**

Chair: Sue McGowan

19.00 Conference Dinner

Poster presentations day 1 (Feb 8th 2024):

Poster number	Presenting author	Poster Title
1	Susan Downes	Retrospective analysis of findings from fiberoptic endoscopic evaluation of swallow used in the Intensive Care unit in St Vincent's University Hospital, Dublin.
2	Deborah Brown	Detecting the Unique Contribution and Impact of FEES in a Tertiary Hospital Setting
3	Christopher Devaney	Modified Diets and Medication in Dysphagia – The effect of thickener on drug bioavailability: A systematic review
4	Waiza Kadri	Investigating Dysphagia Therapy in Adults with a Tracheostomy
5	David Smithard	Chin tuck against resistance with feedback to improve swallowing in frail older people admitted to hospital with pneumonia: a possible treatment
6	Bahale Mehale	Availability of Dysphagia Assessment Procedures and/or Protocols for 2–6-Year-Old Children with Paediatric Traumatic Brain Injury.
7	Yoshimatsu Yuki	Preventing and treating swallowing impairment with non-oropharyngeal exercise: a scoping review
8	Sarah Edney	Factors influencing oral feeding outcomes following neonatal hypoxic ischaemic encephalopathy: A mixed methods systematic review
9	Elizabeth Hepper	What does it mean to be nil by mouth? A Scoping Review of the psychosocial impacts of no longer eating and drinking as an adult.

10	Sabrina Elthringham	Beyond the PhD - Developing research capacity in Allied Health Professions: a NHS teaching hospital initiative
11	Erin Probert	Using flavoured foam tastes with adults with severe and chronic neurogenic dysphagia - an exploration of patient responses and the implications for quality of life
12	Jacqui Benfield	Refining a complex intervention; Swallow Strength and Skill Training with Surface Electromyographic Biofeedback In Acute Post Stroke Dysphagia (ssSIP)
13	Abbie Yates	Perceptions and understanding of the role of Speech and Language Therapists in Dysphagia within Medical Students and Doctors: Is our protocol for Inter-professional Education 'fit and healthy'?

Friday 9th February 2024

08.00-09.30 Theme: Evidence review of thickener

Chairs: Jacqui Benfield & Anita Smith

- Kathleen Graham- **Professional guidance on the use of thickened fluids in the management of dysphagia**
- Julie Cichero- **When might we choose not to use a thickener in dysphagia management – information from across the lifespan**
- Ivy Cheng- **What's the alternative? Evidence for other adaptive/ compensation strategies in patients with dysphagia to fluids**
- Catriona Steele- **Evidence regarding the efficacy of thickened liquids and an algorithm for appropriate use**
- Panel discussion

09.30-10.30 Free papers

Chairs: Justin Roe & Sue McGowan

Free paper 1: Sally Pratten: The experiences of decision-making by individuals with dysphagia when oral intake modifications are recommended

Free paper 2: Jodi Allen: Quantitative muscle ultrasound (QMUS) echogenicity analysis of the muscles involved in chewing and swallowing: device-settings for the SwallowDM1 study

Free paper 3: Abbie Camps: An investigation of the parameters of swallowing impairment in dysphagic lung cancer patients (LCP) using videofluoroscopy.

Free paper 4: Alex Stewart: Generating UK normative data for the Feeding Swallowing Impact Survey

10.30-10.45 Tea and poster viewing

10.45- 12.15 Theme: Medicines Management

Chairs: David Smithard and Alison Smith

- Julie Cichero- **An overview of how medication for people with dysphagia is currently managed**
- Karoline Brennan- **Specialist Pharmacy Service and medication advice for people with dysphagia**
- Jayne Atkin- **Pharmokinetics in dysphagia medication and thickened fluids**
- David Wright- **Blue sky thinking - Medication for people with dysphagia**
- Panel discussion

12.15-13.15 Free papers

Chairs: Paula Leslie & Rebecca Murphy

Free paper 1: Joan Ma: Intrapersonal variability in hyoid movement during normal swallow

Free paper 2: Yoshimatsu Yuki: Decisions on Eating and Drinking in Older Adults Admitted with Pneumonia

Free paper 3: Eleanor Conway: Eating and Drinking outcomes in children with SMA type-1 treated with Gene Therapy

Free paper 4: Heather Starmer: Development of a head and neck lymphoedema quality of life scale

13.15-14.15 Lunch break and poster viewing

13.30 Optional lunchtime seminar by sponsor Desitin Pharma Ltd (30 mins)

Chair: Anita Smith
14.00 AGM

14.15-15.15 Simultaneous workshops

1. Dysphagia rehabilitation - how can the science of behaviour change improve our therapy interventions- **Roganie Govender Coreli Room**

Chair: Grainne Brady

2. Complex intervention development: **Jo Patterson & Alicia O' Caithain Lodge Room**

Chair: Jacqui Benfield

3. Paediatric FEES: **Claire Miller & Paul Willging MacNeice Room**

Chair: Alex Stewart

4. Instrument development in dysphagia- **Renée Speyer Fry Suite**

Chair: Lisa Everton

15.15-15.30 Tea and poster viewing

15.30-16.40 Theme: Digital Innovations

Chairs: Justin Roe and Grainne Brady

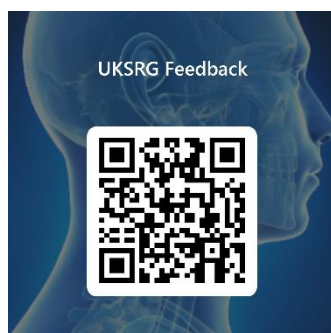
- Heather Starmer: **Head and Neck Virtual Coach: Harnessing the power of technology to enhance treatment adherence**
- Clare Burns- **Telehealth models to enhance feeding and swallowing management across the lifespan**
- Arun Balaji- **Challenges/ opportunities for the use of digital innovations in India**
- Panel discussion

16.40-17.00 Final remarks and awards- Dr Justin Roe

Poster presentations day 2 (Feb 9th 2024):

Poster number	Presenting Author	Poster Title
1	Arlene McCurtin	Thickened liquids: the road to de-implementation
2	Sarah Edney	Factors influencing breastfeeding and lactation outcomes following neonatal hypoxic ischaemic encephalopathy: A mixed methods systematic review
3	Sabrina Eltringham	Underpinning Implementation Science in the design of a feasibility study of the implementation of a Free Water Protocol in Acute Stroke Unit setting
4	Lucia Hudson-Evans	Dysphagia management in Extra-Corporeal Membrane Oxygenation (ECMO)
5	Kate Ashforth	Swallowing and Nutritional Outcomes in Head and Neck Cancer Patients Undergoing (Chemo) Radiation - a single centre experience.
6	Molly Wood	An evaluation of Speech and Language Therapy outcomes for inhalation injury patients following burn injury
7	Jane Dunton	Evaluation of a video-based online swallow exercise programme for patients undergoing (chemo)radiotherapy for head and neck cancer

8	Jane Dunton	Swallowing outcomes following functional salvage total laryngectomy.
9	Jodi Allen	Quantitative ultrasound (QMUS) of the muscles involved in chewing and swallowing in healthy adults aged 18-70 years
10	Kerri Whitley	The Effectiveness of an Intensive Dysphagia Therapy Program to Rehabilitate Swallow Function: A Case Study
11	Sally Morgan	Safe Efficient and Enjoyable Mealtimes (SEEM Study): Creating a toolkit for families of children who need assistance with eating and drinking – a multi-method investigation
12	Sally Morgan	Identifying Dysphagia Risks in People with a Learning Disability in the Community: A Speech & Language Therapy Service Evaluation
13	Brenda Mossel	An innovative liquid thickener improves palatability and overall user satisfaction of thickened fluids for people with swallowing problems



UKSRG Committee Members

Dr. David Smithard (chair)
 Grainne Brady (secretary)
 Prof. Paula Leslie
 Sue McGowan
 Prof. Christine Roffe
 Rebecca Murphy
 Anita Smith
 Alison Smith
 Sarah Wallace
 Lisa Everton
 Alex Stewart
 Justin Roe
 Mr Chad Al Yaghchi
 Dr Christine Smith
 Prof Dame Caroline Watkins
 Jacqui Benfield
 Grace McCormack

Abstracts

Free papers Thursday 8th February 2024

Alterations and preservations in approaches to thickened liquids: an international survey.

Arlene Mccurtin¹, Lindsey Collins², Michelle McInerney¹, Tracy Lazenby-Paterson³, Paula Leslie⁴, Shaun O'Keeffe⁵, Alison Smith⁶

¹University of Limerick, Limerick, Ireland. ²University of Bradford, Bradford, United Kingdom. ³NHS Lothian, Edinburgh, United Kingdom. ⁴Newcastle upon Tyne Hospitals NHS Trust, Newcastle, United Kingdom. ⁵Galway University Hospitals, Galway, Ireland. ⁶NHS HERTS and WEST ESSEX, St ALBANS, United Kingdom

Abstract

Purpose: Speech and language therapists commonly thicken liquids to reduce aspiration in people with dysphagia and believe it to be effective intervention. Recent studies point to poor evidence, low acceptance and unintended consequences with this intervention. This paper examines whether current debates are reflected in SLT perceptions and perspectives.

Method: Participants were recruited via professional associations in Australia, New Zealand, Ireland, the UK and USA and an e-survey was disseminated. Descriptive and inferential statistics were employed to examine the data. Principal component analysis was used to summarise SLT practices and perspectives.

Results: 370 respondents were included in the analysis. Decision making is underpinned by “best treatment” and “it works” beliefs. One in four SLTs frequently recommend TL and these respondents are more likely to believe TL is effective and evidence-based, reduces aspiration and improves hydration. They are also most influenced by their own clinical experience. While person-centredness is important to SLTs, significant numbers would implement TL against patient wishes. Quality-of-life and improvements in aspiration status are important reasons SLTs cite to discontinue TL.

Conclusion: While current debates are influencing practice, there clearly remains a significant number of SLTs continuing to recommend TL. This study's findings highlight both alterations and preservations in SLT's approach to TL and calls for the discipline to reframe our thinking regarding this intervention.

‘That was a bigger blow than getting the cancer in the first place... to be diagnosed with recurrence’ patient and carer experience of recurrent oropharyngeal cancer (OPC) and changes to swallowing and quality of life- a qualitative study.

Grainne Brady^{1,2}, Justin Roe^{1,3,2}, Pernilla Lagergren^{4,2}, Vinidh Paleri¹, Mary Wells^{3,2}

¹The Royal Marsden NHS Foundation Trust, London, United Kingdom. ²Imperial College, London, United Kingdom. ³Imperial College Healthcare Trust, London, United Kingdom. ⁴Karolinska Institutet, Stockholm, Sweden

Abstract

Background: Treatment options for recurrent OPC often mean that patients have to make trade-offs between survival and quality of life or swallowing function. A systematic review (Brady et al., in press) found a dearth of literature on how patients experience functional and quality of life (QoL) changes during and after treatment for recurrent OPC.

Methods: As part of a larger mixed methods study, longitudinal and retrospective qualitative interviews were conducted with patients and carers, to explore their experiences of how QoL and swallowing function changed over time. Patients recruited prospectively were interviewed pre-treatment and six months later. Retrospective interviews were conducted at around 12 months following treatment initiation. Data were analysed using a Framework approach (Ritchie & Spencer, 1994).

Findings: 22 patients and 7 carers have been interviewed to date. Preliminary analysis suggests four themes which are important to patient and/or carers before embarking on treatment for recurrent OPC. These include receiving the diagnosis, involvement in decision making, information provision, and consequences of further treatment. At six and twelve months there appears to be a focus on reframing of QoL, rehabilitation, and living with the side effects of treatment/ disease, including persisting and/or new swallowing difficulties.

Conclusion: Qualitative data on patient and carer experiences at different time points provides rich insights into the realities of treatment for recurrent OPC. These data will be triangulated with swallowing outcome and QoL data collected prospectively and longitudinally, to inform pre-treatment counselling and ongoing support services for patients with recurrent OPC.

Validity and reliability of Dysphagia Outcome Severity Scale (DOSS) when used to rate Flexible Endoscopic Evaluations of Swallowing (FEES)

Sofia Thorén¹, Johanna Fransson¹, Patricia Hägglund¹, Liza Bergström^{2,3}

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²Karolinska Institute, Danderyds Hospital, Dept of Clinical Sciences, Division of Neurology, Stockholm, Sweden. ³Remeo, Stockholm, Sweden

Abstract

The Dysphagia Outcome and Severity Scale (DOSS), incorporating WHO ICF components, is used both clinically and within dysphagia research, internationally. Although it was developed using videofluoroscopic swallowing studies (VFSS), it is frequently used to rate Flexible Endoscopic Evaluations of Swallowing (FEES). The validity and reliability of DOSS-use with FEES, however, has not previously been evaluated. This study investigated the validity and rater reliability of clinicians using DOSS to rate FEES. Effect of clinical experience was also investigated.

Method: Eleven Speech-Language Pathologists (SLPs) with varied dysphagia experience were recruited to review and DOSS-rate 17 soundless FEES (198 bolus swallows) recorded from 12 heterogenic dysphagic patients, 2 repeat FEES, and 3 healthy adult FEES. The SLP DOSS-ratings were compared against the initial comprehensive dysphagia examination (including patient diagnosis, interview, cranial nerve and complete FEES assessment) with Functional Oral Intake Scale (FOIS) and DOSS outcome measures. The SLPs were blinded to patient details and comprehensive dysphagia examination. Re-randomised rating of FEES cases occurred two weeks later for intra rater reliability.

Results: Criterion validity for DOSS-ratings (compared against comprehensive dysphagia evaluation with FOIS and DOSS) were strong ($r_s=0.821$ and 0.896 respectively; $p<0.001$). Both intra and inter rater reliability demonstrated excellent agreement ($ICC>0.94$) regardless of dysphagia experience or previous experience of using DOSS.

Conclusion: This study's results, with strong criterion validity and excellent rater reliability by SLPs (with varied dysphagia experience), adds to the evidence for DOSS-use with FEES. Future validity research comparing DOSS with both FEES and VFSS simultaneously is recommended.

Improving understanding of barriers and facilitators to minimise stroke-associated pneumonia in stroke survivors with dysphagia – learnings from an ethnographic study

Sabrina Eltringham^{1,2}, Sue Pownall¹, Karen Sage³, Craig Smith^{4,5}, Ben Bray⁶

¹Sheffield Teaching Hospitals NHS Foundation Trust, Sheffield, United Kingdom. ²Sheffield Hallam University, Sheffield, United Kingdom. ³Manchester Metropolitan University, Manchester, United Kingdom. ⁴University of Manchester, Manchester, United Kingdom. ⁵Salford Royal NHS Foundation Trust, Manchester, United Kingdom. ⁶King's College London, London, United Kingdom

Abstract

Introduction: Dysphagia is associated with increased risk of stroke-associated pneumonia (SAP). The multifactorial pathophysiology of SAP and inter-play of care processes make it challenging to unpack which components are associated with risk of SAP. The aim of the research was to capture contextual aspects of dysphagia management to build knowledge of how care processes can impact on SAP.

Methods: The methodology was ethnography and participant observation the method. Implementation of specialist swallow recommendations, positioning, and oral care processes of 10 stroke patients were observed around mealtimes during the first 72-hours of hospital admission. The International Classification of Functioning, Disability and Health model was used to analyse data. People affected by stroke were involved in the analysis process, and cogenerated themes and implications for clinical practice.

Results: Four themes were generated from the data: 1. Communication about the person's dysphagia management plan and staff attitudes; 2. Variations in staffing resources and assistive

products, implementation of the dysphagia recommendations and oral care, and knowledge of dysphagia diets; 3. Patient preparation for mealtimes and medications; and 4. Swallowing and oral care is everyone's business.

Conclusions: This research increases understanding of environmental barriers and facilitators to reduce risk of SAP. Implications for practice include: processes for communication of the swallowing recommendations; patient-carer information needs; staff awareness of dysphagia diets and maximising opportunities for peer education; exploring ways to alleviate staffing pressures to set-up patients for mealtimes; provision of mouthcare; and availability of resources to support implementation of the swallowing management plan and oral care.

Abstracts

Free papers day 2 Friday 9th February 2024

The experiences of decision-making by individuals with dysphagia when oral intake modifications are recommended

Sally Pratten, Annie Hurren, Georgina Jones

Leeds Beckett University, Leeds, United Kingdom

Abstract

Dysphagia and resulting aspiration are widely recognised as having potentially serious effects on a person's health and wellbeing. However, there is a poorly understood relationship between dysphagia and aspiration, a mixed evidence base for the efficacy of modifying oral intake, and a potentially detrimental effect on the individual's quality of life from modified consistencies. It is therefore vital that clinicians understand how individuals with dysphagia perceive and make decisions when approaching conversations about modified oral intake.

This study aims to understand how and why individuals with dysphagia make decisions about oral intake when they have been recommended modified food or drink consistencies. A total of 14 participants shared their experiences of dysphagia via online 'stories' and 30 completed a questionnaire about their decision-making when faced with dysphagia and resulting clinical recommendations.

How participants approached decision-making about eating and drinking is discussed via mixed methods analysis. Participants frequently cited being told that aspiration was the main risk to their health from not eating and drinking recommended consistencies. However, when deciding, more participants mentioned difficulty chewing, risk of choking, or weight loss as being determining factors. Whilst most participants reported feeling that they could choose not to follow recommended consistencies, only 43% felt there were other options to the recommendations. Further themes were analysed including the nature of information given or sought to guide decision-making, as well as reported decision-making behaviours and how these interact with actions taken. More broadly, experiences of having dysphagia are also analysed and themes discussed.

Quantitative muscle ultrasound (QMUS) echogenicity analysis of the muscles involved in chewing and swallowing: device-settings for the SwallowDM1 study

Jodi Allen^{1,2}, Carmel Evans³, Nens van Alfen⁴, Christina Smith⁵, Stuart Taylor⁶

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Abstract

Quantitative muscle ultrasound (QMUS) echogenicity analysis enables detection of pathological changes in the muscles involved in chewing and swallowing. These changes in people living with neuromuscular disease (plwNMD) include fatty replacement and fibrosis which reflect sound waves more strongly than muscle and increase echogenicity. The SwallowDM1 research study (ClinicalTrials.gov ID NCT05865483) will use QMUS to establish whether the size and structure of the muscles involved in chewing and swallowing in people living with myotonic dystrophy type 1 (DM1) differ to healthy controls.

QMUS echogenicity analysis is conducted by selecting a region of interest (ROI) from the muscle image and evaluating its grayscale via ImageJ software. This approach requires reference values that are device dependent. Researchers therefore need to understand how the grayscale of the ultrasound image is affected by the hardware set-up and end-user selection of settings of their chosen device.

Manipulable settings on the GE LOGIQe device, including depth, focus and harmonics, were systematically explored to establish the effect of altering these settings on image grayscale. Using a block of tofu (representing a homogenous texture), the effect of altering device settings was analysed after exporting images as DICOM files to ImageJ.

Nineteen different settings were explored, and a comprehensive table developed outlining the impact of each adjustment. Final settings were determined in accordance with QMUS guidelines. By sharing these device-settings we hope to encourage more practitioners to explore use of QMUS in plwNMD. The protocol will now be used in a cohort of 60 healthy controls & 90 plwDM1.

An investigation of the parameters of swallowing impairment in dysphagic lung cancer patients (LCP) using videofluoroscopy.

Abigail Camps, Ashton Brower, Dr Sally Archer

Guy's & St Thomas', London, United Kingdom

Abstract

Introduction: Oropharyngeal dysphagia in lung cancer leads to adverse outcomes but the nature of swallowing impairment in this cohort is not well documented. This evaluation sought to describe the dysphagia presentation in LCP using videofluoroscopy to guide future management.

Method: A retrospective review of videofluoroscopies conducted with LCPs at a UK cancer centre from January 2020-July 2023 was conducted. Examinations followed a protocol and outcomes included Penetration-Aspiration Score (PAS), Dynamic Imaging Grade of Swallowing Toxicity (DIGEST) and MBSImp descriptors.

Results: Of 35 studies; 31 patients had nodal disease, 25 had metastases, 23 had vocal cord palsy (VCP).

Silent aspiration occurred in 40% (n=14, PAS 8) and uncleared aspiration occurred in 14% (n=5, PAS 7). Of those with PAS 7/8, 68% (n=13) had VCP. There was penetration in 29% (n=10, PAS 2/3) and no penetration/aspiration in 17% (n=6, PAS 1).

The most common impairments were: delayed swallow (57%, n=20), reduced laryngeal elevation (51%, n=18), anterior hyoid movement (60%, n=21), epiglottic inversion, laryngeal vestibular closure and tongue base retraction (all 51%, n=18). Pharyngeal residue was less common; 26% (n=9) had Grade 1 and 11% (n=4) had Grade 3 Efficiency DIGEST scores.

Conclusion: Over half of LCP presented with severe dysphagia with motor and sensory impairments, resulting in silent and/or uncleared aspiration. Of those who aspirated, VCP was common but not always present.

The findings suggest that instrumental assessment is beneficial for LCP. Rehabilitation should target airway protection and further research is needed.

Limitations include the small and retrospective sample size.

Generating UK normative data for the Feeding Swallowing Impact Survey

Alexandra Stewart^{1,2}, Esther Van Hoeve², Aqsa Mustafa², Maureen Lefton-Greif³, Christina Smith²

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Abstract

Background: The feeding swallowing impact survey (FS-IS) is an 18-question, 3 subscale, validated tool measuring parent/caregiver impact of children's eating, drinking and swallowing difficulties. This study aimed to understand how parents of children without eating, drinking or swallowing difficulties rate on the FS-IS, generating UK normative sample data.

Method: Parents of children aged 6 months-11 years were invited to complete an anonymous, online questionnaire, consisting of consent, demographic details, relevant medical history, eating/drinking/swallowing difficulty screening (Pedi-EAT-10) and the FS-IS. Median and interquartile ranges (IQR) were calculated (total and subscale scores) and percentile rankings (total score). Preschool and school age medians were compared using Mann-Whitney U test. The relationship between variables was explored using Spearman's correlation and linear regression.

Results: The final sample consisted of 905 parents, 548 of children aged 6 months-4 years (preschool), 357 of children aged 5-11 years (school age). Total scores ranged from 18-63 from a possible score range of 18-90. Median (IQR): total scores: 20 (3). Median (IQR) subscale scores: daily activities 5 (1), worry 9 (2), feeding 6 (0). Percentile rank scores: 5th percentile 18, 50th percentile 20, 95th percentile 28. A statistically significant difference was found in median total scores between preschool and school age children (p=<.001). However, the actual median difference of 1.5 is of limited clinical relevance.

Conclusions: This data provides UK norms for the FS-IS. This data facilitates evaluation of parental impact of feeding difficulties, a key component of holistic, family-centred care.

Intrapersonal variability in hyoid movement during normal swallow

Joan Ma¹, Gabriella Quezada¹, Alan Wrench^{1,2}

¹Queen Margaret University, Edinburgh, United Kingdom. ²Articulate Instruments Ltd., Edinburgh, United Kingdom

Abstract

Intrapersonal variation in the physiology of swallowing could be impacted by a range of factors, such as bolus consistency, bolus size, thirst and room temperature (e.g., Sia, et al, 2018; Nagy et al., 2015). It is important for speech and language therapists to understand the amount of intrapersonal variation they might be presented with to differentiate normal from abnormal swallowing. In addition, intrapersonal variability in swallowing function may also impact the representative of a single assessment of swallowing function. This study aims to identify the normal interpersonal variation in hyoid movement during swallowing.

Swallowing data (5ml and 10ml) were collected from 13 healthy participants in two sittings using ultrasound evaluation of swallowing (USES). A pocket-sized ultrasound system (Micro, Articulate Instruments Ltd, Edinburgh, UK) operating in standard B-mode was used for recording. A 2–4 MHz 60 mm radius convex probe was fitted on the UltraFit headset to maintain the probe in the midsagittal plane and reduce movement relative to the head. The movement of the hyoid bone was tracked throughout a swallow using the DeepLabCut with Mobile Network 1.0 network (Wrench & Balch-Tomes, 2022). From the tracked movement of the hyoid, a range of parameters were used to evaluate the amplitude, duration and velocity of the hyoid movement.

The hyoid metrics were compared across the different volumes and the two sittings to evaluate the intrapersonal variation in hyoid movements. This investigation of intrapersonal variation provides insight into normal variation. The clinical implications of the findings will be discussed.

Decisions on Eating and Drinking in Older Adults Admitted with Pneumonia

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²University of Greenwich, London, United Kingdom

Abstract

Introduction: As pneumonia in older adults is frequently associated with aspiration, patients are commonly restricted from eating and drinking. However, this risks malnutrition, dehydration, and poor quality of life. Eating and drinking with acknowledged risks (EDAR) is a decision that enables

comfort, dignity, and autonomy for patients who prefer to continue oral intake despite the risk of aspiration. Guidance has been developed to assist the decision-making process. However, identifying appropriate patients and making these complex decisions remains a medical and ethical struggle.

Methods: We performed a retrospective cohort study of patients ≥ 75 years old, admitted with pneumonia in 2021 and referred to speech and language therapy (SLT). We compared patient backgrounds and outcomes based on decisions regarding their oral intake.

Results: Of the 216 patients undergoing SLT assessment, 14.4% were assessed as appropriate for EDAR, 59.3% for modified diet (MD), 19.9% for normal diet (ND), and 6.5% for nil by mouth. The EDAR group was significantly frailer ($p=.007$) and had a higher short/long-term mortality ($p<.001$) compared to the MD/ND groups, with over 90% dying within a year. The pneumonia recurrence rate within 30 days was insignificant among the groups ($p=.070$).

Conclusions: A decision for EDAR was made in comparatively few patients and most were associated with end-of-life care. Considering the poor prognosis, it is important to have discussions regarding their preferred choice of intake rather than paternally making a 'safe' decision. As recommended in existing guidance, comfort, dignity, and autonomy are a priority regardless of disease stage.

Eating and Drinking outcomes in children with SMA type-1 treated with Gene Therapy

Eleanor Conway, Giovanni Baranello

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Abstract

This is a retrospective service evaluation using case note review to analyse early bulbar outcome data in children with Spinal Muscular Atrophy type 1 (SMA1).

Method: A single-centre retrospective analysis of 25 children treated with gene therapy. Bulbar function was assessed using the Children's Eating and Drinking Ability Scale (CEDAS) at baseline (pre-treatment), then 6, 12, 18 and 24 months post-treatment.

Results: 25 children were treated between 1 month - 7.5 years, mean age. 16 months. All patients had baseline and 6-month CEDAS scores. The mean CEDAS score at baseline was (4.9 (max score 6), at 6 months : 4.9, at 12m (n=14) 4.4, at 18m (n=7) 4.4 and at 24m (n=7) 4.4.

16 of the 25 patients were treated under 1 year of age. Mean baseline CEDAS score 4.8, at 6 months 4.9 and at 12 months (n=11) was 5.3. Further statistical group comparisons are planned.

Conclusion: This review indicates that children treated with gene therapy maintain bulbar function, with scores stable across the 4 time points. This is in contrast to 1st generation, protein replacement therapy, where bulbar function deteriorates (Weststrate et al, 2022). Analysis of patients treated under 1 year of age suggests not only stability of bulbar function but also improvement over time. These early findings indicate that gene therapy supports stability, and

possible progress, in bulbar function over time and contributes to the small, but growing data on this emerging population and the new natural course of SMA1 with disease modifying treatment.

Development of a head and neck lymphoedema quality of life scale

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Abstract

Background: Head and neck lymphoedema (HNL) is a common consequence of head and neck cancer (HNC) treatment and may result in functional repercussions such as dysphagia which may impact quality of life. Currently, no tool exists to measure quality of life issues related to HNL. As a result, the purpose of this study was to develop an instrument to be used in patients with HNL to better assess quality of life.

Methods: Candidate items were developed from previously completed qualitative interviews of patients with HNL. Binning and winnowing were completed to minimize item redundancy and to ensure all salient constructs were included. Patients with HNL and HNC practitioners completed a Qualtrics survey regarding the clarity, importance, and intrusiveness of each item. Lawshe's Content Validity Ratio was utilized to establish initial inclusion of items. Based on the Qualtrics survey, the initial instrument draft was created and tested through three-step cognitive interviews with patients with HNL.

Results: Based upon thematic analysis of qualitative interviews, 130 candidate questions were developed. After the binning and winnowing process, 73 items were retained for expert review. 18 participants completed the Qualtrics survey, yielding 52 candidate items to continue to cognitive interviews. Cognitive interviews were completed with 5 individuals with HNL, yielding a final tool comprised of 32 items.

Conclusions: Applying recommendations for best practice for patient reported outcome measures, we developed an HNL specific quality of life instrument. Future work to establish validity, reliability, and utility of this instrument is planned.

Poster abstracts day 1 February 8th 2024

1. Retrospective analysis of findings from fiberoptic endoscopic evaluation of swallow used in the Intensive Care unit in St Vincent's University Hospital, Dublin.

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Abstract

Objective: Speech & language therapists (SLT) carry out fiberoptic endoscopic evaluation of swallow (FEES) routinely within the Intensive Care unit (ICU) to assess oropharyngeal swallow, laryngeal function, secretion management (McRae et al 2020). SLT's must have advanced practice in Endoscopy for FEES (RCSLT 2020). Silent aspiration is a common occurrence in ICU and can cause many adverse effects including prolonged ICU length of stay and increased mortality (Zuercher et al., 2019). Incidental findings are frequently noted by SLT on FEES and can have significant impact on rehabilitation, particularly swallow, cough and voice (Schiedermayer et al 2020). Early detection is vital in order to optimise rehabilitation goals within the ICU. A well-establish pathway to ENT exists within SVUH in order to escalate the incidental findings noted on FEES.

Methods: Retrospective data analysis of the FEES completed only in the ICU setting was carried out over a 4 year period (2019-2023). Overall numbers were reduced during the Covid-19 pandemic, as restrictions were in place for aerosol-generating-procedures. Data was analysed for incidence of silent aspiration, tracheostomy, ventilator dependence and incidental findings.

Results: Total 119 FEES were analysed. 65% of FEES showed silent aspiration. 45% of the total FEES completed had a tracheostomy (5% ventilator dependent). 48% of total tracheostomy had a FEES assessment. Incidental findings were noted in 18% & all were escalated to ENT as per our FEES pathway.

Conclusions: FEES in ICU carried out by highly trained SLT's can provide a valuable service to enhance rehabilitation and recovery within the ICU.

2. Detecting the Unique Contribution and Impact of FEES in a Tertiary Hospital Setting

Deborah Brown, Zoe Garstang

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Abstract

FEES is a well evidence based evaluation to assess dysphagia. It contributes significant cost benefits, efficiency and added value in terms of quality of patient care when compared with clinical swallowing evaluation. The positive impact on patient outcomes, such as earlier return to oral intake or tracheostomy weaning, means that FEES should be considered an essential tool available to all SLT dysphagia services. (RCSLT Position Paper 2020). FEES has been used at King's College Hospital for more than ten years, however its unique contribution to outstanding patient care has not previously been explored at this NHS Trust. This project was initiated to provide information on the unique contribution and impact of FEES in a tertiary hospital setting.

Aim: To provide information on the unique contribution and impact of FEES

Methods: Cross-sectional efficacy and impact review

Subjects: Inpatient FEES Jan 2022 to Jan 2023

Data: Demographic information, outcomes and recommendations

Findings:

157 patients, 49% with tracheostomy
59% sensorimotor dysphagia, 41% motor
35% progressed oral intake, 1% reduced
26% silent aspiration
28% provided swallowing rehabilitation advice
35% referred to ENT
12% referred for follow-up elsewhere
14% reflux identified

2 patients went on to develop an aspiration pneumonia post-FEES.

In conclusion FEES supports timely return to oral intake and progression of recommendations pertaining to dysphagia. Additionally provision of targeted swallowing rehabilitation has served to improve patient outcomes and wellbeing with recommendations proven to be appropriate by the very small number of patients who went on to develop aspiration pneumonia post-assessment.

3. Modified Diets and Medication in Dysphagia – The effect of thickener on drug bioavailability: A systematic review

Jayne Atkin¹, Christopher Devaney², David Smithard^{2,3}, Yuki Yoshimatsu^{2,3}

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Abstract

Introduction

Dysphagia is associated with long-term conditions including strokes, dementia, Parkinson's disease and frailty. Dysphagia affects 30-40% of the population aged over 65-years-old. Adults with dysphagia are likely to experience long-term conditions requiring multiple medications (often >5) to manage this. The thickening of liquids is a common compensatory strategy in dysphagia management. Studies suggest that immersion in thickened liquids affects medicines' solubility in vitro. Clinicians and pharmacists are unaware of the pharmacokinetic/therapeutic effects of thickened liquids on oral medicines. We conducted a systematic review of existing literature on thickeners' effects on drug bioavailability.

Methodology: We performed a literature search of MEDLINE and EMBASE. Search terms included: dysphagia/thickened diet (EMBASE only)/ bioavailability or absorption of medicines or pharmacokinetics; excluded: NG feeds/animal studies. Studies included: all genders, countries, >18 years, community and hospital settings. PRISMA guidance was followed.

Results: 526 results were found and 15 articles identified following reference list review. Following abstract review, 508 were rejected. 33 received a full text review, 18 were rejected, and the remaining 15 included. Most articles evaluated the effect of thickeners on dissolution profiles of medications in-vitro. Few studies assessed bioavailability or used clinical outcome measures. Often these were small studies on limited numbers of medications.

Conclusion : Despite dysphagia and polypharmacy being common in older adults, little is known about the effects of altering liquid viscosity on the pharmacokinetics and therapeutic effect of most medications. Small single-centre studies suggest that immersion in thickener may negatively affect drug pharmacokinetics and therapeutic outcomes.

4. Investigating Dysphagia Therapy in Adults with a Tracheostomy

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Abstract

Background: In the adult population, swallowing impairments and tracheostomy can coexist. There is an abundance of research in dysphagia therapy, however there is limited information pertaining to

specific dysphagia therapy interventions for people with a tracheostomy. This study aims to understand and describe what is known about dysphagia therapy for adults who have a tracheostomy.

Methods: 1) a scoping review which used the Joanna Briggs Institute and Preferred Reporting Items for Systematic Reviews guideline. Ten electronic databases from inception to July 2021 were searched. Data extraction included population demographics, aetiology and dysphagia therapy design. 2) a self-administered cross-sectional online questionnaire completed by UK based speech and language therapists to identify current clinical practice.

Results: 1) Twenty studies were included. Most studies lacked methodological detail and consistency on key features for dysphagia therapy interventions including outcome measures, dysphagia therapy type and intensity of therapy intervention.

2) Responses from 94 speech and language therapists were analysed. The type of dysphagia therapy used is varied with the most 'often' used therapy types as effortful swallowing and oral trials.

Discussion: Methodological flaws and lack of consistency across dysphagia therapy types makes it difficult to extrapolate meaningful information to guide clinical practice. Despite this lack of evidence, speech and language therapists are using dysphagia therapy interventions, however there is variability in practice.

Conclusion: Based on the scoping review and survey of clinical practice, the evidence to use dysphagia therapy for adults with a tracheostomy is inconclusive. Further research in this subgroup is required.

5. Chin tuck against resistance with feedback to improve swallowing in frail older people admitted to hospital with pneumonia: a possible treatment

David Smithard^{1,2}, Aiofe Stone-Ghariani¹, Dharinee Hansjee³, Salma Ayis⁴, Elizabeth Lloyd-Dehler¹, Lydia Morgan⁵, Alberto Gambaruto⁶, Stefan T Kulnik⁷, William Oliff⁸, Aicha Goubar⁴, Ian Swaine⁹

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Abstract

Introduction: Aspiration of infected saliva may be aetiology of community acquired pneumonia (CAP) in older adults. Rehabilitation exercises strengthening anterior neck and suprahyoid muscles, including chin tuck against resistance (CTAR), can improve swallowing and the amount eaten. We have conducted a pilot study using a CTAR intervention (CTAR-SwiFt), incorporating real-time feedback via Blue tooth to a mobile phone/tablet (ExerPhager) to achieve a pre-set target (PST – 30% of an averaged maximal squeeze) effort.

Methods : Adults >75 years, admitted acutely with CAP were randomised to either standard care, low (once daily) or high intensity (twice daily) CTAR-SwiFt exercises for 12 weeks with a further follow up for 12 weeks. Outcomes included recruitment rate, retention, and exercise regime completion.

Results: Twenty-one participants were randomised. Recruitment rate was 1/month. 37.5% of those approached were willing to participate; 45.8% completed the study. Mean (SD) CTS increased by approximately 21% from 3.8 (2.2) to 4.6 (2.4) kg after 12 weeks. Maintaining PST improved from a mean of +/- 22% to +/-16% at week12. Feedback as to the usability of the ExerPhager was mixed

Conclusions: Studies have been conducted previously using CTAR, both in Korea and Denmark, demonstrating an improvement in swallowing ability after the intervention. This is the first study to show that using biofeedback it is possible for patients to “squeeze” consistently. Participants feedback that they would have benefited from more support during the study. The ExerPhager was not unduly complex

This study was funded by the NIHR, study Number PB-PG-1217-20005.

6. Availability of Dysphagia Assessment Procedures and/or Protocols for 2–6-Year-Old Children with Paediatric Traumatic Brain Injury.

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Abstract

Paediatric Traumatic Brain Injury (PTBI) results in irreversible disruptions in brain functioning, which manifests in impairments in various domains – notably in feeding and swallowing i.e., dysphagia. Dysphagia is present in 10-15% of children with moderate TBI, and 68-76% in children with severe TBI between 2 - 6 years old. In order to facilitate effective evaluation of dysphagia symptoms, the identification of what may constitute as acceptable assessment procedures and/or protocols may aid evidence-based management of feeding and swallowing problems prevalent in PTBI populations. Use of a scoping review was employed to determine available dysphagia assessment and identify any research gaps within the field of dysphagia in PTBI patients in order to inform quality patient management. Information was retrieved from a total of 26 articles (n=26) that complied with the set criteria for the charting, analysis, and discussion of the data. While no prescribed protocols were identified, ranging use of 60 non-instrumental and instrumental dysphagia procedures was noted. Use of the identified procedures largely depends on operational factors such as access to resources and the clinician's skill, which may become a barrier in middle-low-income countries where access to resources and opportunity for upskilling is limited. In order to alleviate barriers in achieving comprehensive assessment, the promotion of a prescribed/set dysphagia assessment protocol remains a priority in dysphagia care for PTBI patients, with the essential inclusion of the MDT. This will aid in the facilitation of safe feeding and swallowing practices and quality care provision, particularly in middle-low-income countries.

7. Preventing and treating swallowing impairment with non-oropharyngeal exercise: a scoping review

Yuki Yoshimatsu^{1,2}, David G Smithard^{1,2}, Stefan Tino Kulnik³, Conni Skrubbeltrang⁴, Aoife Stone-Gharani⁵, Dorte Melgaard⁶, Albert Westergren⁷, Ian Swaine²

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Abstract

Introduction: The prevalence of swallowing impairment is increasing in this aging society. Swallowing is not merely a movement of oropharyngeal factors but rather a complex function involving effective musculature, innervation, respiration, and expectoration. Therefore, the current intervention of oropharyngeal exercises may not be ideal. It is necessary to establish effective prevention and treatment of swallowing impairment that can be applied to the general population, especially those with sarcopenic dysphagia. Whole-body exercises have been reported to be effective but its benefits and indications are unknown.

Methods: This was a scoping review to investigate the extent and content of publications on non-oropharyngeal exercise in the prevention and treatment of swallowing impairments. There were no restrictions in age, ethnicity, setting, or language.

Results: From a total of 13,421 studies, 11 papers (including 1 randomised control trial) were eligible. All non-oropharyngeal exercises were instructed by physiotherapists and other healthcare professionals. Five studies were aimed at prevention, while 6 focused on the treatment of swallowing impairments. A variety of exercises were studied, but no study focused on resistance exercises. All studies reported some improvement in oral physiological and/or physical measurements. Study quality was generally assessed as low owing to the design.

Conclusions: Current literature presents limited evidence to suggest beneficial effects of non-oropharyngeal exercises on the prevention and treatment of swallowing impairments. No clinical recommendations can be made from the available studies. In order to identify effective types of exercises and population groups, robust randomised controlled studies with standardised patient-relevant outcome measures are necessary.

8. Factors influencing oral feeding outcomes following neonatal hypoxic ischaemic encephalopathy: A mixed methods systematic review

Sarah Edney¹, Anna Basu¹, Anne Breaks², Nadia Leake¹, Judith Rankin¹, Farag Shuweihdi³, Mari Viviers⁴, Kirstin Webster⁵, Lindsay Pennington¹

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Abstract

Background: Hypoxic ischaemic encephalopathy (HIE), a common neonatal brain injury, is associated with cerebral palsy and feeding disorders. Robust studies of outcomes important to families are required to effectively determine factors that positively and negatively influence oral feeding outcomes following HIE. Here, we outline the findings of a systematic review aiming to answer: 'what factors influence oral feeding outcomes following neonatal HIE?'

Methods: Eleven databases were searched in November 2022 and again in July 2023. Titles/abstracts and full-texts were screened against inclusion criteria (e.g., born >34 weeks, aged <5 years). 100% of titles/abstracts and 20% of full-text were double-screened. Reference lists and citations were checked for all included papers, and 138 relevant review papers were screened. Authors were contacted for further details as needed. See PROSPERO (CRD42023375506) for full methods.

Results: After removing duplicates, 2779 titles and abstracts were screened, with 422 meeting inclusion criteria for full-text screening. 60 papers are included in this systematic review. Over 10 feeding outcomes have been studied in relation to over 50 influencing factors. No interventions specifically targeted feeding/swallowing function, and only one study used a standardised feeding measure. No qualitative or mixed methods studies were found and no studies explored outcomes from the perspective of the child or family. Meta-analysis is planned for suitable outcomes, including effects of neuro-protective treatments on swallow function.

Conclusions: This systematic review and meta-analysis identifies factors that influence oral feeding outcomes after HIE. These can then be harnessed for the development of HIE-specific feeding interventions.

9. What does it mean to be nil by mouth? A Scoping Review of the psychosocial impacts of no longer eating and drinking as an adult.

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Abstract

A clear relationship exists between quality of life and eating and drinking. However, for those unable to maintain oral intake, the psychological and social impact of being nil by mouth (NBM) is often overlooked. This scoping review maps existing literature capturing the psychosocial impact on adults who are NBM and their families, as well as outcome measures used.

Methods: We undertook a comprehensive search of six electronic databases (CINAHL, Embase, MEDLINE, PsycINFO, SCOPUS, and Web of Science) for studies published before February 2023, supplemented with a systematic grey literature search of Google and Google Scholar. We also hand searched citations of included papers. Inter-rater reliability was established from an independent

reviewer. We registered a protocol on the Open Science Framework (osf.io/43g9y) and followed JBI guidance, reporting in accordance with PRISMA-ScR. We used descriptive statistical analysis and narrative synthesis and included Patients and Public Involvement (PPI) in findings discussions.

Results: We included 23 papers; 14 primary studies and 9 grey literature. Distress, both global and NBM-specific, were experienced by patients and their families. Furthermore, both patients and families were negatively impacted socially. Outcome measures used (n=9) were limited and non-specific to NBM.

Conclusion: Being NBM has psychosocial consequences for both patients and their families. Despite wide-ranging conditions associated with recommending discontinuation of oral intake, there continues to be limited outcome tools to measure the psychosocial impact of being NBM. Establishing a robust method of measuring the psychosocial impact of being NBM is needed to evaluate potential interventions and improve patient care.

10. Beyond the PhD - Developing research capacity in Allied Health Professions: a NHS teaching hospital initiative

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Abstract

Research engagement amongst Allied Health Professions (AHPs) is growing and gaining momentum despite many challenges. Creation of integrated clinical academic career pathways by the National Institute of Health Research and medical research charities such as the Stroke Association exemplifies supporting AHP capacity for clinical-academic careers.

A recent Sheffield Teaching Hospitals initiative is the creation of a clinical-academic postdoctoral fellowship (CPDF). Within the hospitals Combined Community and Acute (CCA) Care Group a growing number of AHPs are forging their research careers but there was a lack of a structured pathway to facilitate and advance postdoctoral clinical-academic development. This new CPDF enables the time necessary for the successful applicant to engage in research and develop and submit a research grant or postdoctoral fellowship application.

This presentation will describe: the organisational mechanisms involved in the creation of the CPDF, including the CCA Care Group research infrastructure, funding of the award and the role of research leaders and facilitators; the remit of the CPDF and eligibility requirements; and the responsibilities, activities and expectations of the fellow which will be presented through the lens of the first CPDF fellow (SE).

The first year of the award has been deemed a success. Success is quantified by increased AHP capacity in a range of research engagement activities, the award of a prestigious Stroke Association Postdoctoral Clinical Academic Fellowship which will provide SE with the skills and training for development of an independent career in post-stroke dysphagia research and continual funding of the CPDF for aspiring clinical-academic leaders.

11. Using flavoured foam tastes with adults with severe and chronic neurogenic dysphagia - an exploration of patient responses and the implications for quality of life

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Abstract

Background: People with severe acquired dysphagia may be Nil By Mouth (NBM). This can have a strong negative impact on their quality of life (QOL). This study describes the use of flavoured foam tastes to enable people who are NBM due to neurogenic dysphagia to experience flavour. The study aimed to gather information on signs or expression of enjoyment/dislike from patients and the implications for QOL.

Methods: The clinical records of fourteen patients who had trialled foam tastes were retrospectively evaluated. All patients were nil by mouth at the time of the trial, had a range of different neurological diagnoses, cognitive status and tracheostomy status, and resided on a rehabilitation unit or in a highly specialist nursing home setting. Information on behavioural responses when tasting the foam was retrospectively gathered. Four patients had been able to provide additional follow-up information on their opinion of the foam.

Results: Behaviours observed in response to the foam tastes were 57% positive, 10% neutral and 33% negative across all trials. Overall, a majority (nine patients) had a guideline issued for regular ongoing foam tastes following the trial. The four patients who could give additional qualitative information gave mostly positive feedback.

Conclusions: For some NBM severely dysphagic patients, when practical precautions were taken, having flavoured foam tastes appeared to offer enjoyment and may enhance QOL. This approach could be applicable to client groups beyond those with neurological impairments. Further studies on the risks and benefits of using foam tastes are needed.

12. Refining a complex intervention; Swallow Strength and Skill Training with Surface Electromyographic Biofeedback In Acute Post Stroke Dysphagia (ssSIP)

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Abstract

Introduction: Ensuring complex interventions are feasible and implementable as well as effective is important to improve the value of research and reduce waste. Using core elements of the Medical Research Council and National Institute of Health Research complex intervention guidance we refined the ssSIP intervention.

Methods: The refinement process involved 1. Reviewing up-to-date literature including the findings from an earlier feasibility study, 2. Testing out the latest biofeedback equipment and software. 3. Consulting a Public Patient Involvement (PPI) group with lived experience of dysphagia and 4. Co-designing a training package with a stakeholder group of speech and language therapists and assistants (SLT(A)s).

Results: Changes to the protocol were made such as reducing session length, increasing the frequency of breaks and adding a level of step down to facilitate achievement in tasks. Electrodes were upgraded although the sEMG device and BiSSkiT software remained the most fit-for-purpose. A train-the-trainer package for training SLT(A)s to deliver the intervention was created incorporating the refinements. A programme theory and logic model was developed defining the core components of the intervention, the mechanisms behind them, ongoing uncertainties, context and key outcomes. The core components are inclusion of strength *and* skill exercises which are challenging but achievable and responsive to patients with reliable, clear, visual and verbal biofeedback about performance and delivered intensively and early post stroke by trained SLT(A)s.

Conclusion: The ssSIP clinical trial will attempt to test the refined intervention and address ongoing uncertainties about its feasibility and effectiveness.

13. Perceptions and understanding of the role of Speech and Language Therapists in Dysphagia within Medical Students and Doctors: Is our protocol for Inter-professional Education 'fit and healthy'?

Abbie Yates

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Abstract

Background: IPE is essential for optimal patient care and outcomes (Schott et al, 2020), however, it's not a mandatory element in healthcare curriculums (Cust, 2021). The NHS recognises the importance of MDT working to narrow health inequalities in the UK (NHS England, 2022), However, training at an undergraduate level doesn't always survive transition to professional practice (Wilhelmsson, 2013), and research suggests continuing professional development (CPD) is not incorporating adequate IPE to professionals, as it's not currently mandatory to do so (Karas, 2020).

Aim: The aim of the study was to assess:

1) Current understanding of medical students and professionals working in acute services in the UK regarding SLT provision.

Methods: 57 medical students and 19 Doctors (including Specialty Doctors, Consultants, Registrars, Core Training Doctors and Foundation Doctors) were surveyed to determine understanding of SLT provision in hospitals. Questions assessed understanding of IDDSI, dysphagia, referral criteria for communication and swallowing assessments, and SLT provision. The survey also assessed whether relevant information had been provided by the participants' education setting or hospital trust.

Results:

72% of participants were unaware of how to refer a patient to the acute SLT service. 95% had never heard of the IDDSI Framework. Only 14% of participants reported basic information had been provided to them by their university or place of work. 92% of participants suggested that they'd find further information about SLT useful. Only 52% of participants were aware that SLT could see patients in palliative care, cardiology (28%) and NICU (40%).

Poster abstracts Day 2 February 9th 2024

1. Thickened liquids: the road to de-implementation

Arlene McCurtin¹, Shaun O'Keeffe², Alison Smith³, Paula Leslie⁴, Tracy Lazenby-Paterson⁵, Lindsey Collins⁶, Dominika Lisieki⁷, Michelle McNerney¹, Lizzie King⁸

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Abstract

Background: There is considerable evidence that thickened liquids in an intervention beset by problems. There is limited supporting evidence, patient dislike and adherence issues and a range of unintended and some harmful consequences. Given some serious risks associated with the use of this intervention, SLTs should reconsider TL as the first and safest option for dysphagia management. This paper outlines the authors' road to this position and in doing so highlights the multiplicity of research, practice, patient and other issues with TL.

Method: The audience will be taken on a journey through the more recent literature integrating the papers the Swallow Perspectives, Advocacy and Research Collective (SPARC) group has published with those of other writers. This exercise will highlight the build up in recent years of a range of opinion and evidence which undermines the global employment of this intervention by SLTs and culminating in the 2023 RCSLT position statement and paper on the topic. The concept of de-implementation will be presented.

Results: The range of evidence and theory underpinning current positions regarding the deficits and dangers of TL will be presented for the audience to consider and reflect upon.

Conclusion: TL is an intervention beset by problems and capable of doing harm. The SLT discipline is required to be person-centred and ethical in their management of dysphagia and as such, our practice in this area must be immediately reviewed.

2. Factors influencing breastfeeding and lactation outcomes following neonatal hypoxic ischaemic encephalopathy: A mixed methods systematic review

Sarah Edney¹, Anna Basu¹, Anne Breaks², Nadia Leake¹, Judith Rankin¹, Farag Shuweihdi³, Mari Viviers⁴, Kirstin Webster⁵, Lindsay Pennington¹

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Abstract

Background: Hypoxic ischaemic encephalopathy (HIE) is the most common form of brain injury in term-born infants. It is associated with feeding disorders and can significantly add to breastfeeding and lactation challenges. To better understand these challenges and potential solutions, this systematic review aims to answer the question: 'what factors influence breastfeeding and lactation outcomes after neonatal HIE?'

Methods: Searches of eleven databases were carried out in November 2022 and July 2023. Qualitative, quantitative, and mixed methods papers were screened against specified criteria (e.g., not born before 34 weeks gestation). Double screening was carried out for all titles/abstracts and 20% of full texts. 138 review papers were also searched, and reference lists and subsequent citations for all included papers were checked. Where necessary, authors were contacted for clarification of details. Full methods are registered on PROSPERO (CRD42023375506).

Results: Following removal of duplicates, 2779 titles and abstracts were screened, of which 422 met the criteria for full-text screening. 9 papers were identified for inclusion in this review. No studies of clinical factors or infant characteristics were identified. Neuroprotective interventions, such as therapeutic hypothermia and magnesium sulphate, may improve breastfeeding and lactation outcomes in the short-term. Only one study investigated outcomes beyond the neonatal phase, and no interventions specifically designed to improve breastfeeding and lactation were identified.

Conclusion: Improved understanding of the factors influencing breastfeeding and lactation outcomes following HIE is urgently needed to inform the development of interventions to maximise the success of breastfeeding and lactation for families affected by HIE.

3. Underpinning Implementation Science in the design of a feasibility study of the implementation of a Free Water Protocol in Acute Stroke Unit setting

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Abstract

Background: Designing implementation research can be a daunting task for applied health researchers who are new to the field of Implementation Science (IS). There are different tools available that apply IS concepts and principles to inform the design of implementation research that aim to implement evidence-based interventions into clinical settings.

Method: The ImpRes Tool (Hull, 2018) was identified as an IS research development tool to facilitate the design of a feasibility study of the implementation of a Free Water Protocol (FWP) in a NHS acute stroke unit setting. ImpRes contains 10 core domains for researchers to review and consider when designing implementation research.

Results: The ImpRes Tool helped to: articulate the aims of the study; consider the degree of focus placed on evaluating the implementation efforts and outcomes (primary outcomes: feasibility, acceptability, tolerability) versus clinical effectiveness of the intervention (secondary outcomes: quality of life, hydration, development of pneumonia); identify the Consolidated Framework for Implementation Research (CFIR) to guide, embed and evaluate the research; consider methods for prospectively identifying contextual factors and determinants including a systematic review, survey and interviews with healthcare professionals responsible for delivering the FWP in practice; collaborate with patients and the public; and engage stakeholders in intervention and implementation strategy workshops.

Conclusion: Designing implementation research can be a complex task. The ImpRes Tool was found to be a helpful tool to facilitate the design of a feasibility study about the implementation of the FWP in acute stroke unit setting.

4. Dysphagia management in Extra-Corporeal Membrane Oxygenation (ECMO)

Lucia Hudson-Evans¹, Dr Sally Archer¹, Jenny Clark²

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Abstract

Background: Critical care patients have significant risk of dysphagia and benefit from Speech and Language Therapy (SLT). However, requirements for SLT for ECMO patients is not widely reported. This study explores the outcomes of patients treated with ECMO and referred to SLT to inform service provision.

Methods: Retrospective study over 12 months from July 2022 of all ECMO patients referred to SLT at a UK ECMO centre. Data examined assessment and therapy required, dysphagia outcomes (Functional Oral Intake Scale, FOIS) and tracheostomy management.

Results: 27 patients were referred to SLT (19m, mean 41y) with no contra-indications to SLT. All had been intubated with Severe Respiratory Failure, one had a stroke during ECMO.

70.4% (n=19) were tracheostomised; 9 inserted during ECMO and 10 following decannulation. Six were repatriated with tracheostomies; the remaining 13 were all decannulated with a median (IQR) tracheostomy duration of 14 (5) days.

37% (n=10) required Fibreoptic Endoscopic Evaluation of Swallowing including 1 during ECMO.

29.6% (n=8) required swallow therapy and one had Above Cuff Vocalisation. All received daily assessment and oral trials as indicated.

All were nil by mouth on initial contact; oral intake commenced median 1 day (IQR 11) after initial assessment. 9 were repatriated with ongoing SLT; of the remainder, 77.8% (n=16) were eating and drinking normally (FOIS 7) on inpatient SLT discharge.

Conclusion: ECMO patients present with needs that justify a responsive SLT service consistent with other critical care cohorts, including resource for tracheostomy weaning. Patients typically improved to full oral intake as inpatients.

5. Swallowing and Nutritional Outcomes in Head and Neck Cancer Patients undergoing (Chemo) Radiation - a single centre experience.

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Abstract

Background: Head and neck cancer (HNC) patients undergoing radiotherapy risk malnutrition and dysphagia. Debate exists in the literature on enteral feeding (EF) type and timing. One of the aims of our joint pre-assessment clinic is to counsel patients on the potential need for (EF). We aimed to examine the rate, nature and timing of EF and swallowing outcomes.

Methods: A single site retrospective review of HNC patients (n=150) undergoing (chemo) radiotherapy from January 2022- January 2023 was undertaken. Data on EF timing and method, and swallowing outcomes were collected using the Performance Status Scale for Head and Neck Cancer (PSS-HN) Normalcy of Diet (NOD) at baseline and three months post treatment.

Results: The sample included 109 males and 41 females. Average age was 60.7 years (range: 25-87). Tumour sites involved oral cavity (n=31), oropharynx (n=73), nasopharynx (n=9), parotid (n=7) hypopharynx (n=7) and larynx (n=23).

At baseline EF rate was 10% with 62% on solid diet, 4% puree, 3% liquids. EF rate rose to 25% during and in the acute phase post-treatment. After three months EF rate fell to 13% with 46 % on solids, 4% liquids, one NBM.

Median weight loss of 6%, (range -9-25). 10% who declined EF, demonstrated a median weight loss of 11% (range -8.6-18).

Conclusion: We have identified that EF rates increase during the acute phase of treatment but decrease by three months correlating with a decrease in PSS rates from baseline. MDT working and shared decision making is essential for recommending EF.

6. An evaluation of Speech and Language Therapy outcomes for inhalation injury patients following burn injury.

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Abstract

Introduction: Inhalation injury following a burn describes damage to upper airway epithelial cells. Dysphagia and dysphonia are recognised as prevalent and frequently require Speech and Language Therapy (SLT) rehabilitation. No best practice guidelines are available for these interventions. We explored our clinical outcomes over a 3 year period.

Methods: Retrospective data from a UK adult tertiary hospital, including patients admitted with a burn induced inhalation injury from 24/08/2020- 24/06/2023. Patients with Toxic Epidermal Necrolysis diagnosis, not referred to SLT and/or those too unwell to commence tracheostomy wean or oral intake were excluded. CARMS 19078.

Results: N=51 were admitted with burn injuries and referred to SLT, of these, N= 28 (54.9%) had an inhalation injury.

Of the inhalation injury cohort, N=25 (89.2%) were intubated for average 8 days (range 1-30 days). N=20 (71.4%) required tracheostomy insertion, N= 15 (75%) surgical and N= 5 (25%) percutaneous. N=13/20 (65%) were downsized, N=20/20 (100%) were decannulated prior to discharge. Average time with tracheostomy was 46.6 days (range 8-209 days).

N=21 (75%) of patients with inhalation injury underwent Fiberoptic Endoscopic Evaluation of Swallowing. Main findings included laryngeal oedema, impaired sensation, erythema and ulceration.

N=24 (85%) were discharged on normal diet and fluids, N=2 (7%) on modified diet recommendations and N=2 (7%) required Percutaneous endoscopic gastrostomy placement.

Conclusions: We identify a positive and complex functional rehabilitation trajectory following inhalation burns. Given the paucity of evidence further prospective investigation in to the assessment and rehabilitation of dysphagia within this cohort would be beneficial.

7. Evaluation of a video-based online swallow exercise programme for patients undergoing (chemo)radiotherapy for head and neck cancer.

Jane Dunton¹, Carolyn Doughty¹, Tess Brunton¹, Bhavet Radia², Sally Archer¹, Mary Lei¹

¹Guy's & St Thomas' NHS Foundation Trust, London, United Kingdom. ²Guy's Cancer Academy, London, United Kingdom

Abstract

Background: Swallowing exercises (SE) are recommended for patients undergoing (chemo)radiotherapy ((C)RT) for head and neck cancer (HNC) to minimise the risk of radiation-associated dysphagia. Adherence to SE is challenging and can impact on outcome. Novel resources may support improved adherence and accuracy. We evaluated the impact of a video-based online SE programme (OSEP) developed by our service.

Methods: All patients at our UK centre provided with SE for primary or adjuvant (C)RT for HNC during two 3-month periods between October 2021 – October 2022 were included. All were seen by Speech and Language Therapy to demonstrate and practise SE. Cohort 1 received written information; cohort 2 received access to the OSEP. On completion of RT both groups were surveyed anonymously about their experience of SE.

Results: Cohort 1 returned 35 responses (90% response rate, 77% male, modal age-group 55-64); cohort 2 returned 37 (95% response rate, 68% male, modal age-group 55-64). Only 57% of cohort 1 were extremely or quite confident that they were completing SE correctly, increasing to 100% of cohort 2. Those completing SE at least once a day increased from 56% (cohort 1) to 75% (cohort 2). 68% of cohort 1 found SE helpful, increasing to 84% of cohort 2.

Conclusion: Following introduction of a bespoke, video-based online resource for patients with HNC completing SE, adherence to and confidence with SE increased, and more respondents found SE helpful. Interventions improving adherence can facilitate future work evaluating efficacy of SE and their impact on swallow outcomes.

8. Swallowing outcomes following functional salvage total laryngectomy.

Jane Dunton, Charlotte Leroy, Sally Archer, Ricard Simo

Guy's & St Thomas' NHS Foundation Trust, London, United Kingdom

Abstract

Background: Functional salvage total laryngectomy (FSTL) may be offered to patients with severe laryngeal dysfunction following primary (chemo)radiotherapy for head and neck cancer, aiming to improve quality of life. Evidence around swallowing outcomes is uncertain necessitating more studies to inform expectations.

Methods: All patients treated with FSTL at our tertiary cancer centre 2009-2023 were included. Data were extracted from retrospective chart review at baseline, six and 12 months post-surgery. Demographics, airway status and Functional Oral Intake Scale (FOIS) were recorded.

Results: Ten patients were included (mean age at surgery 65.9 years, 70% male), with baseline and six month data available for all and 12 month data for nine. At baseline, all were Nil By Mouth (NBM) and reliant on enteral nutrition (EN) with severe dysphagia, 50% (n=5) required tracheostomies due to upper airway obstruction. By six months (N=10) 70% were on full oral intake (FOIS ≥ 4), 60% tolerated normal diet (FOIS ≥ 6), 20% required EN to support oral intake (FOIS ≤ 3), 10% remained NBM. At 12 months (N=9), 67% were tolerating normal diet, 22% still required EN but none were NBM. The remaining patient is currently six months post-surgery, increasing oral intake and expected to be off EN by 12 months.

Conclusion: All patients were NBM pre-FSTL and most were able to re-establish full oral nutrition post-surgery, but a minority required ongoing EN at 12 months. Further work with a larger cohort may identify factors that influence functional outcome. Variability in outcome should be explained to patients considering FSTL.

9. Quantitative ultrasound (QMUS) of the muscles involved in chewing and swallowing in healthy adults aged 18-70 years

Jodi Allen^{1,2}, Carmel Evans³, Simone Knuijtit⁴, Christina Smith⁵, Sue Mallet⁶, Stuart Taylor⁶

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Abstract

The SwallowDM1 research study (ClinicalTrials.gov ID NCT05865483) will use Quantitative Muscle Ultrasound (QMUS) to establish whether the size and structure of the muscles involved in chewing

and swallowing in people living with myotonic dystrophy type 1 (DM1) differ to healthy controls. Whilst reference values exist for children and young adults, QMUS values are device-dependent and no data exist for healthy adults >30 years.

Using pre-established settings, data from 60 healthy adults aged between 18-70 years will be collected using a GE LOGIQe ultrasound device. This will include ≥ 10 adults per 10-year age group (18-29, 30-39, 40-49, 50-59, 60-70), split equally between male and female. Images of anterior belly digastric, geniohyoid, masseter, temporalis, genioglossus, and the transverse muscles of the tongue will be acquired using a previously described protocol. Measurements of each muscle group will include muscle thickness and echogenicity using grayscale analysis. Measurements will be repeated three times using three consecutively acquired images. The mean of each measurement will be used for statistical analysis.

We will examine the influence of independent variables (age, height, weight) on muscle thickness and echogenicity using multiple regression analysis. Differences between male and female participants will be examined using t-tests and measurement inter- and intra-rater reliability will also be described. Reference values will be shared and subsequently used to investigate the mean difference in muscle outcomes between adults with DM1 and healthy controls.

10. The Effectiveness of an Intensive Dysphagia Therapy Program to Rehabilitate Swallow Function: A Case Study

Kerri Whitley

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Abstract

Introduction: RG is a 66 year old gentleman who was admitted to an intensive care unit with a diagnosis of ventriculitis and intracranial abscesses, requiring a right VP shunt and left frontal EVD. He transferred to the rehabilitation setting 4 months post onset. He presented with moderate dysphagia characterised by poor pharyngeal sensation and swallow mistiming as evident on initial FEES assessment. He required Level 2 fluids and Level 7 Easy To Chew diet, avoiding mixed consistencies.

Methods: Therapy was completed 4-5 times per week for 5 weeks. The Expiratory Muscle Strength Training device was used to improve pharyngeal sensation and airway protection alongside trials of fluids using a bolus hold strategy to improve swallow timing and co-ordination.

Results : Repeat FEES indicated evidence of improved pharyngeal sensation. As a result, RG was able to safely manage thin fluids and mixed consistencies, moving from a 5 to a 6 on the Functional Oral Intake Scale (FOIS). RG expressed this had a positive impact upon his quality of life and options for eating and drinking on the ward. FEES was also used as a tool for biofeedback and patient education which led to improved compliance.

Conclusion: This case study highlights the importance of utilising FEES for assessment as a diagnostic tool and to guide treatment. It has been useful to trial therapeutic interventions ensuring an individualised therapy plan and to provide biofeedback and education to this patient. It also highlights the effectiveness of EMST to improve sensation within the pharynx.

11.Safe Efficient and Enjoyable Mealtimes (SEEM Study): Creating a toolkit for families of children who need assistance with eating and drinking – a multi-method investigation

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Abstract

Background: People with dysphagia who require mealtime assistance are at greater risk of emergency hospitalisation and other negative outcomes. However, the abilities and experiences of family-carers providing mealtime assistance to children are unknown. This multi-method PhD investigation will create a toolkit to support family-carers and Speech & Language Therapists (SLT) when developing mealtime recommendations, including the change(s) targeted (texture, pacing) and adherence approaches.

Methods: The 'develop intervention' stage of the MRC framework for complex intervention development guided 4 studies:

Best research evidence: systematic literature review (Study A)

Clinical expertise: survey of UK SLT clinical practice (Study B)

Patient and/or carer values: qualitative family mealtime exploration (Study C)

These findings will be synthesised and a prototype toolkit produced via co-creation (Study D)

Outcomes: Study A: Prospero registration [CRD42021257596], searches and screening completed. Included studies are highly heterogeneous in both participant type (child, carer or dyad), targeted changes, location and outcomes.

Study B: Recruitment completed (May-July 2021). 102 participants progressed to final question. SLTs used multiple mealtime recommendation targets (n=27) e.g., positioning, utensils. Many frequently (n=22, >60% reporting sometimes-often). Qualitative analysis revealed two main SLT working styles, 'Consultative collaboration' or 'Informative prescription'.

Study C: NHS ethics approval anticipated with planned protocol registration and data collection (October-December 2023).

Study D: Planned (2024-25).

Discussion: Findings so far highlight the complexity of creating mealtime recommendations due to multiple potential targets and a limited research evidence base. Future and current findings will guide the toolkit creation to support this complex practice area.

12. Identifying Dysphagia Risks in People with a Learning Disability in the Community: A Speech & Language Therapy Service Evaluation

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Abstract

Background: A main cause of preventable deaths in people with learning disabilities is aspiration pneumonia. This is caused by food, drink or stomach contents going into the lungs due to eating, drinking and swallowing difficulties (dysphagia). Speech and Language Therapists support people with dysphagia. There is limited evidence on the assessment and intervention practices for Speech & Language Therapy (SLT) Learning Disability services or how they adapted during the COVID-19 pandemic.

Methods: This study evaluated the current telehealth practices of an existing SLT service supporting people with learning disabilities and dysphagia. An existing Annual Dysphagia Telephone Triage database was accessed, with 33 patient case notes reviewed tracking their SLT dysphagia involvement from 2016-2021. Data was evaluated using descriptive statistics.

Findings: Tracking the service provided novel demographic information and outcomes for this group, including reduced hospital admissions during 2020. Inconsistent delivery of the triage service demonstrated the need for more robust methods to highlight dysphagia risks amongst caregivers, health and care providers. It was feasible to conduct video telehealth appointments, but face-to-face assessments were maintained.

Conclusion: The results provide a valuable insight into issues faced when aiming to provide appropriate support for people with learning disabilities and dysphagia. It was feasible to offer video assessments as an adjunct to face-to-face assessment. Dysphagia management remains core to SLT delivery, however early detection by the health and care practitioners and caregivers would ensure timely SLT intervention. Further research is warranted to address effective dysphagia identification and subsequent proactive SLT service delivery.

13. An innovative liquid thickener improves palatability and overall user satisfaction of thickened fluids for people with swallowing problems.

Natascha Ullrich¹, Brenda Mossel², Sue Pownall¹, Jo Burke¹, Helena Perry³, Heather Robinson³, John Stephenson⁴

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Abstract

Introduction: Texture, flavour and overall user experience need significant improvements to increase acceptance and compliance of thickened fluids for people with oropharyngeal dysphagia (OD). Commonly cited reasons for noncompliance are poor texture, flavour and overall user experience. Carers' beliefs that modified fluids are unpalatable and challenges/inconvenience associated with preparation also contribute. Precise Thick~N INSTANT (PTI) is an innovative liquid xanthan gum (XG) thickener. This prospective multi-centre single-arm feasibility study compared palatability and user experience of PTI to powdered XG thickeners in a cohort of OD patients.

Methods: Oral fluids were thickened with PTI, adhering to standardised requirements, and tested for palatability (primary outcome) and ease of use (secondary outcome), by medically diagnosed OD participants for 14 days, following 7 days under powdered XG regime and a 5-day washout period.

Results: Mean (n=24) overall palatability perceptions were significantly higher ($p<0.001$) for PTI-thickened beverages (mean 8.04) than for XG powder (mean 4.17) with substantive improvements in all individual palatability and satisfaction/ease of use attributes.

Discussion: Individuals prescribed powdered thickeners typically recount thickened beverages as disagreeable/unpleasant using pejorative terms to describe their experiences. Unsurprisingly, patient-initiated intake restrictions, consistency modification and premature treatment termination commonly result. In this study the PTI regime reported higher scores for palatability and substantive improvements in all patient and/or caregiver satisfaction/ease metrics. **Conclusion:** PTI-thickened beverages are more palatable, and strongly preferred over XG powders. The innovative liquid thickener substantively improves both caregiver and patient experience supporting optimal hydration in adults with OD.

Speaker biographies



Catriona M. Steele



Catriona M. Steele is a clinician scientist working in the area of swallowing and swallowing disorders. She has a background as a medical speech-language pathologist, and is Director of the Swallowing Rehabilitation Research Laboratory (www.steeleswallowinglab.ca) at the KITE Research Institute, the research arm of the Toronto Rehabilitation Institute – University Health Network. Dr. Steele is a Professor in the Department of Speech-Language Pathology at the University of Toronto and holds a Canada Research Chair in Swallowing and Food Oral Processing.

Professor Steele holds research funding from the National Institutes of Health (USA) as well as several active industry partnerships. A full list of her publications can be accessed at <https://www.orcid.org/0000-0002-4294-6561>. She is an associate editor for the Dysphagia journal and a member of the editorial board for the Journal of Texture Studies. She is also a founding and current member of the Board of Directors for the International Dysphagia Diet Standardisation Initiative (www.iddsi.org). Catriona is a current board member of the Dysphagia Research Society, and will serve as President for 2024-2025.







Ian Swaine

Ian has been Professor of Sport and Exercise Science at the University of Greenwich since 2015. He has been a Sport and Exercise Scientist for over 35 years, having completed his undergraduate studies at Liverpool John Moores University in 1981. In his early career he worked for Leeds Sports Development Unit as a Sport Scientist and completed a PhD at Leeds University in the Cardiovascular Studies Unit. He then went on to work at Sunderland, De Montfort, Canterbury Christ Church University and currently the University of Greenwich. Ian has published research work on "health-related exercise" topics, such as amenorrhoea in young female runners, anaphylaxis in an asthmatic runner and also biomarkers of cardiovascular disease risk in older men who exercise regularly. More recently, Ian has published in peer-reviewed journals on the topic of frailty, sarcopenia and dysphagia. Ian has an

	<p>adjunct Professorship with the University of Windsor, Ontario, Canada. He has fostered strong research links within the Kinesiology Programme there. He has also established research collaborations with workers in the USA, Australia, Japan and Europe.</p> <p>In the last 10 years, Ian has gained considerable external research grants for exercise-related work with hospital patients. He completed a collaborative feasibility study exploring the value of a resistance exercise programme for patients undergoing surgery for abdominal cancer. He has also recently gained funding for a second feasibility study to explore exercises that might improve dysphagia. This external grant funding has come from the National Institute for Health Research (NIHR) funding stream. Indeed, Ian is a member of the grant-awarding panel for the NIHR south central region.</p>
 <p>Jo Patterson</p>	<p>Jo is Professor of Speech & Language Therapy at the University of Liverpool, balancing her time between clinical and academic activities. She leads the Survivorship theme at the Liverpool Head and Neck Centre. Her research programme covers a range of topics, including holistic prehabilitation, enhanced recovery, psychosocial adjustment and support models, outcome measure development and novel swallowing intervention development. She is a Fellow and Professional Advisor for RCSLT; is the SLT representative on NIHR ENT national specialty group, providing strategic direction for AHP research in ENT practice and is a member of the NIHR Academy.</p>
 <p>Jodi Allen</p>	<p>Jodi is a NIHR/HEE funded clinical doctoral research fellow at University College London and speech and language therapist at The National Hospital for Neurology and Neurosurgery in London. Her clinical and research expertise lie in the assessment and management of swallowing and motor speech disorders in adults living with neurological and neuromuscular disease.</p> <p>Jodi's PhD is focused on understanding the profile of dysphagia in Myotonic Dystrophy Type 1. This involves the use of quantitative muscle ultrasound to assess the size and structure of the muscles involved in swallowing. Jodi has a special interest in the application of ultrasound as a tool to support the assessment and management of</p>

	<p>speech, voice and swallowing across a variety of client groups. She chairs the International Ultrasound SLT Working Group and has recently led on the publication of four peer-reviewed publications which explore the utility of ultrasound in this area.</p>
 <p>Arun Balaji</p>	<p>Arun's area of interest includes surgical voice restoration, laryngectomy rehabilitation, SLT service development in cancer care with objective dysphagia evaluation services in India and neighboring nations, improving laryngectomy rehabilitation services, improving access to education in speech and swallowing rehabilitation in Head and Neck Cancer (HNC) in developing nations by conducting high quality seminars, courses for SLTs and Oncology teams. He is instrumental in developing first advanced speech and swallowing therapy fellowship program in Head and Neck Cancer Rehabilitation with stipend in India. He has been awarded Union for International Cancer Control (UICC) Technical Award for the year 2022 to visit Stanford Cancer Centre in September 2023 focusing Head and Neck Cancer Lymphedema under the mentorship of Professor Heather Starmer</p>
 <p>Thuy Frakking</p>	<p>She is the top-most prolific author in Australia and ranked 8th internationally in the field of cervical auscultation. Her PhD work on cervical auscultation has been cited in guidelines by 58 institutions nationally and internationally; and includes a position statement for the Latin America Dysphagia Society for the management of oropharyngeal and esophageal dysphagia during COVID-19 pandemic. She is lead investigator on >\$1.7 million research funding, including a NHMRC MRFF grant focussing on the application of machine learning techniques with cervical auscultation to improve the accurate detection of aspiration in neonates and children.</p>
 <p>Joanne Murray</p>	<p>Dr Joanne Murray is senior lecturer and member of the Caring Futures Institute at Flinders University, Adelaide, Australia. She came to academia with over 25 years of clinical experience as a speech pathologist in rehabilitation for stroke, spinal cord injury, burns, general medical conditions and dementia. Her teaching expertise is the rehabilitation of</p>

	<p>acquired language and cognitive communication disorders and research methods. She has published internationally in the areas of post-stroke dysphagia, free water protocols, oral healthcare, hydration and clinical reasoning. Her research has expanded to include knowledge translation methodologies with the aim of evaluating innovative health interventions and models of care and facilitating rapid translation into clinical practice in the hospital and age care sectors.</p>
 <p>Ivy Cheng</p>	<p>Ivy specialises in swallowing neurophysiology and dysphagia. Ivy obtained her PhD from the University of Hong Kong and received further training as a postdoctoral researcher at the University of Manchester, United Kingdom. In 2023, she was awarded the Women in Research (WiRe) Fellowship at the University of Münster, Germany. Ivy's primary research revolves around utilizing neurostimulation techniques to enhance neuroplasticity in dysphagia rehabilitation. She is committed to promoting evidence based clinical practice in this field. Ivy is General Secretary of the European Society of Swallowing Disorders (ESSD).</p>
 <p>Joan Ma</p>	<p>Joan is a Senior Lecturer in Speech and Hearing Sciences and a member of the Clinical Audiology, Speech and Language Research Centre at Queen Margaret University. She leads the Swallow Vision project (www.swallow-vision.com), which focuses on developing the technology and the evidence base in supporting the clinical translation of Ultrasound Evaluation of Swallowing (USES). This involves understanding how normal and disordered swallows look on ultrasound and developing data acquisition protocol. Joan also works closely with engineers in applying machine learning to automatically track swallowing functions on ultrasound and develop the relevant measurements of swallowing functions. Joan has been awarded a Personal Fellowship by the Royal Society of Edinburgh in 2023 to continue the work on the clinical implantation of USES.</p>

	<p>Renée Speyer was appointed as Professor at the University of Oslo (UiO, Norway) in 2017 in recognition of her expertise in the illness trajectory of dysphagia. After graduating as a Dutch speech pathologist, she earned master's degrees in Speech and Language Pathology, Health Professions Education, and Epidemiology. Currently, she is undertaking research projects both nationally and internationally involving clinimetrics, instrument development, and developing evidence-based interventions in allied health.</p> <p>As an epidemiologist, she has a strong interest in evaluating the validity and reliability of assessments and testing the efficacy of interventions. Renée Speyer is a frequently invited speaker at international conferences and published over 120 scientific internationally peer-reviewed articles. Since 2009, she has been an elected board member of the European Society for Swallowing Disorders (ESSD).</p>
	<p>Rami Sweis was appointed as Consultant in Upper GI Medicine and Physiology at UCLH in 2014 and is the Upper GI Physiology Lead. He is an active member of the international High Resolution Manometry Working Group. He is also President of the Association of GI Physiologists (AGIP), a recent member of the Oesophageal section of the BSG and a founding member of the European Foregut Society. Rami Sweis' research is primarily focused on advancing the methodology and utility of the technology used to investigate reflux and swallowing disorders. He continues to publish and collaborate with fellow experts nationally and internationally. He recently co-authored the BSG Physiology guidelines, the ESGE endoscopic therapy guidelines and the newest iteration of the Chicago Classification of motility disorders. Rami Sweis has a particular interest in investigating and managing complex benign as well as malignant/pre-malignant upper GI disorders, offering an array of endoscopic therapies including EMR, RFA, dilatation, TIF and POEM.</p>



Liza Bergström

Liza Bergström (PhD) is an experienced clinical researcher currently working in Stockholm, Sweden. After graduating from Speech Pathology (University of Queensland, Australia), 2008, Liza worked clinically with dysphagia internationally before embarking on her cross-country research journey between Australia-Sweden in 2011. Liza works in a clinical and research/teaching capacity at Danderyd University Hospital, Remeo Stockholm, and is affiliated with Karolinska Institute. With 18 peer reviewed publications, Liza contributes to several national and international dysphagia research projects. Focus areas include (i) dysphagia assessment and management, and (ii) facilitating multidisciplinary tracheostomy management, within the Swedish healthcare setting.



Paula Leslie

I support clinicians in research and training for complex decision-making, ethics, end of life and vulnerable populations. I have taught professional writing and scientific presentation skills for over two decades. I am a member of the American Society for Bioethics & Humanities, American Speech-Language Hearing Association SIGs in swallowing disorders and geriatrics, and founder member of UKSRG. I am proud to be a Fellow of the Royal College of Speech and Language Therapists, and currently work for the NICE External Assessment Centre, NHS Northern Medical Physics and Clinical Engineering Directorate.



Anne Breaks

Anne has specialised in working with children with complex needs for much of her career. Anne currently leads the acute speech and language therapy service at the Evelina London Children's Hospital. Her clinical specialisms are dysphagia, saliva management and motor speech disorders. Anne is a member of NHS England's paediatric neurosciences Clinical Reference Group. Just prior to joining the Evelina in 2017, Anne worked as a commissioner and Designated Clinical Officer for Children with special educational needs and disability in Surrey. She has also managed a large community paediatric therapy service. Anne was awarded a PhD from University College London in 2019. Her research investigated parental views and outcomes of using blended diets in the paediatric population.



Aoife Stone-Ghariani

Aoife is a clinical academic and speech-language therapist based at the National Hospital for Neurology and Neurosurgery. Her specialist interests include dysphagia rehabilitation and use of instrumental assessment in swallow rehab, and she currently oversees the CTAR-SWiFt feasibility study as its trial manager. Her career began in community neuro-rehab for speech and language therapy, followed by roles in acute services, critical care, neuro outpatient clinics, and stroke rehabilitation. Prior to completing her MSc in Speech and Language Therapy, Aoife initiated her academic journey with an undergraduate degree from the University of Oxford. She has also taught at the Universities of Paris Est Créteil and Maine. Aoife is a committee member of the Adult Acquired Dysphagia CEN and is a frequent presenter at study days and conferences. Recently, she presented at the esteemed Gower's Round at UCLH, discussing the use of instrumental assessment in the differential diagnosis of medullary infarcts alongside Professor David Werring. Aoife is delighted to be presenting at UKSRG for the first time.



Anna Gillman

Anna has extensive clinical experience working internationally. She held a clinical specialist position in neurogenic dysphagia working across acute and subacute settings in Melbourne, Australia. Anna's prior research and clinical experience using high resolution manometry in New Zealand inspired a strong interest in discovering more about the impact of the oesophagus on the oropharyngeal swallow. In 2019, she received a Provost Award at Trinity College Dublin to complete a PhD evaluating dysphagia in oesophageal cancer. Anna's current research is both quantitatively and qualitatively investigating the nature, presence, severity and impact of chronic oropharyngeal dysphagia in the oesophageal cancer population.



Clare Burns

Dr Clare Burns is an Advanced Speech Pathologist and Research Coordinator at the Royal Brisbane & Women's Hospital, and an Honorary Senior Lecturer at The University of Queensland, Australia. She has over 20 years of clinical experience and for the last 12 years has led research in dysphagia, head and neck cancer and technology enabled health care. Clare is passionate about utilizing technology to enhance health service access and consumer outcomes. She has developed, evaluated, and implemented a range of telehealth services incorporating speech pathology, multidisciplinary care, and broader allied health models. Dr Burns co-led Speech Pathology Australia's Telepractice Position Statement and Clinical Guideline and co-authored the Clinical Oncology Society of Australia's Clinical Practice Guidelines for Teleoncology. She is a guest lecturer at UQ and is an invited presenter at national and international conferences. She is an Affiliate of the Centre for Research in Telerehabilitation and Centre for Research Excellence in Telehealth, UQ.



Roganie Govender

In 2013, Roganie was awarded an NIHR clinical doctoral research fellowship which allowed her to undertake a PhD with a focus on Behavioural Science and Health. Roganie's primary research interest is to understand more about how clinicians can improve cancer pre/rehabilitation of swallowing and communication through behaviour change and improving patient activation. Since completing her PhD, Roganie works as both a clinician and researcher. As part of her NIHR funded post-doctoral fellowship, Roganie is the chief investigator for a SLT led, pilot multicentre clinical trial on dysphagia prehabilitation for people with head and neck cancer. Roganie has published in her field, presented her work nationally and internationally and is actively involved in postgraduate teaching and research supervision alongside several professional committee roles.



Chadwan Al Yaghchi

Mr Al Yaghchi holds a PhD in Molecular Oncology from Queen Mary's University of London with a special research interest in oncolytic viruses in head and neck cancers. In addition he has an active clinical research program in voice, airway and swallowing disorders. Mr Al Yaghchi is a founding member of the British Laryngological Association and the honorary treasurer. He is a board member of the UK Swallowing Research Group and has served as a Vice president of the Royal Society of Medicine Section of Laryngology and Rhinology.



Julie Cichero

Julie is a clinician (SLP), researcher and research professional with more than 30 years' experience in dysphagia across the lifespan. She has made significant contributions to the evidence base for standardised terminology for texture modified food and thick liquids, diagnostic use of swallow-respiratory sounds, characterisation of thick liquids and complexities associated with medication management in dysphagia. Julie is passionate about the balance between quality of life and safety while eating and drinking. She is serving as a clinical expert to the Aged Care Standards Expert Working Group for the Australian Government. Julie proudly served as inaugural IDDSI Co-Chair for a decade.



Jay Paul Willging

Professor of Otolaryngology–Head and Neck Surgery at the University of Cincinnati College of Medicine. He is the Director of Clinical Operations for the Pediatric Otolaryngology Division. He is the Director of the Pediatric Otolaryngology Fellowship Training Program. Dr. Willging has served as the Director of the Interdisciplinary Feeding Team since 1999, and is also an active participant in numerous other multidisciplinary programs, including the Aerodigestive and Esophageal Center, the Craniofacial Anomaly Team, the Fiberoptic Endoscopic Evaluation of Swallowing Safety Clinic, and the Velopharyngeal Insufficiency Clinic. Dr. Willging has numerous peer-reviewed clinical and research publications and has been a longstanding contributor to textbooks on a wide range of otolaryngology topics, particularly feeding and swallowing disorders.



Claire Kane Miller

Claire Miller is the Senior Clinical Director of the Division of Speech-Language Pathology at Cincinnati Children's Hospital Medical Center. She holds an adjunct assistant professor appointment in the Department of Communication Sciences and Disorders at the University of Cincinnati. Her research and clinical interests are in pediatric dysphagia, with a focus on instrumental swallowing assessment and the clinical management of medically fragile infants and children with congenital and acquired airway and digestive anomalies. She has authored publications and presented nationally and internationally on aspects of pediatric dysphagia



Heather M. Starmer

Heather Starmer is a Clinical Associate Professor in the Department of Otolaryngology - Head and Neck Surgery at Stanford University and the Director of Head and Neck Speech and Swallowing Rehabilitation at the Stanford Cancer Center. She is a board-certified specialist in swallowing and swallowing disorders and was recently named as a Fellow of the American Speech Language and Hearing Association. She has more than 20 years of experience working with swallowing and swallowing disorders with a particular emphasis on management of dysphagia associated with head and neck cancer and its treatment.



Alicia O'Cathain

Alicia O'Cathain is Professor of Health Services Research at the Sheffield Centre of Health and Related Research at the University of Sheffield, UK. She leads research on the evaluation of new health and care services, the development and evaluation of complex interventions for chronic conditions, and methodology. She has written guidance on developing interventions, using qualitative research with randomised controlled trials, and mixed methods research.



Kathleen Graham

Kathleen Graham a senior project manager with the Royal College of Speech and Language Therapists working on adult related projects such as the thickened fluids project and pre-registration eating, drinking and swallowing competencies. I am an SLT with a background in adult acquired and progressive neurology in acute and community settings.



Jayne Atkin

I am an ST6 geriatrics trainee in south east London, I graduated from Imperial College in 2013. I have developed an interest in dysphagia in older adults and the wider impacts this has on patient health. I am currently doing an out of programme year working as a medical education fellow at King's College Hospital



Charlie Fairhurst



Charlie has been the National Specialty Lead for Children's Neurosciences at NHS England for the last 8 years. He has been a Consultant focussing on child onset movement disorders at the Evelina London Children's Hospital for over 25 years, working with the MDTs there to support children, young people and their families cope with co-morbidity, discomfort and the functional impact of neurological disability including Sialorrhoea. He has sat on numerous International working parties, published widely in this area, was chair and author of the NICE Cerebral Palsy guidelines for children and young people and subsequently advised the adult Cerebral Palsy guideline. He is now a Clinical Advisor to NICE.



David Wright

David graduated in 1991 from the University of Bradford and was a practising community pharmacist until July 2016. In 1998, David completed his PhD on the value of providing clinical pharmacy services to care homes and became a full-time lecturer in pharmacy practice. David moved to the University of East Anglia as one of the founding members of staff who set up the first new school of pharmacy in the UK for over 30 years in 2003. In 2021 he moved to head up the School of Healthcare at the University of Leicester.

David's PhD in 1992 was in the role of the clinical pharmacist in care homes. His research has since mainly focused around the topic of pharmaceutical care provision in older people, developing international expertise in the administration of medicines to people with dysphagia. David has supervised 17 PhD students to completion as primary supervisor, has led a number of large-scale trials in care homes, secured over £8M in research funding as principal

	investigator and published over 100 peer-reviewed papers.
 <p>Karoline Brennan</p>	<p>Karoline is a Medicines Information pharmacist with the Specialist Pharmacy Service, providing information and advice to healthcare professionals on the safe and effective use of medicines. She has a particular interest in the safe administration of medicines in people with swallowing difficulties and is excited to attend the UKSRG conference 2024. She has written resources for the Swallowing Difficulties section of the SPS website, www.sps.nhs.uk to help healthcare professionals make the best choices for people unable to swallow tablets and capsules, and has also written training materials for social care staff and other carers to support people with dysphagia.</p>
 <p>Kate Heathcote</p>	<p>Kate Heathcote is a consultant Laryngologist at University Hospitals Dorset in the UK where she established the Robert White Centre for Airway Voice and Swallow for NHS patients. Fellowships in France and London supported her in developing her service to encompass cutting edge techniques including a full range of in-office procedures. She teaches, lectures and publishes widely on her areas of expertise. In collaboration with colleagues at Southampton Children's Hospital she has established a national programme for paediatric laryngeal reinnervation. She is on the council of the British Laryngological Association and is chair of the scientific committee on dysphagia for the European Laryngology Society.</p>