



DYSPHAGIA MANAGEMENT STRATEGIES IN ADULS: LITERATURE REVIEW

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AIM(S) AND METHODS

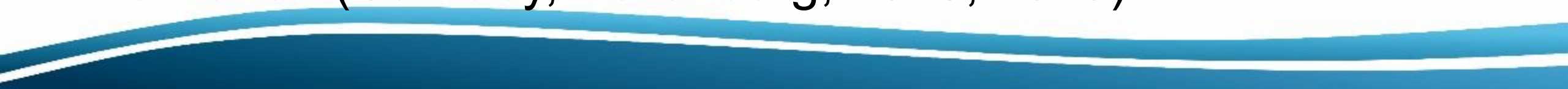
Aim - to analyze the scientific literature on dysphagia management strategies in adults.

Method - analysis of scientific literature. Data were collected from PubMed, PMC, ScienceDirect and ClinicalKey databases. 28 articles published in 2004 – 2020 were analyzed. Main subjects are the concept of swallowing disorders in Lithuanian and foreign contexts, the variety of DMS, their validity and applicability. The importance of complex DMS is emphasized.






SHORT INTRODUCTION

- Swallowing is a complex four-phase process that includes voluntary and involuntary aspects. Disruption of at least one of the swallowing phases results in swallowing disorders (further - SD) (Warnecke et al, 2019).
 - In practice, combined dysphagia management strategies (further – DMS) are used to overcome SD, and speech therapy is planned depending on the individual SD symptoms, severity, dynamics, person's readiness to perform the planned activities, abilities, needs and motivation (Carnaby, Harenberg, 2013; 2019).
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RESULTS

Speech therapy for adults with SD in Lithuania is usually complex: both rehabilitation and compensatory DMS are applied. Analysis has shown that integrated DMS are the most common. Rehabilitation strategies are used to accelerate the recovery of swallowing function. Compensatory strategies are in place to ensure patient's safety while eating.





CONCLUSION

1. Proper selection of DMS may reduce duration of hospitalization and the risk of SD complications associated with patient mortality.
 2. DMS depend on the individual case, but the most commonly used strategies are:
 - positioning of the head and body;
 - food and liquid consistency adjustment;
 - thermal - tactile stimulation;
 - swallowing exercises and swallowing technique training.
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REFERENCES

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