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## Role of modified barium swallow pre and post VitalStim therapy in the rehabilitation of the swallowing mechanism

Mufeed Al Jeady

Dallah Hospital, Saudi Arabia

In MBSS the following are evaluated, delay in oropharyngeal swallowing phase, closure of epiglottis, laryngeal elevation, passage of contrast behind the epiglottis that denoting penetration, presence of aspiration and presence residual barium after swallowing. After VitalStim therapy, all patients underwent the same assessments and also underwent a functional swallowing follow up survey months (range, 1 to 6 months) after their therapy to assess whether the improvement was worthwhile and sustained. From June 2014 to April 2016, 73 patients with dysphagia were included in our study. All the patients underwent pre-therapy evaluation by speech-language pathologists, including clinical evaluation of swallowing and modified barium swallow study (MBSS). In this study 73 patients showed radiological findings denoting neurological swallowing disorders, 65 patients (89%) showed delay in oropharyngeal swallowing phase, weak laryngeal elevation found in 58 patients (79%), 68 patients (93%) showed aspiration and 70 cases (96%) showed penetration and incomplete closure of the epiglottis. Presence residual barium after swallowing within the vallecula was seen in 68 patients (93%). 52 of the 73 patients (71%) demonstrated complete improvement in their swallowing at first follow up study after VitalStim therapy. 21 of the 73 patients (29%) showed some improvement and needed another therapy sessions and in the next follow up study 15 cases showed complete improvement. However, 7 cases of the 21 patients categorized as having severe dysphagia before therapy, only 2 of 7 showed improvement, and these patients still required a feeding tube for adequate nutrition, however, the 5 of 7 showed complete improvement after another session of therapy. In conclusion, modified barium swallow is valuable in the rehabilitation of patient with swallowing disorders helps speech pathologist to identify and modify swallowing abnormalities as well as management program. VitalStim therapy is a safe and effective treatment for patients suffering with the swallowing difficulties.

### Biography

Mufeed Al Jeady, PhD- SLP (USA 2006), Consultant Swallowing and Speech Pathologist and Rehab Programs Manager for Stroke and TBI Units . The First Certified Vital Stim Therapy Instructor in Middle East. He Has published many papers in a reputed journals and conducted a lot of Swallowing training courses in Vital Stim Therapy as well as research in swallowing field and rehabilitation.

jeadymm@hotmail.com

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