

Speech, Swallow, and Communication Series (1/3)

Presenter:

Jasmine Cload, B.A., M.Sc., R-SLP, SLP(C)

*Swallowing
and
Saliva Management*

Speech, Swallow, and Communication Series

February 4th: Swallowing and Saliva Management

February 11th: Speech and Voice

February 18th: Language, Cognitive Communication, and Technology

Thank you!

**Parkinson Society BC
(PSBC)**



Thank you!

**Parkinson and
Movement Disorder
Clinic
(PMDC)**



Thank you!

Parkinson Wellness
Project
(PWP)



PWP

Introductions

Jasmine Cload, B.A., M.Sc., R-SLP, SLP(C)

Registered Speech Language Pathologist

Parkinson and Movement Disorders Clinic

Vancouver Island Health Authority



Introductions

Your Turn!

How many audience members know what
Speech Language Pathology (SLP) is?

Yes or No

Overview

- What is SLP?
- Parkinson Disease (PD) and SLP
- Swallowing
- Saliva management
- Questions

Objectives

By the end of this presentation...

- Awareness of **SLP** role in PD
- Familiarity with **swallowing** in PD
- Familiarity with **saliva management** in PD
- Acquaintance with **strategies**
- **Feel empowered** in pursuing SLP services

Objectives

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- Acquaintance with **strategies**
- **Feel empowered in pursuing SLP services**

Please note that content included in this presentation is for informational purposes only, and is not intended to replace or substitute professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified health provider with any questions you may have regarding your individual circumstance or condition.

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What is SLP?

What is SLP?

Speech Language Pathology

Master's Degree (or equivalent) at minimum

Speech Therapist

Speech Pathologist

Speech and Language Therapist

**Registered Speech Language Pathologist (RSLP)...*

What is SLP?



speech language pathologist



Speech-Language Pathologists ...
friendshipcircle.org



Being A Speech-Language Pathologist
thetravelingtraveler.com



5 Reasons Why Speech & Language Therapy ...
friendshipcircle.org



SEMI SPEECH IS SCOUTING ...
semispeech.com



How Does a Speech Language Pathologis...
speechandot.com



Autism Certification for Sp...
ibcces.org



Speech Language Pathologist in Calga...
speechpathologistcalgary.com



Celebrate Speech-Language Pathologists ...
rn.com



10 Qualities that Every Speech Language ...
friendshipcircle.org



Demand for Speech-Language Pathologists ...
amnhealthcare.com

What is SLP?



speech language pathologist



Speech-Language Pathologists ...
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Being A Speech-Language Pathologist
thetravelingtraveler.com



St
sen



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speechandot.com



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speechpathologistcalgary.com



Celebrate Speech-Language Pathologists ...
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10 Qualities that Every Speech Language ...
friendshipcircle.org



Demand for Speech-Language Pathologists ...
amhealthcare.com

Across the lifespan

What is SLP?

Scope of Practice

- Speech sound production
- Resonance
- Voice
- Fluency
- Feeding and swallowing
- Saliva management
- Language comprehension and expression
- Cognitive communication
- Alternative and augmentative communication
- Social (pragmatic) communication
- Pre-linguistic communication
- Pre-literacy and literacy skills
- Aural (re)habilitation
- Accent modification
- Technology

Areas of Work

- Hospitals
- Public health units
- Community health centres
- Schools
- Private practice
- Nursing homes and long-term care facilities
- Childcare settings
- Patient or client homes
- Corporate settings
- Correctional facilities
- Professional associations
- Regulatory bodies
- Universities and colleges
- Government ministries

(Speech-Language & Audiology Canada, 2016)

Parkinson Disease (PD) and SLP

PD and SLP

People with PD can develop changes in

- Speech and Voice
- Swallowing
- Saliva Management
- Language and Cognitive-Communication

PD and SLP

People with PD can develop changes in

- **Speech and Voice – 90%**

(Baumann et al., 2018)

- **Swallowing – up to 95%**

(López-Liria et al., 2020; Pflug et al., 2017)

- **Saliva Management – up to 81%**

(Wamelen et al., 2020; Damian et al., 2012)

- **Language and Cognitive-Communication – up to 80%**

(Hely et al., 2008)

PD and SLP

People with PD can develop changes in

- **Speech and Voice – 90%**
(Baumann et al., 2018)
- **Swallowing – up to 95%**
(López-Liria et al., 2020; Pflug et al., 2017)
- **Saliva Management – up to 81%**
(Wamelen et al., 2020; Damian et al., 2012)
- **Language and Cognitive-Communication – up to 80%**
(Hely et al., 2008)

Everyone is different

What is SLP?

Test your knowledge!

Changes in communication and swallowing
are **late to develop** during PD progression

True or False

What is SLP?

Test your knowledge!

Changes in communication and swallowing
are **late to develop** during PD progression

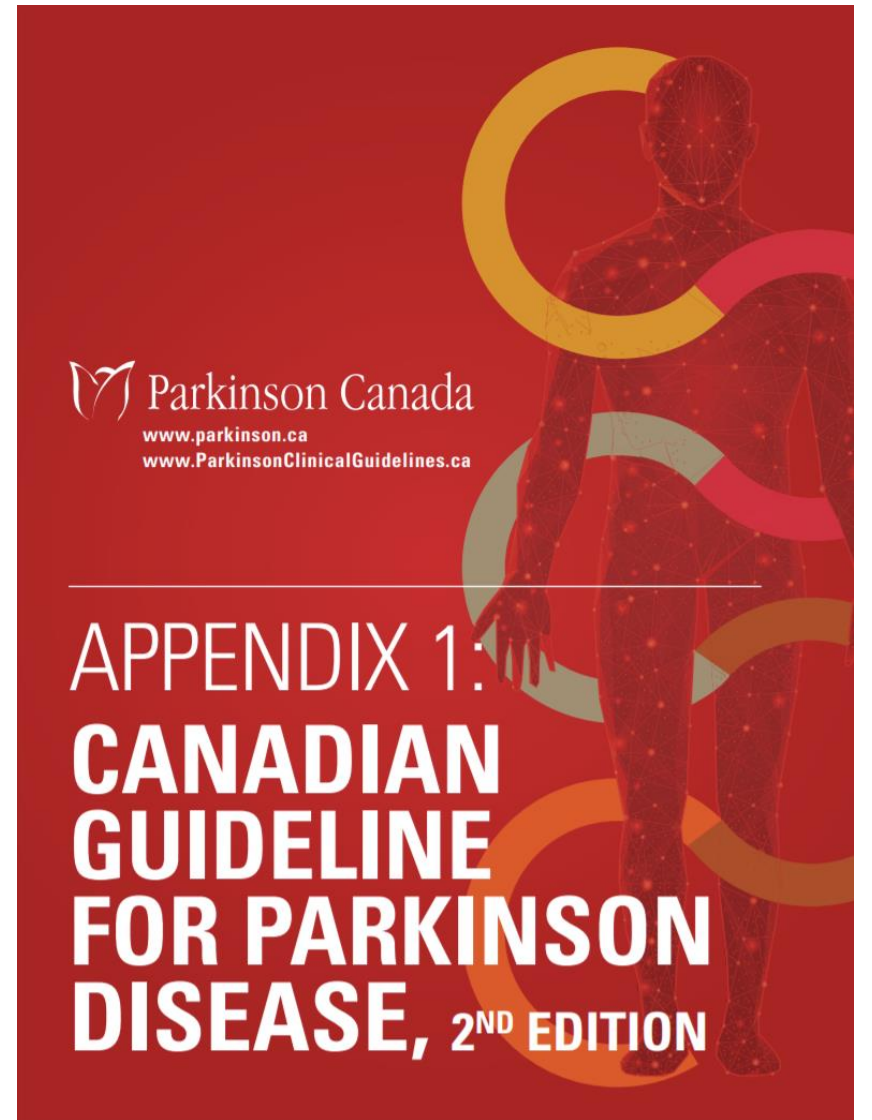
True or **False**

Can be early symptoms!

PD and SLP

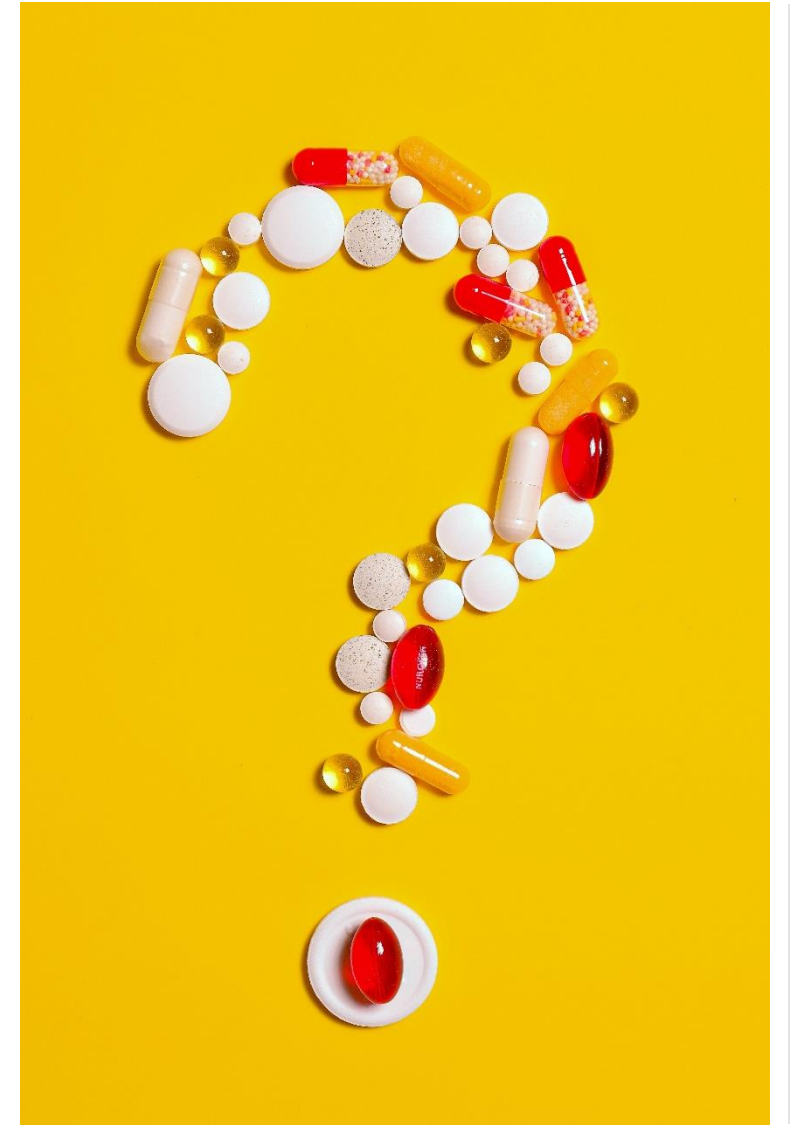
“Speech and language therapy is **essential** to Parkinson patient’s quality of life”

(Parkinson Canada, 2019)



PD and SLP

Could medication help?



PD and SLP

Could medication help?

Still need SLP!



Swallowing

Sections

- Introduction
- Swallowing and PD
- Symptoms
- Risks
- Assessment
- Strategies

Swallowing Introduction

- Feeding stage
- Oral stage
- Throat stage
- Esophagus stage

Swallowing Introduction

- Feeding stage
- Oral stage
- Throat stage
- Esophagus stage



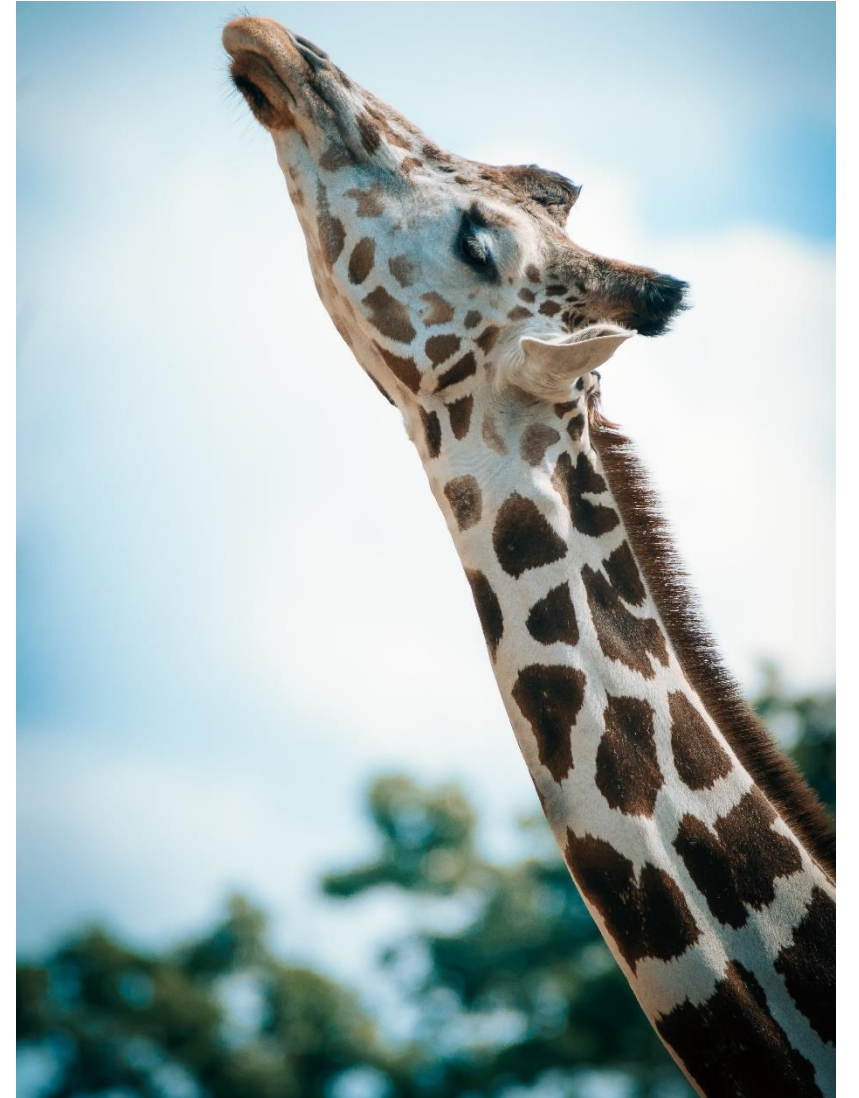
Swallowing Introduction

- Feeding stage
- Oral stage
- Throat stage
- Esophagus stage



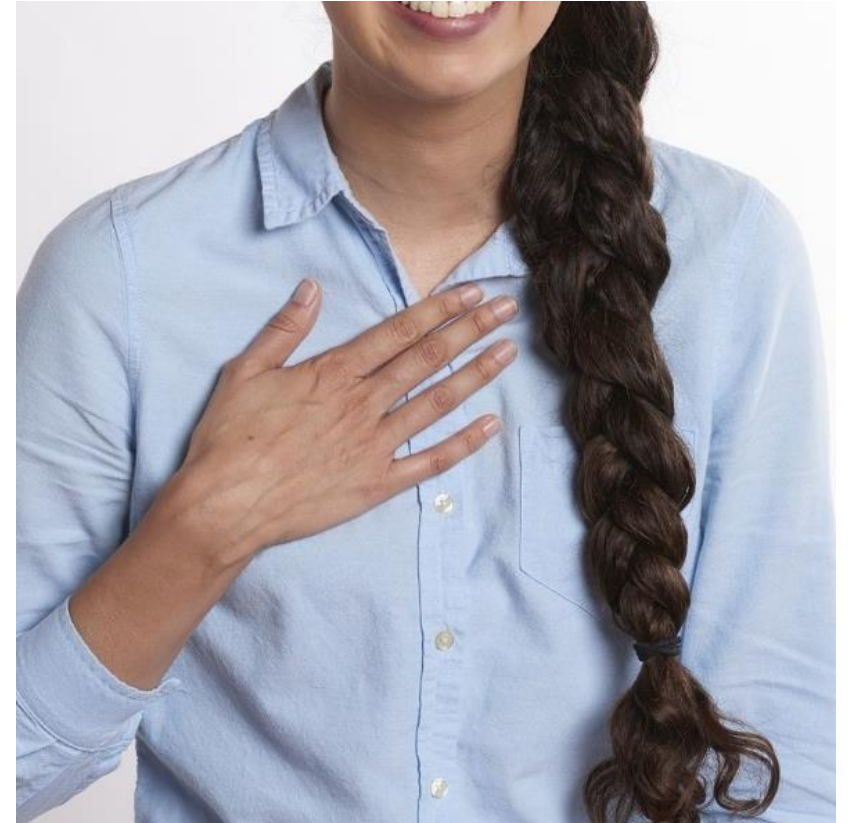
Swallowing Introduction

- Feeding stage
- Oral stage
- Throat stage
- Esophagus stage



Swallowing Introduction

- Feeding stage
- Oral stage
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Swallowing Introduction

- Feeding stage
- Oral stage
- Throat stage
- Esophagus stage

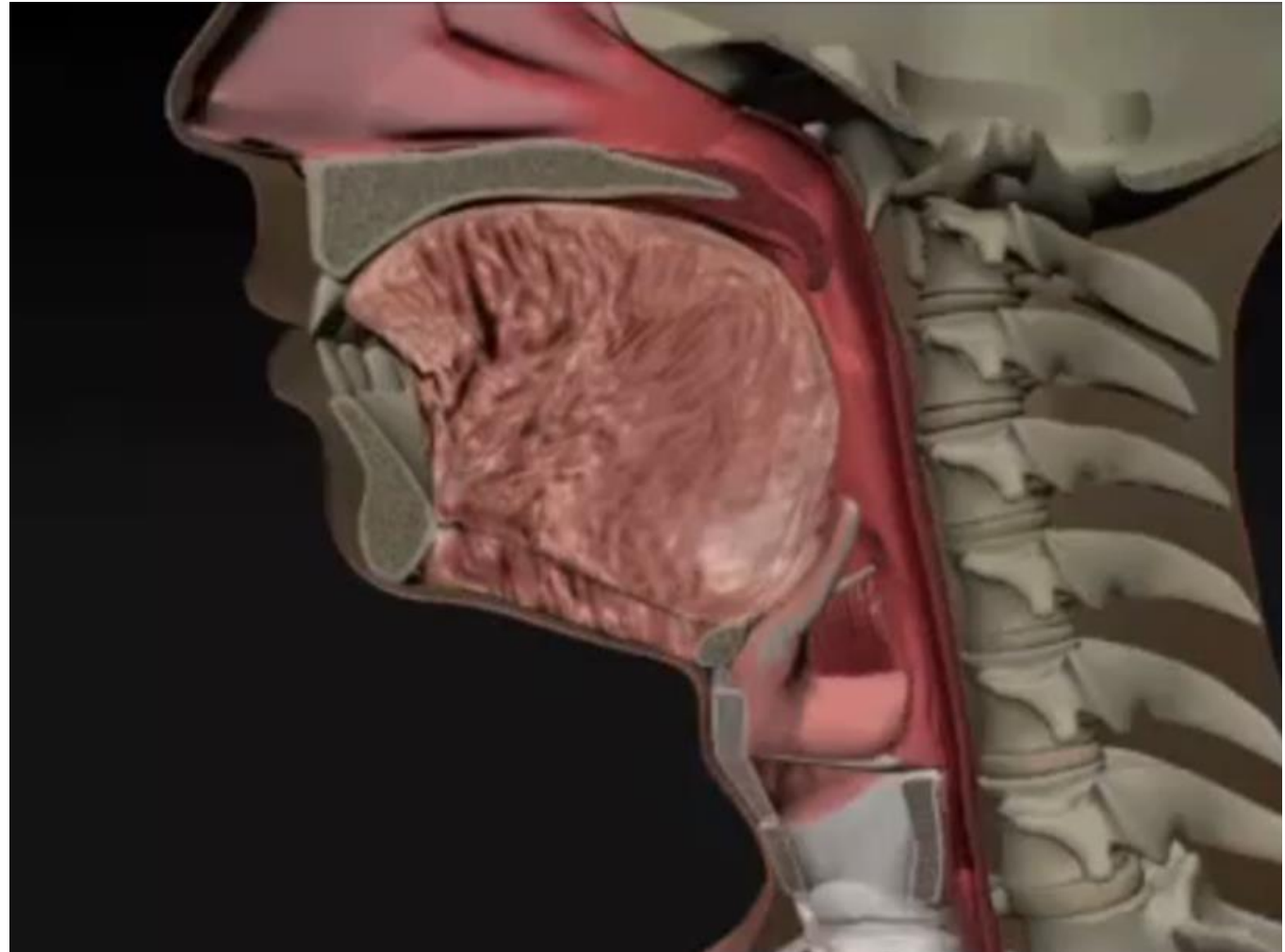
*~40 muscles and
7 cranial nerves!*

Swallowing Introduction

- Feeding stage
- Oral stage
- Throat stage
- Esophagus stage

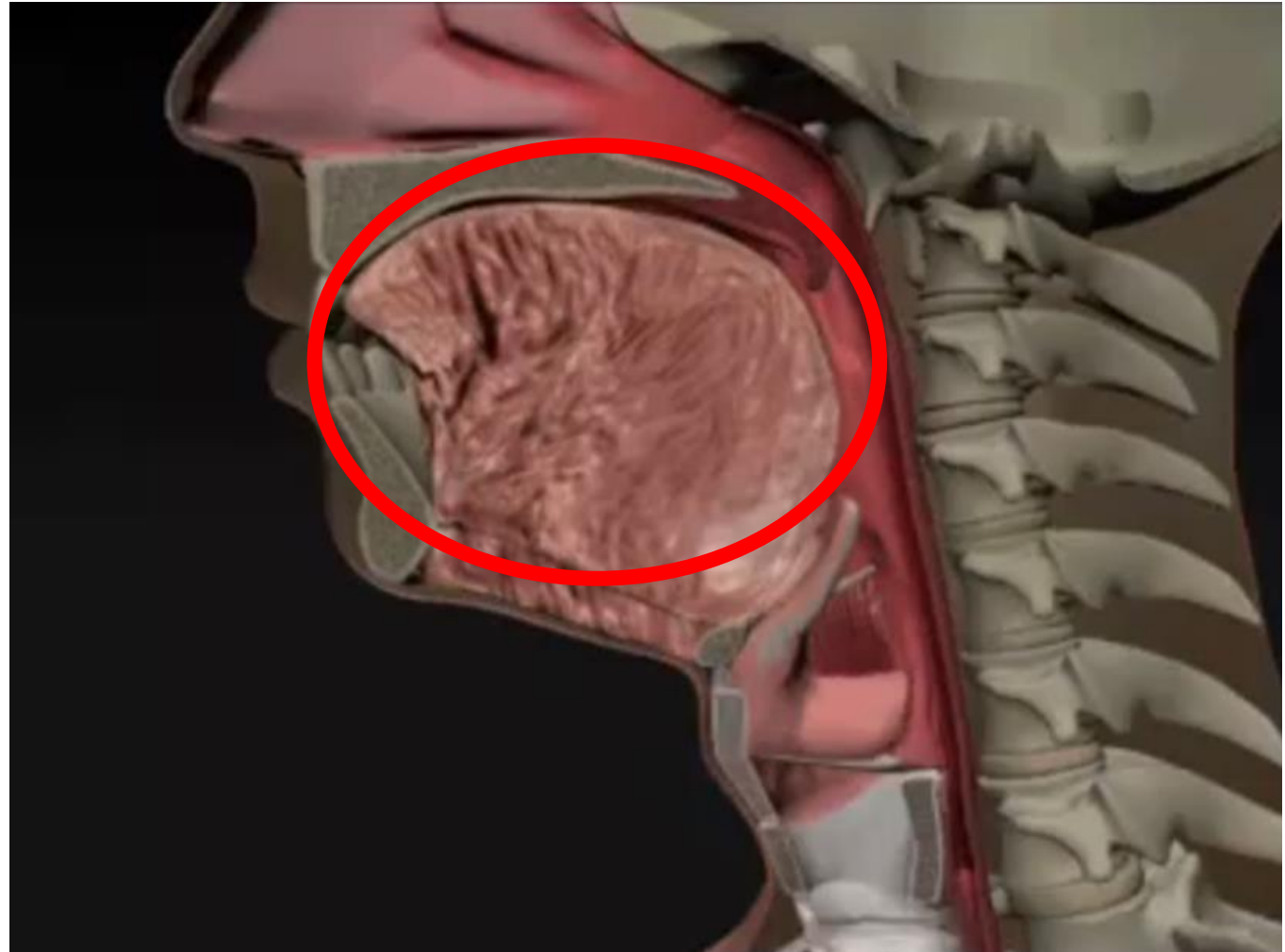
*Problems
Swallowing
"Dysphagia"*

Swallowing Introduction



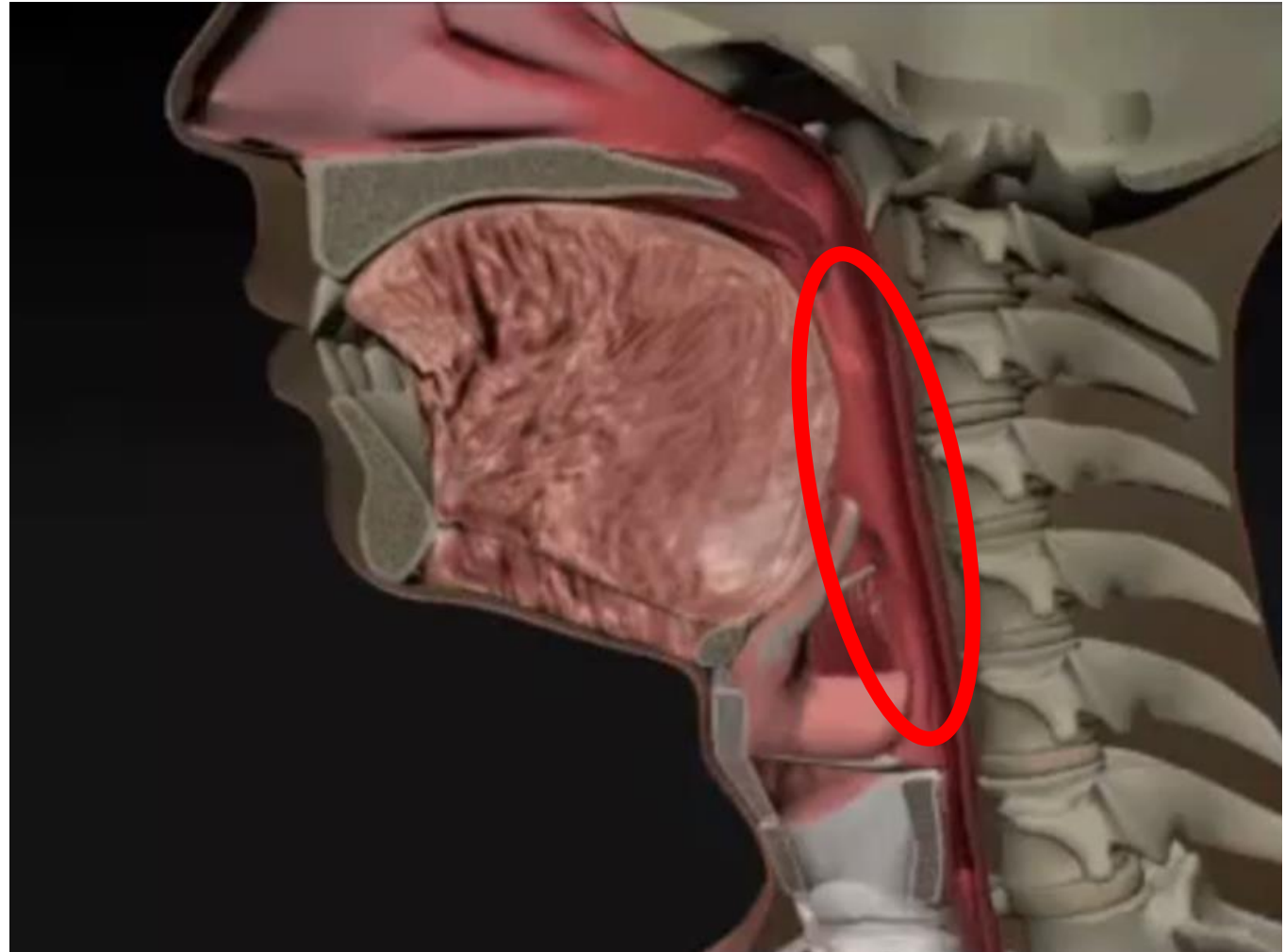
Northern Speech Services, Modified
Barium Swallow Impairment Profile
(MBSImP™) Dysphagia App. Version 2.2

Swallowing Introduction



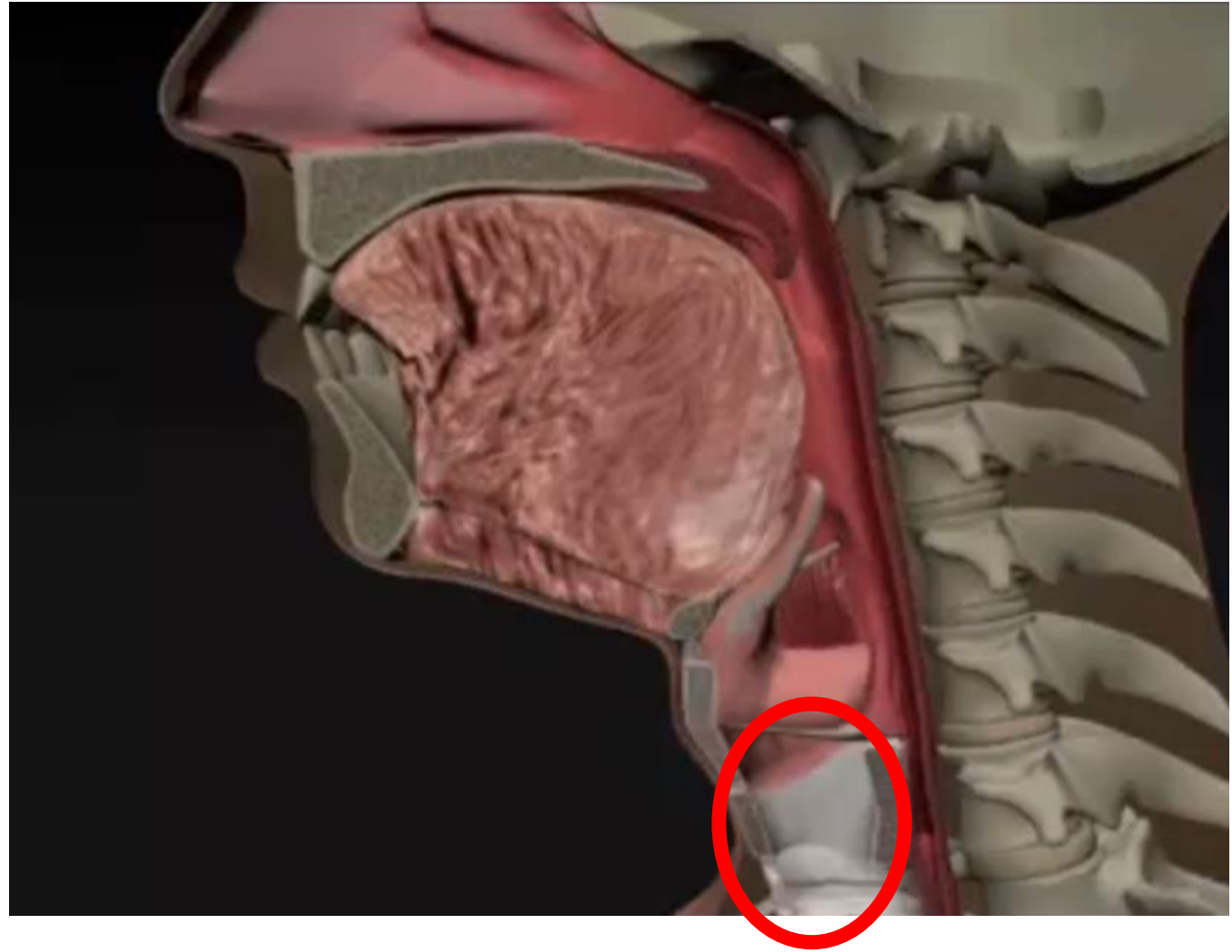
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Barium Swallow Impairment Profile
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Swallowing Introduction



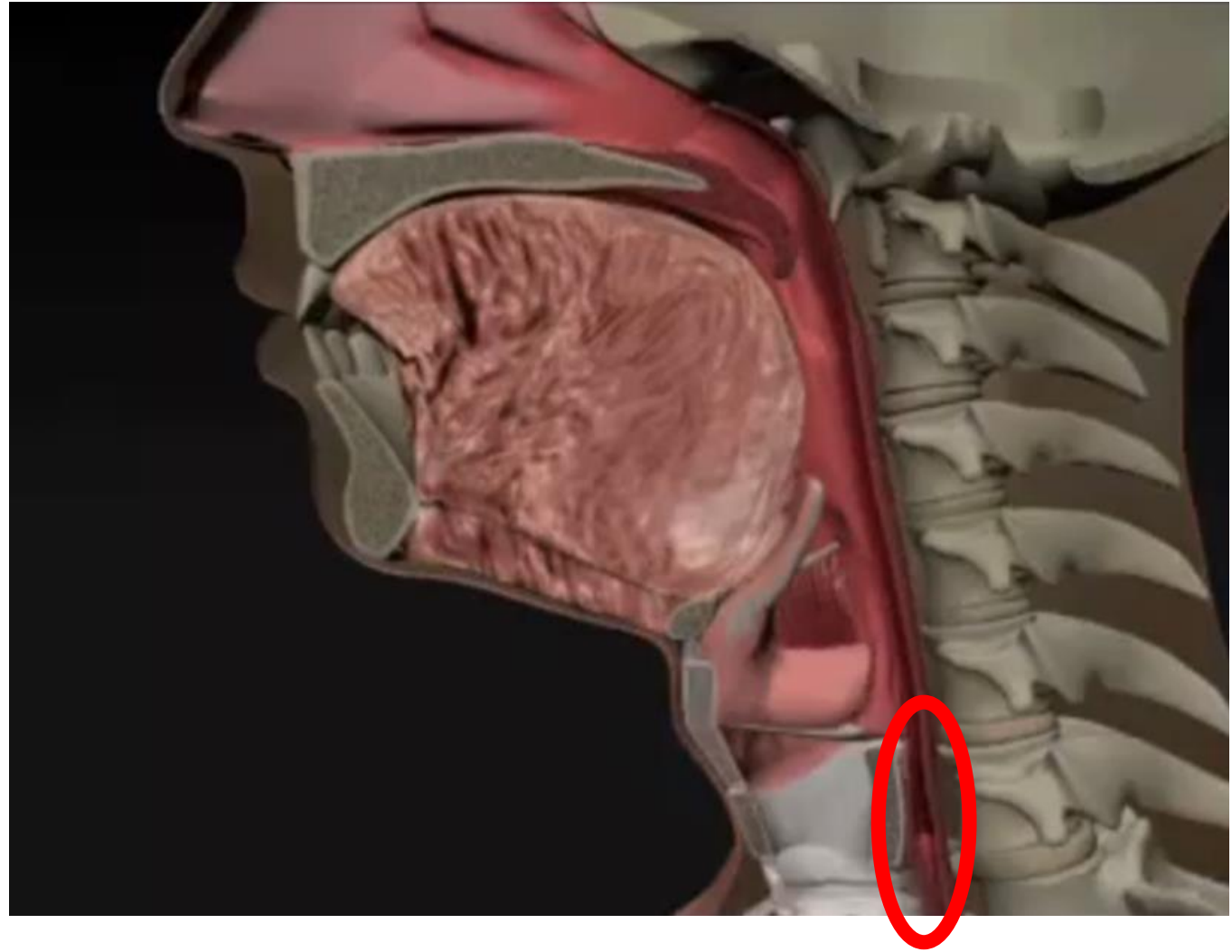
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Swallowing Introduction



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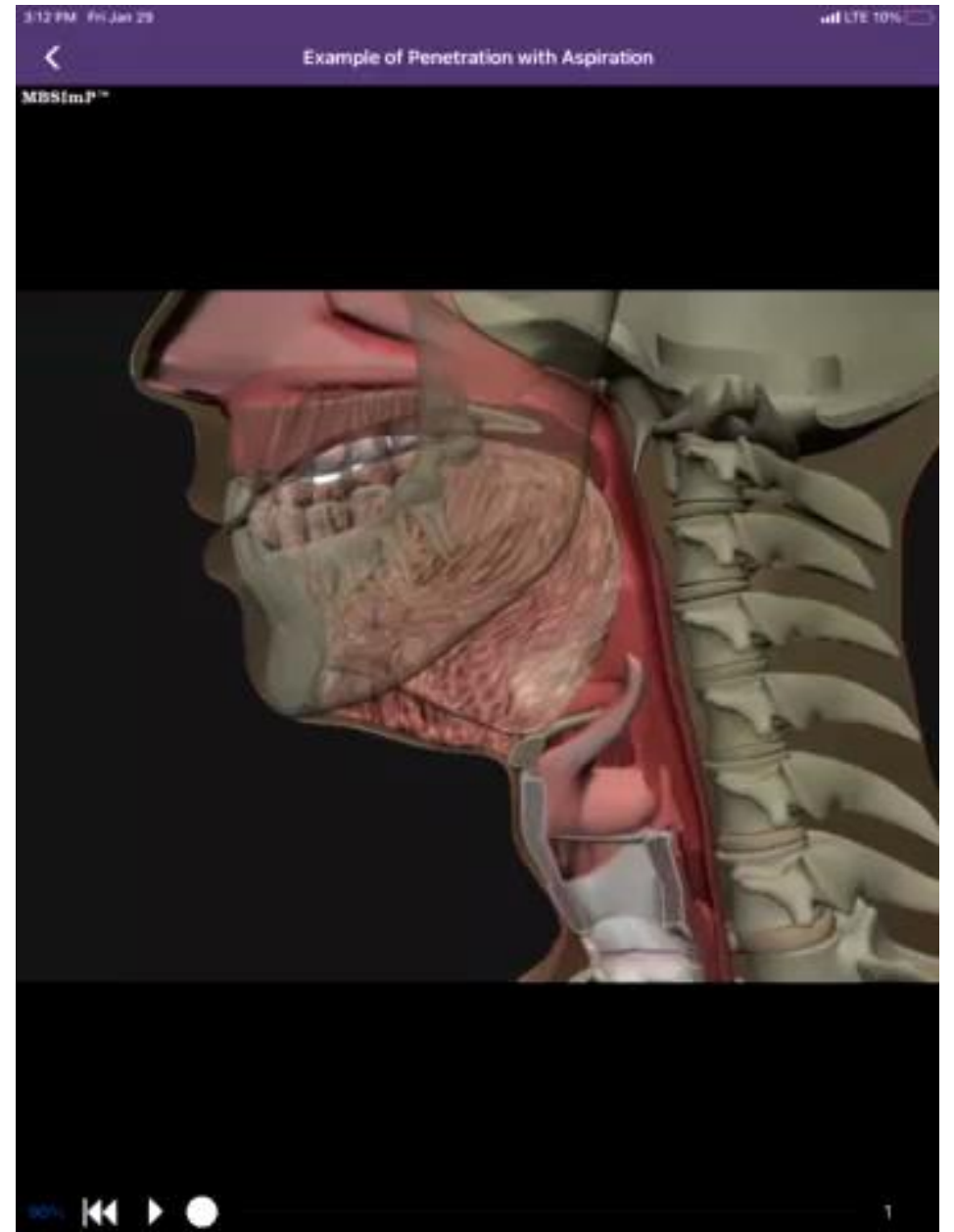
Swallowing Introduction

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Barium Swallow Impairment Profile
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Swallowing Introduction

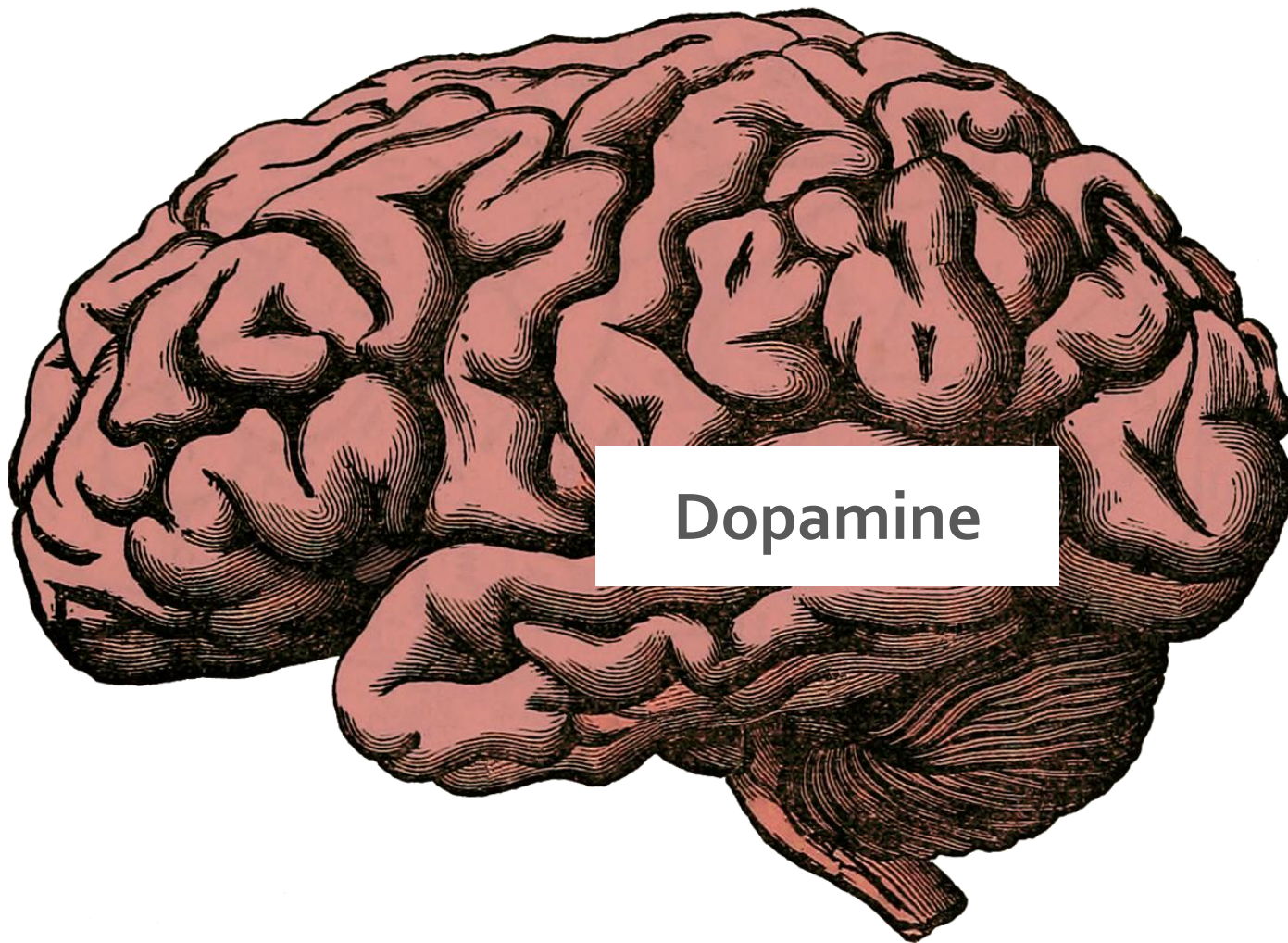
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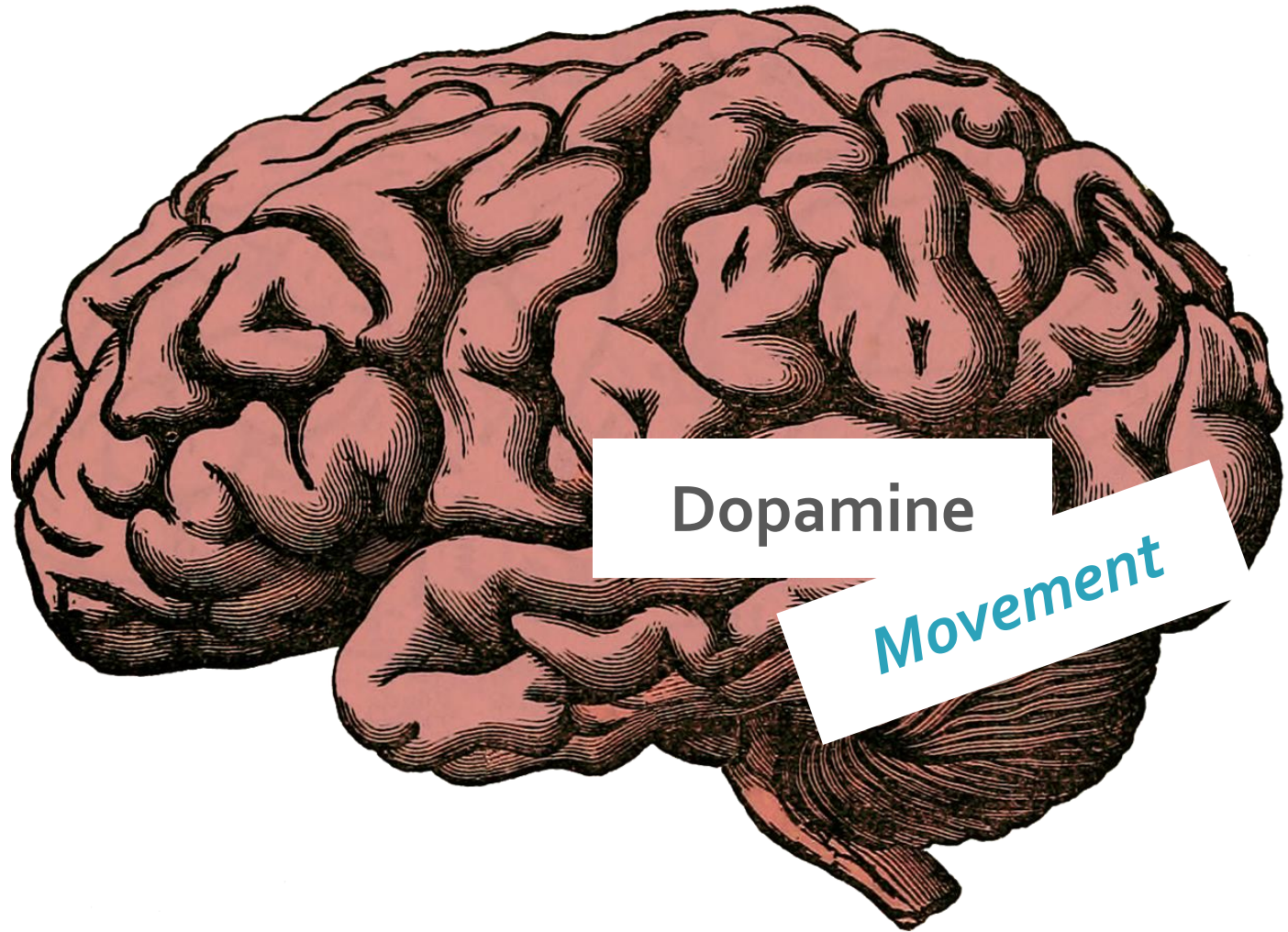
Swallowing and PD



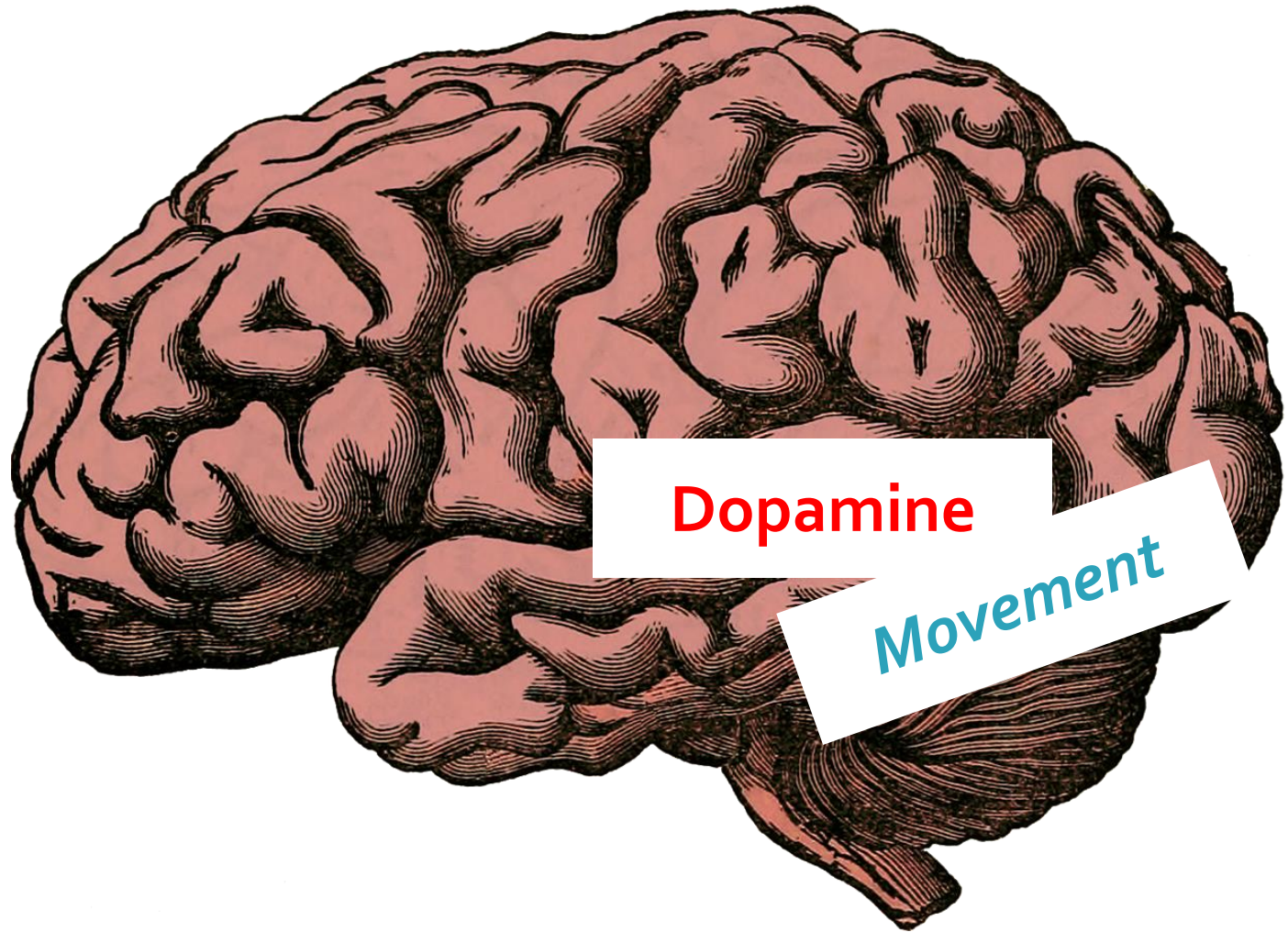
Swallowing and PD



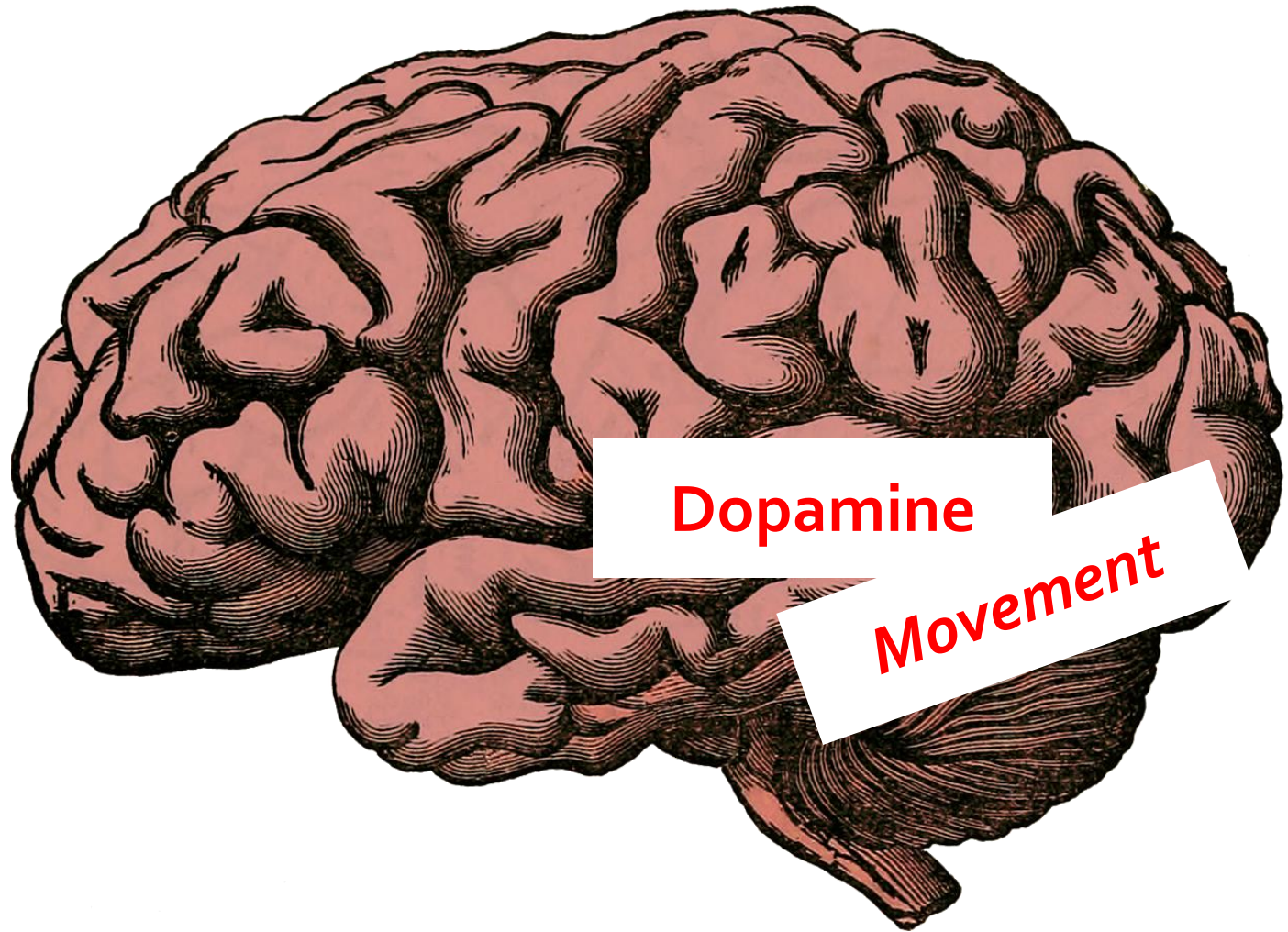
Swallowing and PD



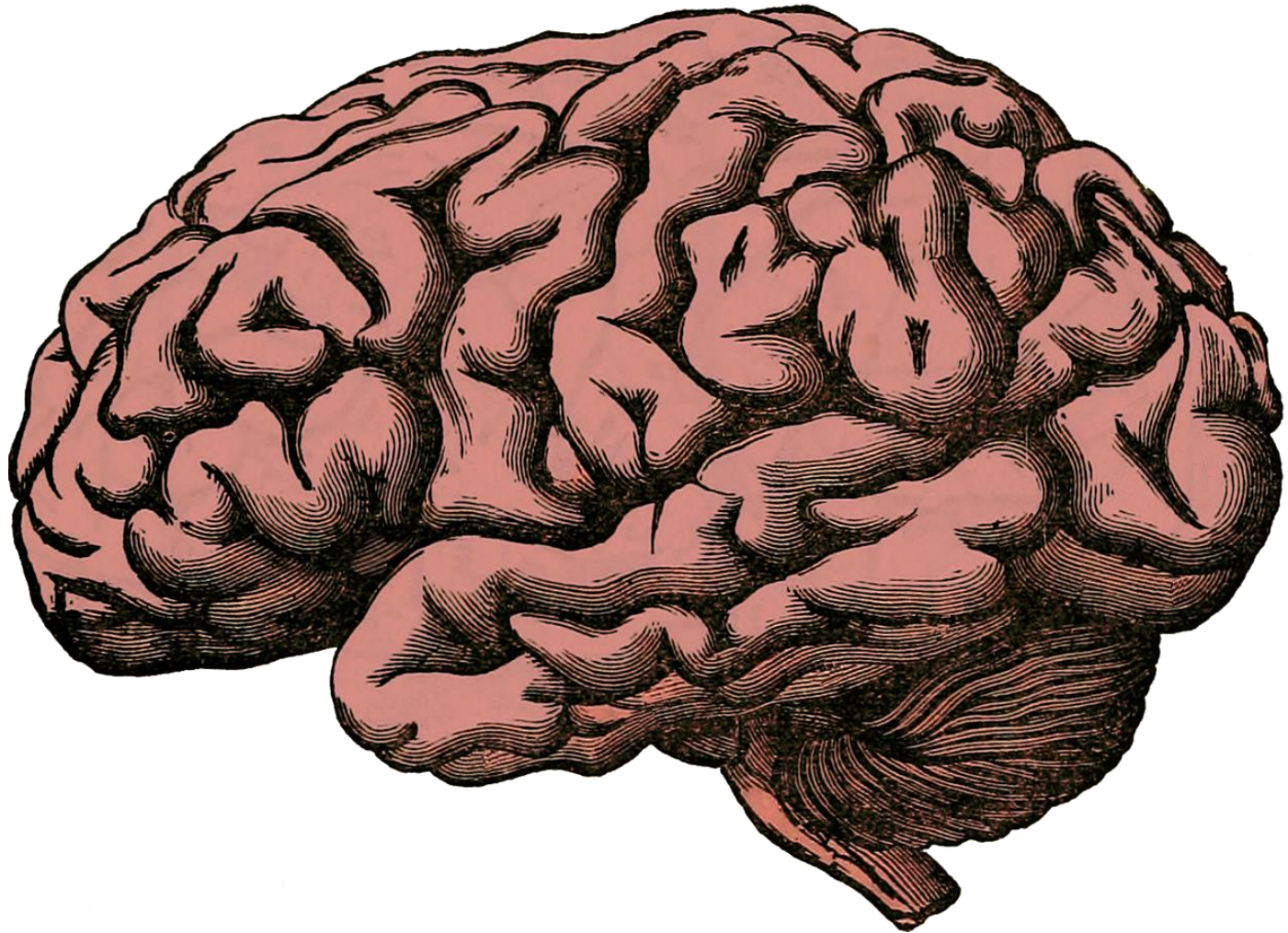
Swallowing and PD



Swallowing and PD



Swallowing and PD



Swallowing and PD



Also...

Thinking

Sensation

Esophagus

Airway Protection

Cough Reflex

Breath Support



Swallowing and PD

Test your knowledge!

Someone with PD might have swallowing problems and not realize it

True or False

Swallowing and PD

Test your knowledge!

Someone with PD might have swallowing problems and not realize it

True or False

Poor swallow awareness is common in PD!

(Kwon & Lee, 2019)

Swallowing Symptoms

- Leaking
- Chewing
- “Sticking”
- Coughing
- “Wet” voice
- Difficulty with pills
- Discomfort

Swallowing Symptoms

- Leaking
- Chewing
- “Sticking”
- Coughing
- “Wet” voice
- Difficulty with pills
- Discomfort

Perhaps...

- *Fatigue*
- *Weight loss*
- *Less social eating*

Swallowing Risks

- Quality of life
- Malnutrition
- Dehydration
- Choking
- Aspiration pneumonia

Swallowing Risks

Aspiration Pneumonia

(Moscovich et al., 2017)

Swallowing Risks

Aspiration Pneumonia

Risk factors

Poor oral care – significant

Compromised immune system – significant

Reduced activity or mobility

Smoking...

Swallowing Risks

Oral Care

- Regular and thorough
- Correct materials
- With or without teeth

(Zlotnik et al., 2015)



Team Approach

SLP might suggest

- Dietician
- Occupational Therapy
- Dental Professionals
- Ear, Nose, and Throat Doctor (ENT)
- Gastroenterologist (GI)

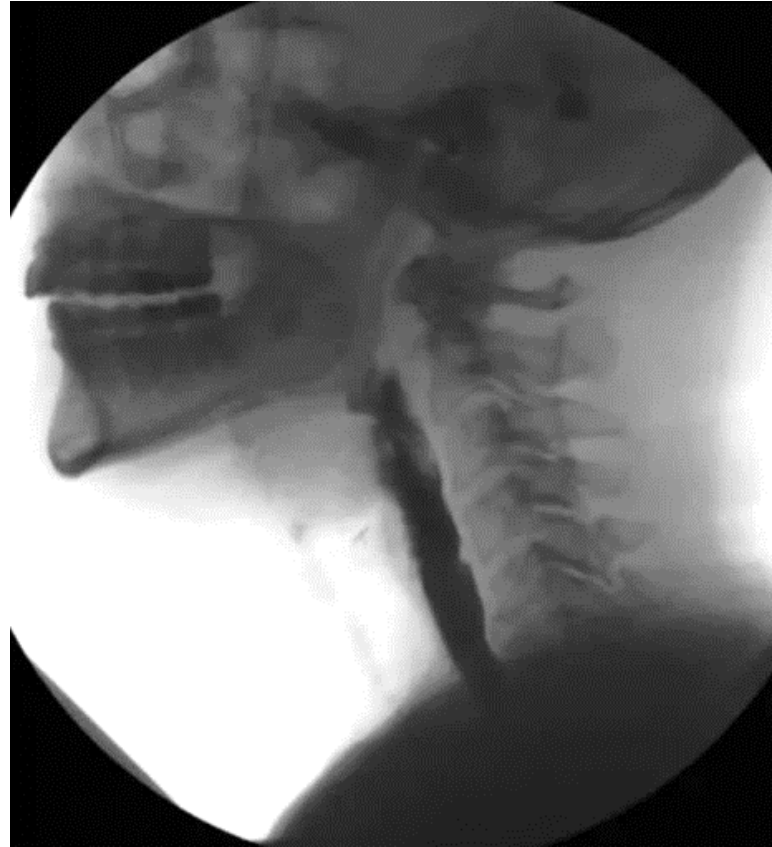
Swallowing Assessment

Clinical Evaluation
Swallow Imaging

Swallowing Assessment

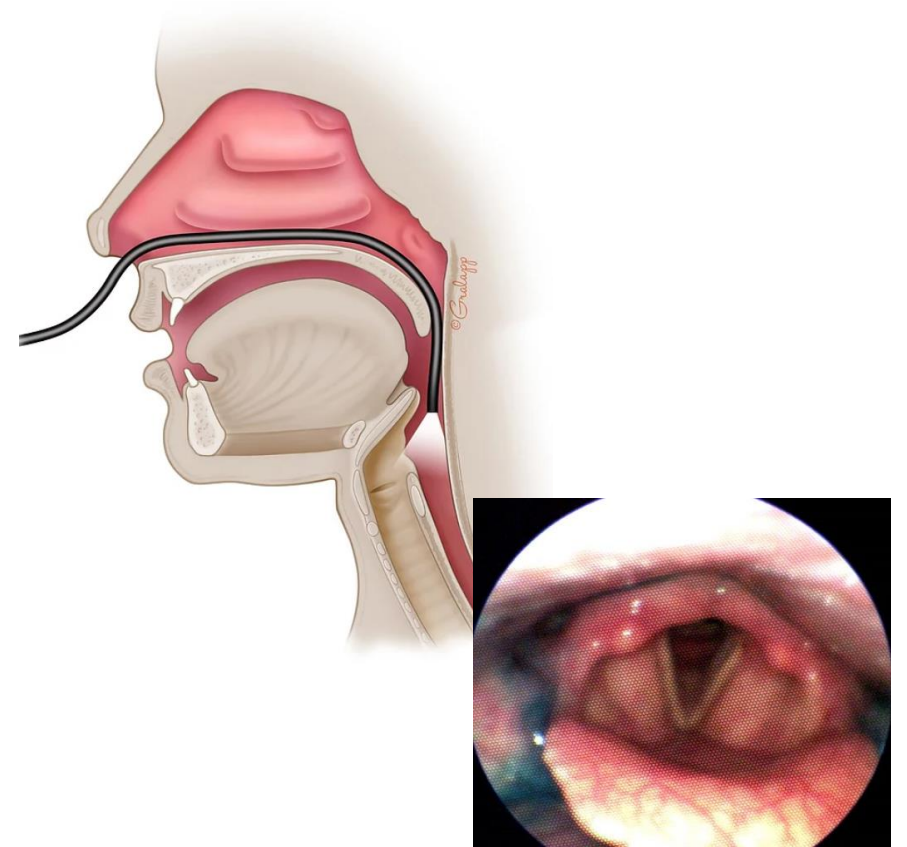
MBS / VFSS

*Modified Barium Swallow Study
Videofluoroscopic Swallow Study*



FEES

*Fiberoptic Endoscopic Evaluation
of Swallowing*



Swallowing Assessment

SLP determines

- Safety of swallow
- Cause of swallow problem
- Customized next steps
 - Texture changes
 - Positions and strategies
 - Rehabilitation options
 - Planning for the future

Swallowing Strategies

Swallowing Strategies – Consult with SLP

- Thorough oral care
 - Upright positioning
 - Minimize distractions
 - Slow and small bites and sips
 - Monitor for signs of chest infection
 - Fever, coloured secretions, congestion?
- Inform your physician!

Saliva Management

Saliva Management

- Terminology
- Risks
- Causes
- Strategies

(Miller, Walshe, & Walker, 2019; Zlotnik et al., 2015)

Saliva Management

Dry Mouth
(Xerostomia)

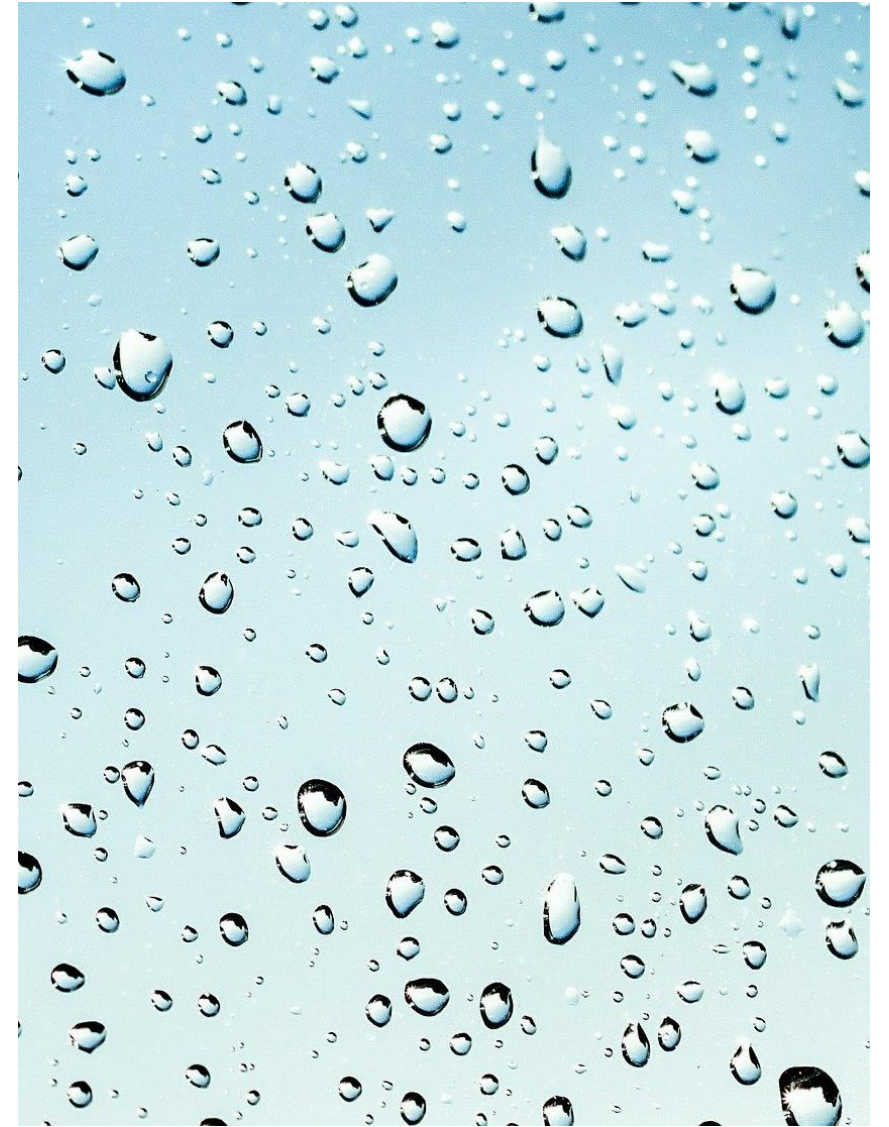
Drooling



Saliva Management

Dry Mouth

Drooling
(Sialorrhea)



Saliva Management Risks

Quality of life

Eating and drinking

Taste

Oral health

Lung health

Speech

Drooling Cause

Swallowing efficiency

Lip seal

Sensation

Postural

Thinking (attention)

Medication



Drooling Management

Strategies

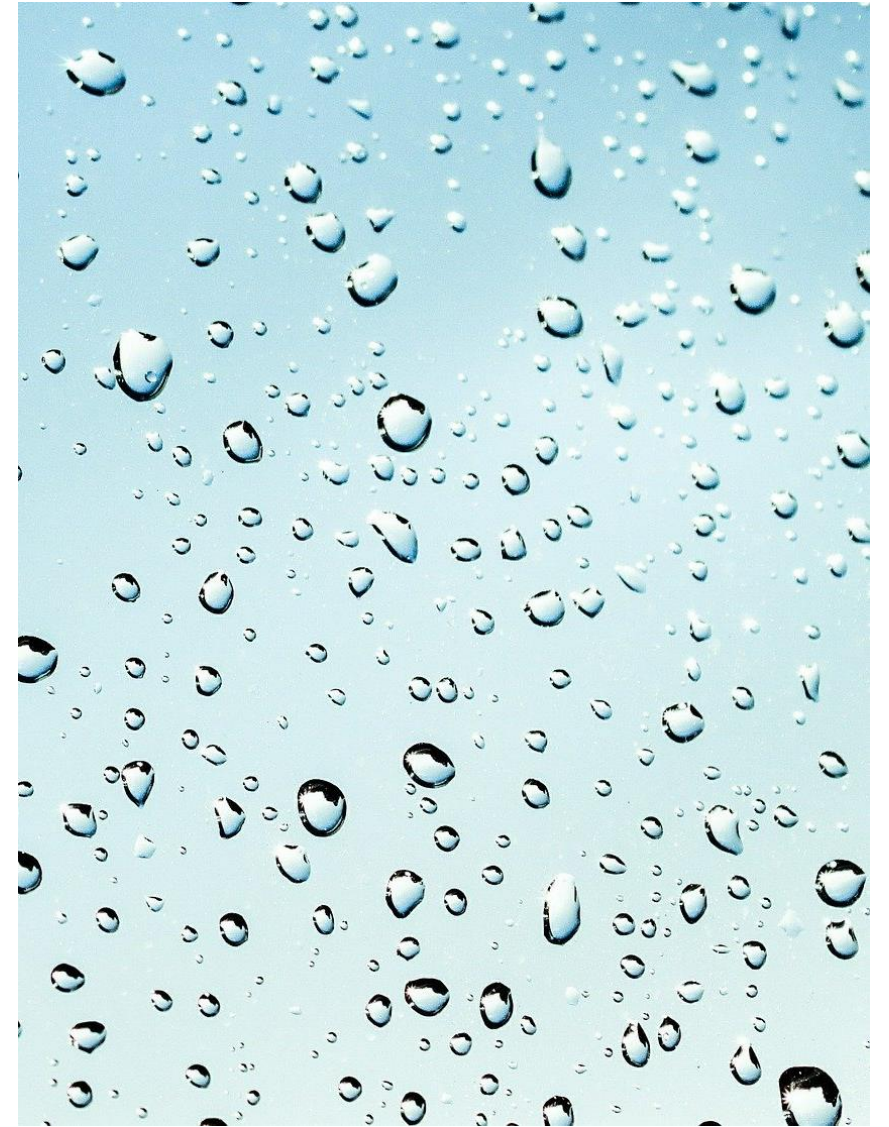
Behaviour changes

Products

Medication changes

Injections...

*Consult your SLP,
dental team, and
physician!*



Dry Mouth Cause

Reduced production

Sensitivity to triggers

Medication



Dry Mouth Management

Strategies

Products

Medication changes

*Consult your SLP,
dental team, and
physician!*



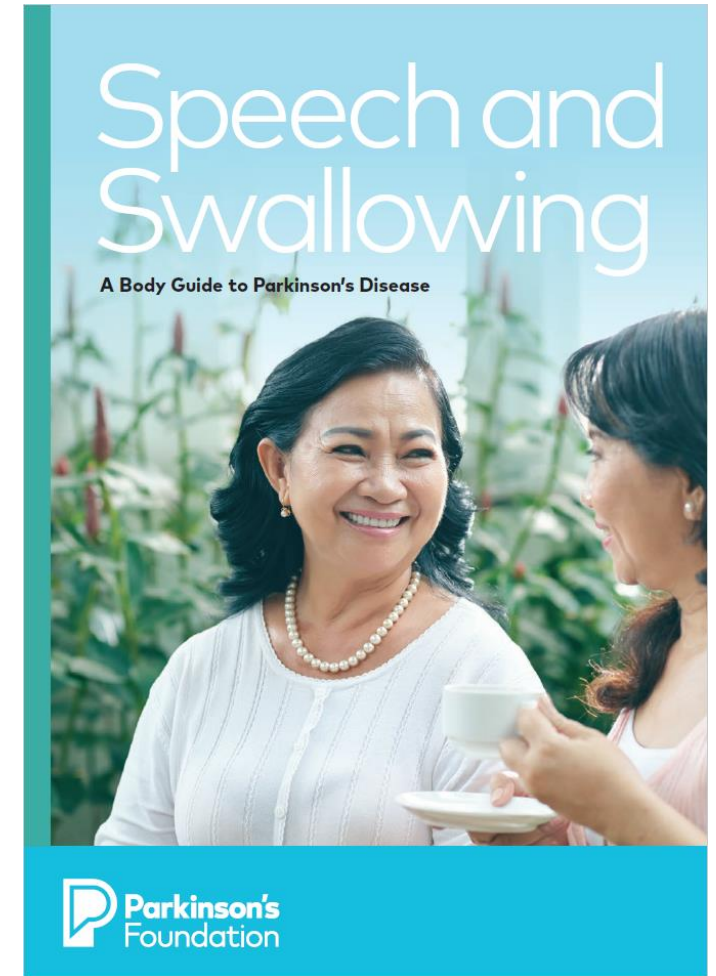
Resources

Resources

www.parkinson.bc.ca



www.parkinson.org



Resources

Access SLP

- Public
 - Physician or health professional referral
 - Movement Disorder Clinic
- Private
 - Speech and Hearing BC website

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Unless otherwise indicated, images obtained from Pexels.com and Pixabay.com, under Pexels and Pixabay royalty-free licensing.

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Questions?

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Thank you!