

### ***First and only in Utah:***

- Mount Olympus Rehabilitation Center is the first and only rehab center in the state to offer this state-of-the-art procedure on-site.
- Matt Parson, MS, CCC-SLP is the *only* therapist in UT certified in the McNeill Dysphagia Therapy Program (MDTP), an innovative and new research-supported treatment to return patients to a normal diet. He is also certified in the Lee Silverman Voice Treatment (LSVT) and is currently pursuing board recognition as a specialist in swallowing and swallowing disorders (BRS-S). When he achieves that he will be the 4<sup>th</sup> in Utah and the 1<sup>st</sup> in a SNF.

### ***Who is a candidate for FEES?***

- Anyone with difficulty swallowing liquid, food, or pills.
- Anyone with a history of frequent upper respiratory infections, unexplained fevers, poor nutrition/hydration, or aspiration pneumonia.
- Anyone who has been intubated for longer than 48 hours.
- Anyone with difficulty swallowing, throat clearing or choking during meals due to a neurological event, such as a stroke or traumatic brain injury (TBI).
- Anyone with a history of swallowing difficulties related to Parkinson's Disease, Cerebral Palsy, Multiple Sclerosis, Amyotrophic Lateral Sclerosis, or Dementia.
- Anyone with voice-related changes in addition to swallowing difficulty.
- Anyone with a history of reflux or uncontrolled reflux symptoms.

Difference between MBS and FEES.

Occurrence of dysphagia.

Diagnosis/procedures we often see dysphagia with, that the hospital does not list it with.

#### **MOUNT OLYMPUS REHABILITATION CENTER**

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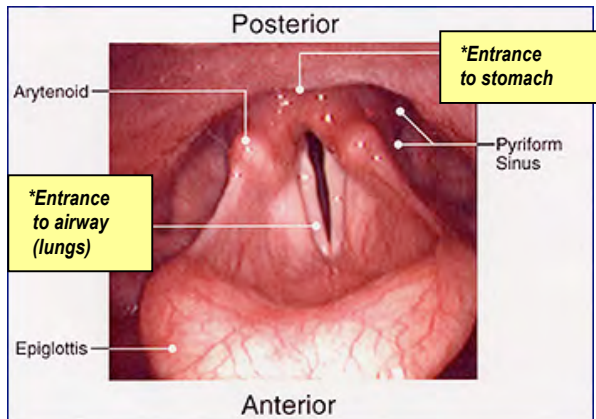
# **Mount Olympus Rehabilitation Center**



## **Fiberoptic Endoscopic Evaluation of Swallowing (FEES)**

## What is a FEES?

- FEES is a short word for *Fiberoptic Endoscopic Evaluation of Swallowing*.
- It is a procedure that allows the speech language pathologist to see inside the throat while the patient is swallowing.
- Abnormalities that may occur before, during, or after the swallow can be identified.
- The information from this procedure makes it possible to diagnose swallowing problems, often referred to as **dysphagia**.



The larynx, which closes during swallowing to protect the airway.

## What is Aspiration?

- Aspiration is when food/liquid or secretions enter into the airway (leading to the lungs) before, during, or after swallowing.

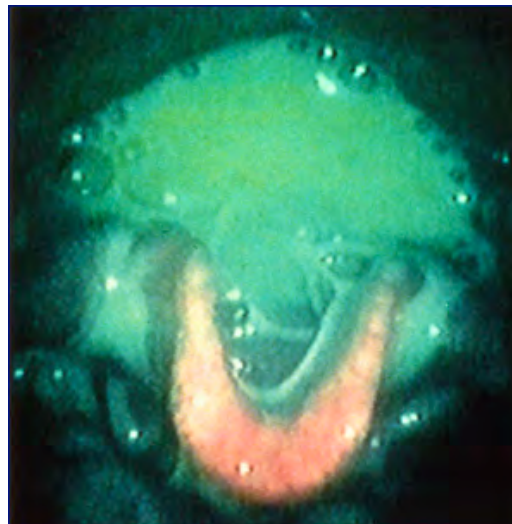
## What are possible complications from Aspiration?

- Aspiration pneumonia
- Infection in the lungs/pulmonary scarring
- Re-intubation resulting from pulmonary disease
- Death

## How is a FEES performed?

- A very thin, flexible tube is put through the nose into the top of the throat. The procedure may be uncomfortable but usually is not painful. There is a camera and a bright light in the tube to allow the speech language pathologist to see the swallow function.
- Different amounts of foods and liquids (dyed blue or green to be seen) may be used to determine the safest way to swallow to reduce the chance of food/liquid entering the airway.
- Certain strategies or maneuvers may be tried to improve airway safety, such as a chin tuck.

## ABNORMAL SWALLOW FUNCTION ON FEES



Liquid silently "aspirating" into the trachea (airway), which leads to the lungs. This is due to swallow weakness.

## What happens after the FEES is completed?

- The speech language pathologist writes detailed report and designs a treatment plan. A copy of the report is sent to the referring physician and any physicians involved in the patient's care (related to dysphagia).
- The treatment plan may include exercises to strengthen the voice and swallow.
- Therapeutic trials of food and liquid with specific eating strategies may be needed with the speech pathologist prior to being able to eat independently.
- A modified or regular diet may be recommended after consultation with the physician and/or a dietician.



Flexible endoscope