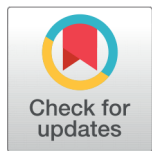


BRIEF REPORT



The Need for Interdisciplinary Framework for Management of Dysphagia

OPEN ACCESS

Received: 24.08.2022**Accepted:** 17.09.2022**Published:** 30.12.2022

Citation: Venkatraman S. (2022). The Need for Interdisciplinary Framework for Management of Dysphagia. Journal of Nutrition Research. 10(1): 33-35. https://doi.org/10.55289/jnutres/v10i1_22.11

* **Corresponding author.**

sreemathy@gmail.com

Funding: None

Competing Interests: None

Copyright: © 2022 Venkatraman. This is an open access article distributed under the terms of the [Creative Commons Attribution License](#), which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Published By India Association for Parenteral and Enteral Nutrition (IAPEN)

ISSN

Electronic: 2348-1064

Sreemathy Venkatraman^{1*}

¹ Consulting Clinical Dietitian, Trustwell Hospitals, Bangalore, India

Abstract

The World is in the midst of transition characterized by low birth and death rates, resulting in the rising population of geriatric persons. India is also facing this situation and will become the country with the second largest number of persons in the World. According to Ministry of Health and Family Welfare the number of 60+ in India will increase to 100 million in 2013 to 198 million in 2030⁽¹⁾. Ageing population need not be a drain of social and economic resources. The National Program for The Care of the Elderly (NPHCE) wants initiatives and interventions from the aspect of Preventive, Curative and rehabilitative aspects in the geriatric field. Many medical conditions that commonly affect the elderly can cause dysphagia or difficulty in swallowing which impacts nutritional state and frailty. This is more so after the devastating pandemic which has caused swallowing difficulty in many post Covid 19 patients. It is a hidden disability and it is important and essential that a multidisciplinary approach be formulated and guidelines be established to have effective interventions in place to help this rapidly growing vulnerable population. Recognizing this important initiative and the need for setting guidelines for the care of these vulnerable patients, IAPEN INDIA launched the Dysphagia Core Group or Special Interest Groups which consists of voluntary members of Doctors in the specialty of Neurologists, onco surgeons, ENT specialists along with experts in the academic field teaching speech language pathology, practicing clinical dietitians, swallow therapists and Speech language Pathologists in August 2019.

Keywords: IAPEN INDIA; Nutrition; Speech Language pathologists; Dysphagia; Covid 19; Core Group; Swallow Therapists; Clinical Dietitian; oncology

1. Introduction

The condition of Dysphagia is multi factorial and can be caused by many diseases and conditions and because of gen-

eral weakness, presence of Sarcopenia in the elderly and the rising population of seniors living in old age homes the risk of malnutrition is high in this population.

Due to Improper nutrition, age related changes that may cause dis-coordination between oral and pharyngeal phases of swallowing the incidence of malnutrition and risk of aspiration are common. Common conditions that cause dysphagia include stroke, Traumatic Brain Injury, Head and Neck Cancers, post Covid, patients in Neuro rehabilitation, Parkinson's and some Neuro Degenerative conditions.

The IAPEN INDIA **Dysphagia Core group** is organized exclusively for educational and scientific purposes with the following Vision, Mission and Value Statement:-

2. Vision

Vision: Nutrition Security to all with difficulty in chewing and swallowing.

For the purposes of this Core Group Nutrition Security is said to exist when all people with difficulty in chewing and swallowing, at all times, have physical, social, and economic access to sufficient, safe and nutritious food that can be consumed bio synchronously to meet their dietary needs and food preferences for an active and healthy life.

3. Mission

To promote nutrition security to persons with difficulty in chewing and swallowing of commonly consumed age appropriate items in a given culture due to conditions related to structural, neurological, cognitive dysfunctions through multi disciplinary research, developments, dissemination, training and community/household empowerment. to prevent malnutrition by

- Promoting interdisciplinary research not limited to Dietetics, Economics, Food Technology, Nutrition, Medicine, Occupational Therapy, Speech Language Pathology, Surgery.(arranged alphabetically)
- Sharing of knowledge across disciplines related to normal and disordered swallowing vis a vis nutrition
- Providing a multidisciplinary forum for sharing of knowledge, knowledge production and to provide affordable, accessible, and cost effective solutions to people in at least three different economic strata, viz., low, mid and high income groups.
- Enhancing interdisciplinary communication to set protocols in dysphagia and its clinical applications in harmony with International Classification of Health Interventions(ICH-I-WHO)
- Advocacy to ensure nutrition security to babies (3-6 years) children in schools, those ailing with legally disabling conditions and temporarily disadvantaged groups.,

3.1 Value Statement

The members of the Core Group shall follow the ethical and legal provisions and ensure similar practices in their respective disciplines.

The Core Group strives to achieve these aims by:

- Providing a forum for clinical dietitians, Speech Language pathologists, Swallow therapists, physiotherapists, occupational therapists, Nurses and practicing doctors in the pertaining specialty to exchange ideas, formulate guidelines and have clear cut roles in their respective field to be well defined and also corroborate with intra team members to benefit the patient and improving their Quality of Life.
- Act as a cohesive team for the interest of the patient and offer professional expertise for formulating guidelines and work flow and care plan.
- Develop a step by step care process for each clinical condition in the field of dysphagia which can be used in different care settings including hospitals, old age homes, rehabilitative centers, nursing homes and public Health care Centers.
- Promote technology driven initiatives for an efficient care process which includes data collection, clear communication and transparent care process in their respective field
- Development of Evidence based guidelines in the prevention of malnutrition, diagnosing @ risk of malnutrition efficiently and prevention of risk of aspiration
- Developing Training material with the help of technology for each discipline to address the care process for positive outcomes which can be replicated in regional languages
- To develop Indian guidelines for Texture based diets which are nutrient dense and in line with International standards
- To strive to achieve 3D printing of Indian foods that are commonly used across different regions of India with the experts in Food Technology and Food Science to make the foods more appealing and with the help of dietitians to make it nutrient dense.
- The protocol developed to lay a strong emphasis on Team work and ensuring Safe swallow and to result in positive outcomes which can be replicated throughout the country across care settings and regions to benefit this growing vulnerable population
- To develop a certification course in the field of dysphagia with the experts in the field to ensure a qualified task force -this will be of immense use to the society in tackling dysphagia.

Conclusion

With the growing incidence of dysphagia, interdisciplinary team work, effective communication, data collection with the use of technology, clear care processes is the need of the hour to rise to the challenge of the growing population of seniors who will need this guidance for prevention of malnutrition

and improving Quality of Life.

References

- 1) Sura L, Madhavan A, Carnaby G, Crary MA. Dysphagia in the elderly: management and nutritional considerations. *Clin Interv Aging*. 2012;7:287–298. Available from: <https://doi.org/10.2147/cia.s23404>.