

# ESSD Accreditation Programme for Screening and Clinical Swallow Evaluation for Oropharyngeal Dysphagia

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## **Aims**

1. To provide the necessary knowledge and skills for allied health professionals to screen adult geriatric and neurological patients at risk for oropharyngeal dysphagia,
2. To clinically evaluate patients' swallow function and identify risks for aspiration, malnutrition and choking and
3. To provide basic compensatory treatment for those with dysphagia.

The course does not include paediatric dysphagia, dysphagia in head and neck cancer or tubes and oscopies, which will be covered in other courses

## **Prerequisites**

1. Allied health professionals: Students should be health care professionals from the multi-disciplinary team of dysphagia management with a university degree of at least 180 ECTS. The target participants are physicians, speech language pathologists (SLP), dietitians, physiotherapists, occupational therapists and nurses, for whom dysphagia screening and/or assessment is legally recognized as within their scope of practice in the country of practice.
2. A minimum of 2 years clinical experience managing patients at risk of dysphagia.
3. A C1 level of the language the course is given in.

## **Learning Objectives**

At the end of this course, students should be able to demonstrate the following competencies:

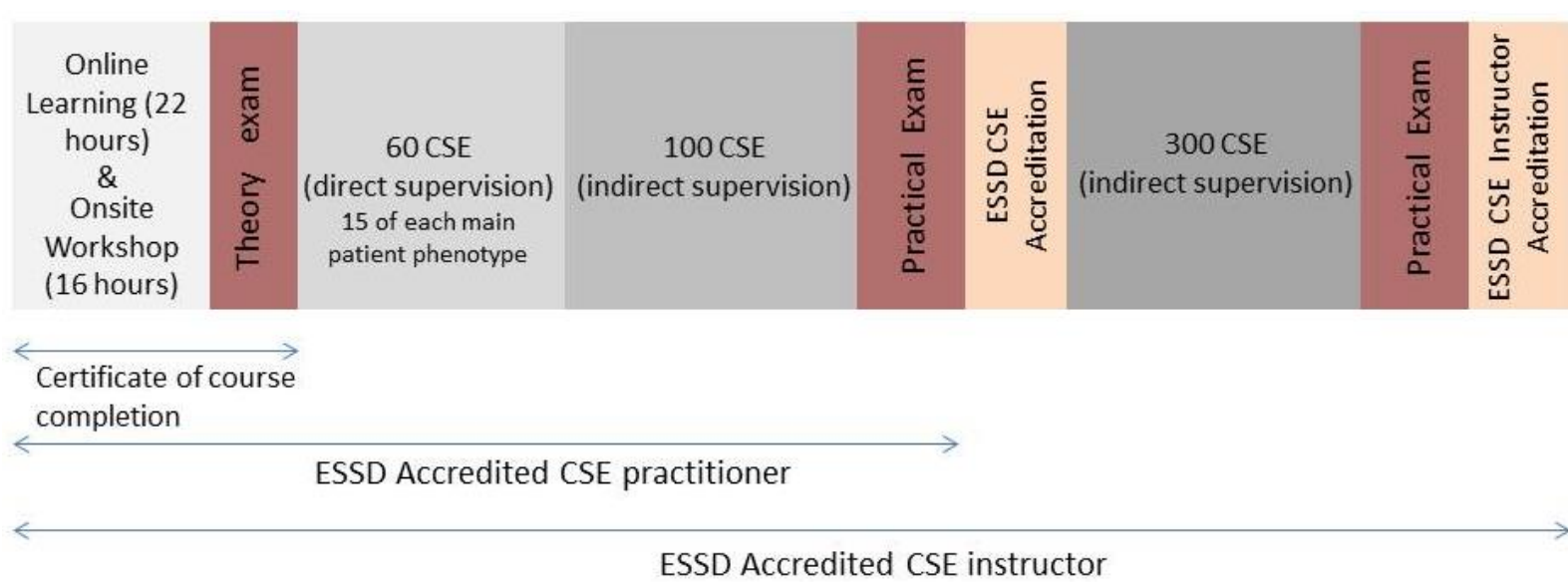
1. Obtain a thorough and relevant clinical case history of a patient at risk of oropharyngeal dysphagia (OD)
2. Identify, be familiar with and apply the various tools for swallow screening in different phenotypes of patients at risk for dysphagia
3. Conduct a physical oromotor examination including consideration of state of consciousness, level of alertness and oropharyngeal structures including sensorimotor function involving cranial nerve examination
4. Assess oral health of the patient as part of an oromotor examination

5. Assess swallow function through trial feeding using a variety of food and fluid consistencies. This will include a test of masticatory function as relevant and trials of compensatory postural and behavioural feeding techniques
6. Identify, be familiar with and administer the various tools for dysphagia clinical assessment
7. To know how to carry out a full clinical swallow evaluation (see above)
8. Interpret the results of the different screening and clinical swallow examination tests completed on the patient
9. Identify the possible complications. Identify the presence and/or risk for aspiration, choking, respiratory infections, dehydration and malnutrition.
10. Write up findings of the examination as a clinical report
11. Recognize the roles of the multi-disciplinary team (MDT) in the screening and clinical examination of the swallowing process.

### ESSD CSE Accreditation Committee

Viridiana Arreola, SLP, Spain  
 Pere Clavé, MD, Spain  
 Andrea Hofmayer, SLP, Germany  
 Alberto Martín, RN, Spain  
 Weslania Nascimento, SLP, Spain  
 Walmari Pilz, SLP, the Netherlands  
 Nicole Pizzorni, SLP, Italy  
 Renée Speyer, SLP, Norway  
 Eric Verin, MD, France

### Structure of the Clinical Swallow Screening and Evaluation (CSE) Accreditation Programme



## ESSD Clinical Swallowing Screening and Evaluation (CSE) Programme

		Contents	Modalities	Examinations	Competences
ESSD CSE Accreditation	course certificate	Theoretical background ➤ Anatomy, physiology, complications, phenotypes	Online-course (22 hours)		
		Theory and Practical ➤ Clinical History ➤ Clinical screening of patients at risk of OD ➤ Clinical exploration ➤ Clinical evaluation of swallowing ➤ Complications ➤ Decision making and compensation	Workshop (16 hours)	Theoretical examination on Workshop and Online Course	
CSE Instructor		60 CSEs (15 of each phenotype of patient)	Direct supervision	Fill in log book	
		100 CSEs (at least 20 of each phenotype* of patient)	Indirect supervision	Fill in log book, film 20 CSEs. Practical examination	➤ ESSD Accreditation to perform CSEs
		300 CSEs (a minimum of 50 of each phenotype* of patient)	Independent examination, indirect supervision if necessary	Fill in log book, film 20 CSEs. Practical examination	➤ Organisation and heading of: <ul style="list-style-type: none"> <li>• Workshops</li> <li>• Work shadowing (direct supervision)</li> <li>• Indirect supervision</li> <li>• Theoretical &amp; practical examinations for the CSE certificate</li> </ul>
		* older, post stroke, HN diseases, neurodegenerative			

### Steps to fulfil the programme

1. Apply to attend course, sending proof of qualifications and experience to the ESSD office [skills.accreditation@myessd.org](mailto:skills.accreditation@myessd.org)
2. If accepted, enrol in the ESSD CSE Accreditation Course and pay the fee through the website <http://www.essdskillsaccreditation.org>
3. Complete online course during the 3 weeks prior to the onsite course (exempt students who have passed the ESSD Postgraduate Diploma in Swallowing Disorders)
4. Attend the two day onsite course and pass the theoretical exam

Successful candidates will have a certificate that they have completed the course

5. Apply for a place in a clinic or hospital that screens and evaluates patients for dysphagia to fulfil the clinical swallow screening and/or evaluation practice within the legal professional scope of practice in the country of practice and under the supervision of a practiced and ESSD approved professional.
6. Fulfil 20 screenings and 40 clinical swallow evaluations under supervision and fill in the logbook

7. Fulfil 25 screenings and 75 clinical swallow evaluations, at least 20 from each patient phenotype: older, post-stroke, neurodegenerative; filming 20 of them with written/verbal permission of the patient and filling out the log book
8. Present the logbook and videos to the ESSD CSE committee
9. Undergo a theoretical and practical examination to prove that the knowledge and competences have been acquired and the learning objectives met

Successful candidates will be accredited by the ESSD as competent practitioners of clinical swallow screening/evaluation.

Conditions to become a Clinical Swallow Evaluation Instructor:

10. Fulfil 200 clinical swallow evaluations, at least 50 from each patient phenotype: older, post-stroke, neurodegenerative; filming 20 of them with permission of the patient and filling out the log book.
11. Be involved in ESSD CSE courses as teacher.
12. Present the logbook and videos to the ESSD CSE committee
13. Undergo a practical examination

Successful candidates will be accredited by the ESSD as instructors of clinical screening and swallow evaluation accreditation programmes. This will include:

Organisation and leading of:

- Workshops
- Work shadowing (direct supervision)
- Indirect supervision
- Theoretical & practical examinations for the CSE certificate
- Involvement in World Swallowing Day

## Course Content

### Online Programme (22h)

1. ESSD e-module: **Oropharyngeal Dysphagia: Pathophysiology and Management**
2. Anatomy and Physiology of deglutition
  - A. Schindler (M1) (video Anatomy and physiology of swallow)
3. Neurology, neurophysiology and respiratory coordination (1 paper Hamdy, 1 paper Bonnie-Martin Harris, 1 paper Shaker, Clavé Nature Review)
4. Nutritional and respiratory complications of dysphagia
  - O. Ortega – ESSD 2016 (respiratory and oral health interaction)
  - S. Carrión – 2016 Congress Dysphagia and Malnutrition Interaction
5. Taking a clinical history
  - Webinar 20/03/2017 (Peter Pokieser, Martina Scharitzer)
6. Clinical screening and clinical diagnosis & Indications for instrumental studies
  - Webinar – 3<sup>rd</sup> Live Stream webinar\_(Renée Speyer) (paper by Renée Speyer, review)
7. Phenotypes at risk for dysphagia
  - Neurogenic dysphagia – diseases, epidemiology and complications
  - Neurodegenerative diseases – Parkinson, Dementia, ALS...
  - Oropharyngeal dysphagia in the elderly  
Pere Clavé, Geriatric dysphagia, ESSD Congress, 2014
  - OD after Head & Neck Cancer
    - Multidisciplinary team in HNC  
Virginie Woisard, ESSD Precongress 2016
  - OD post intubation
    - [Post-extubation dysphagia](#)  
Dublin congress Peter Spronk, the Netherlands
  - OD in respiratory diseases
    - Eric Verin (ESSD webinar, 2018)
    - Aspiration pneumonia Pere Clavé
  - Post-stroke dysphagia
    - Rainer Dziewas or Emilia Michou
8. Effect of medication on swallowing function (Marta Miarons; David Wright swallowing difficulties protocol)

Add reading material including all the methods that will be taught onsite

Assignment: multiple choice questions, self- corrected

## Onsite Programme at Hospital de Mataró (16h)

### Day 1

- 08:30-08:45 Welcome & Introduction 15min (P.Clave)
- 08:45-09:00 Algorithm for screening and assessment of patients at risk of dysphagia 15min (P. Clavé)
- 09:00-09:30 Clinical History and symptoms 30min (N. Pizzorni)
- 09:30-10.00 Physical examination
- Physical state: consciousness and cognition, respiration, heart rate, posture, 30 min (E. Verin)
- 10.00-10.30 Coffee break (30 min)
- 10.30-11.45
- Assessment of oropharyngeal function: movement and sensory function (exploration of cranial pairs) 45 min (E. Verin)
  - Oral Hygiene and dentition 30 min (A. Martín)
- 11:45-12:30 Hands on 1. Practice on physical examination in small groups 45 min (N. Pizzorni, W. Nascimento, E. Verin)
- 12:30-13:30 Screening methods –aim and methods: Questionnaires- SSQ; Tests- V-VST, water test, (TORBSST-description), MNA 1h (Walmari Pilz)
- 13:30-14:30 Lunch
- 14:30-16:30 Hands on 2. Practice on screening questionnaires and tests with patients 2h, 3 groups rotating (W. Nascimento, V. Arreola)
- 16:30-17:00 Discussion and conclusion (all)

## Onsite Programme at Hospital de Mataró (16h)

### Day 2

- 08:30-09:30 Clinical swallow evaluation–methods: V-VST, GUSS, MASA, (V. Arreola)  
Evaluation of mastication - TOMASS (N. Pizzorni)
- 09:30-10:15 How to write a clinical report, 45 min (Walmari Pilz)
- 10:00-10:30 Coffee break
- 10:30-12:00 Hands on 3 – swallow evaluation with patients (physical, V-VST, GUSS)  
1.5h, (W. Nascimento, V. Arreola)
- 12:00-13:00 Complications
- Nutritional, malnutrition and dehydration (N. Pizzorni)
  - Respiratory, aspiration, lower respiratory-tract infection (W. Pilz)
  - Frailty, sarcopenia (O. Ortega)
  - Quality of Life (O. Ortega)
  - Readmissions, institutionalization, mortality (P.Clavé)
- 13:00-14:00 Lunch
- 14:00-16:15 Compensatory strategies
- Postural techniques, devices and tools 45 min (W. Nascimento, V. Arreola)
  - Triple adaptation, (nutritional adaptation, food texture, organoleptic) 45 min (A. Costa)
  - Minimal Massive Intervention (oral health, liquid viscosities, food adaptation) 45 min (A. Martin)
- 16:15-17:00 Decisions after CSE: NPO, referrals, further investigation, indication for instrumental assessments, treatments, etc. (W. Nascimento, W. Pilz)
- 17:00- 17:30 Discussion and conclusion (all)
- Exam 17:45-18.45

## **Clinical Practice**

### **Supervised and semi supervised training**

Students must find their own position, preferably in their own countries and be supervised by experienced and ESSD-approved clinicians according to the legally established competences of their profession

Supervised: 20 screenings, and 40 CSE 15 for each main phenotype of adult patients and report filled out in logbook with clinical history, findings and recommendations

Semi-supervised: 25 screenings and 75 CSE, 20 videoed with signed patient permission, and report filled out in logbook with clinical history, findings and recommendations

Online practice: 90 self-corrected videos computerized or more webinars, articles and case studies on patient phenotypes (ask 5 cases per committee member)

Theoretical and Practical exam

ESSD Accreditation as CSE practitioner (+ 3 ECTs in the future)



**Appendix: Algorithm of management of patient at risk of dysphagia**

