

Instrumental Assessment of Swallowing – beyond FEES and the MBSS

*A Look at Swallow Testing from an
Interdisciplinary Perspective*

***“...call it the law of the instrument,
and it may be formulated as follows:
Give a small boy a hammer, and he
will find that everything he
encounters needs pounding...”***

[Abraham Kaplan, The Conduct of Inquiry:
Methodology for Behavioral Science](#), 1964, page 28

In other words...

- *If the only tool you have is a hammer, all your problems tend to look like nails!*

...what is the SLP's hammer of choice?

- Clinical Evaluation
- Modified Barium Swallow Study
- Flexible Endoscopic Examination of Swallowing



GI tract

"Remember, it's all just one big tube!" –
Dr. Robert Johnston

Our Scope of Practice

- Of course, we can not perform testing outside our scope.
- Our world is the MBSS, FEES/FEEST, and Clinical Swallowing Assessments.
- We SHOULD consult an interdisciplinary basis and be able to make rational referrals as needed.
- We can and should be versed in other testing so we can act as a referral point to the APPROPRIATE testing practitioner.

WHAT IS OUR ROLE IN
DISORDERS OF THE
ESOPHAGUS AND GI TRACT?



- Remember, ASHA and Division 13 recommend that EVERY MBSS include an esophageal screening.
- We are only identifying a dysfunction and should describe the events we see in FUNCTIONAL terms only.
- For example, reflux is described as "retrograde movement of the bolus".

What Other Tests Can Medical Professionals Use to Assess the Swallow?

- Upper GI Series
- Barium Swallow Study (Esophagram) with and without air, with and with out GERD testing
- 24 Hour PH testing/manometry
- EGD (Esophagogastroduodenoscopy)
- Transnasal Esophageal visulaization

Upper GI Series

- An upper gastrointestinal series is an x-ray test used to define the anatomy of the upper digestive tract.
- An upper gastrointestinal series involves filling the esophagus, stomach, and small intestines with a white liquid material (barium).
- <https://www.youtube.com/watch?v=PiYEy2Rz77s>

Upper GI Series (continued)

- Demonstration of maneuvers for Upper GI Study
- <https://www.youtube.com/watch?v=kGokGLO84W4>

Barium Swallow (Esophagram)

- An esophagram (outside of a Upper GI Series) is an inspection of just the esophagus. The test can be conducted alone or as a part of a series of tests carried out on the upper and the middle regions of the GI tract. This test is performed using fluoroscopy, barium, and x-rays.
- <https://www.youtube.com/watch?v=1-131DjGvcs>

24 hour PH testing/Manometry

- Two separate tests usually performed around the same time (but can be performed separately) to help with the assessment and diagnosis of reflux disease.
- <https://www.youtube.com/watch?v=P9BrhCCuD5g>

EGD (Esophagogastroduodenoscopy) -say that 10 times fast-

- Esophagogastroduodenoscopy (EGD) is a test to examine the lining of the esophagus (the tube that connects your throat to your stomach), stomach, and first part of the small intestine. It is done with a small camera (flexible endoscope) that is inserted down the throat.
- <https://www.youtube.com/watch?v=ZvudWuvMjIA>

A Few Examples of Disorders We Will Encounter

- Reflux disease/GERD
https://pubsop.org/DOI_Disease.aspx?CurrentIDV=318&DOI_Cat_ID=551&DOI_ASCI=49E5-B6AD-C19DE1F94871&DOI_Disease_ID=197E00D5-029E-4888-9A68-5207751C366F
- Esophageal Diverticulum
<https://cir.ahajournals.org/content/114/21/e597.full>
- Strictures of the Esophagus
<https://www.youtube.com/watch?v=UPIMTKpId78>
- Cricopharyngeal Dysfunction (secondary to Reflux or Hysterical) – I've got a lump in my throat
<http://dx.doi.org/10.1007/s12220-012-9412-7>
- Achalasia
<http://dx.doi.org/10.1007/s12220-012-9412-7>

QUESTIONS & COMMENTS

