

# Contents

<b>1</b>	<b>Building a Foundation and Defining Terms.....</b>	<b>1</b>
	Introduction.....	2
	Dysphagia Versus Aspiration Risk .....	2
	Clinical or Bedside Swallow Examination Versus Screening for Aspiration Risk .....	3
	Why Screen with 3 Ounces Water? .....	5
	Importance of a Swallowing Task .....	6
	Laying the Research Foundation: Exponential Increase of Swallowing Problems in Geriatrics and the Frail Elderly .....	6
	Introduction.....	9
	Statistical Underpinnings Necessary to Understand What Constitutes a Good Swallow Screen.....	15
	References.....	15
<b>2</b>	<b>Screening Basics: Differentiating a Screen from a Diagnostic Tool .....</b>	<b>19</b>
	Introduction.....	19
	Is Screening for Aspiration Risk Unique?.....	19
	Why Use a Screening Test to Determine Aspiration Risk? .....	22
	Accuracy of Screening Tests .....	23
	Illustrative Example.....	26
	References.....	27
<b>3</b>	<b>Criteria Necessary for a Successful and Reliable Swallow Screen .....</b>	<b>29</b>
	Introduction.....	29
	What About Non-swallowing Stimuli? .....	31

Can Testing Be Done with Nasogastric and Orogastric Feeding Tubes in Place? .....	32
What About Tracheotomy Tubes? .....	32
Caveat Regarding the Yale Swallow Protocol and Tracheotomy Tube Use .....	32
Importance of Clinical Judgment .....	33
References .....	33

<b>4 Development of a Programmatic Line of Research for Swallow Screening for Aspiration Risk: The First Step .....</b>	<b>35</b>
Introduction .....	36
Three Research Questions .....	37
Reliability Testing .....	40
Answers to the Three Research Questions .....	41
3-Ounce Water Swallow Challenge and Liquid Aspiration Based on FEES Results .....	41
3-Ounce Water Swallow Test and Diet Recommendations Based on FEES Results .....	42
Synthesizing and Discussing the Results .....	46
Conclusions .....	47
References .....	48

<b>5 Development of a Protocol: Why You Need More Than Just an Isolated 3-Ounce Water Swallow Challenge .....</b>	<b>51</b>
Can a Brief Cognitive Examination Contribute to the Assessment of Odds of Aspiration? .....	51
Introduction .....	53
Orientation Status .....	56
Orientation: Thin Liquids .....	56
Orientation: Puree .....	57
Orientation: Oral Intake .....	58
Command Following .....	58
Command Following: Thin Liquids .....	59
Command Following: Puree .....	59
Command Following: Oral Intake .....	59
Clinical Importance .....	60

Can an Oral Mechanism Examination Contribute to the Assessment of Odds of Aspiration? .....	62
Introduction.....	63
Reliability Testing.....	65
Labial Closure, Lingual Range of Motion, Facial Symmetry, and Aspiration .....	66
References.....	69
 <b>6 Generalizing the Yale Swallow Protocol to Different Patient Populations:</b>	
<b>Time to Change</b> .....	71
Change Always Has Challenges but Challenges Can Only Be Overcome Through Change .....	72
Generalization to the Pediatric Population .....	72
Introduction.....	73
Generalization to the Adult Acute Care Population.....	76
Generalization to Trauma Patients.....	77
Introduction.....	78
Generalization to Stroke Patients .....	84
Introduction.....	85
Generalization to General Hospital Patients.....	88
Introduction.....	89
Overall Conclusions Based on the Four Studies: Pediatrics, Trauma, Acute Stroke, and General Hospital Populations .....	93
References.....	95
 <b>7 Recommending Specific Oral Diets Based on Passing the Yale Swallow Protocol</b> .....	99
Introduction.....	99
Importance of Ongoing Monitoring .....	101
Tablet Swallowing .....	102
References.....	103
 <b>8 Yale Swallow Protocol Administration and Interpretation: Passing and Failing</b> .....	105
Introduction.....	105
Deferring Protocol Administration .....	106

Protocol Administration.....	106
What to Do When the Protocol Is Passed .....	108
What to Do When the Yale Swallow Protocol Is Failed.....	108
References.....	109
<b>9 Implementation of the Yale Swallow</b>	
<b>Protocol by Other Health-Care Professionals.....</b>	<b>111</b>
Introduction.....	112
References.....	117
<b>10 Question: What About Silent</b>	
<b>Aspiration? Answer: Silent Aspiration</b>	
<b>Is Volume-Dependent.....</b>	<b>119</b>
Introduction.....	122
References.....	128
<b>11 In Support of Use of the Yale</b>	
<b>Swallow Protocol: Longer-Term (5 Day)</b>	
<b>Success of Diet Recommendations</b>	
<b>and Oral Alimentation .....</b>	<b>133</b>
Introduction.....	134
Yale Swallow Protocol.....	135
References.....	142
<b>12 Final Thoughts .....</b>	<b>145</b>
Final Thoughts .....	146
<b>13 Yale Swallow Protocol Administration Forms.....</b>	<b>149</b>
<b>Index.....</b>	<b>153</b>

The Yale Swallow Protocol

An Evidence-Based Approach to Decision Making

Leder, S.B.; Suiter, D.M.

2014, XIV, 157 p. 4 illus., Softcover

ISBN: 978-3-319-05112-3