**The Speechie Show Ep.32**

Welcome to the Speechie Show! Being a speech-language pathologist often means having too much work and not enough planning time. To beat the overwhelm, we’re bringing you the tricks and tools that will make your job a little bit easier.

**Carrie**: hello everybody and welcome to the Speechie Show. I am your host Carrie Clark from Speech & Language kids.com. And we are here today with Teresa Richard from Mobile Dysphagia Diagnostics. How are you today Teresa?

**Teresa**: Hi Carrie, good, how are you?

**Carrie**: We're good. We are excited to have Theresa on today. We are talking about dysphasia and what you need to brush up on if you want to start treating swallowing patients. So, a lot of time our school-based SLPs may be interested in picking up some extra hours. Maybe they're looking at a change of venue and it's been a long while since we were in grad school. So, we're talking about what's up to date on swallowing and swallow studies and kind of all the information you need to know about that. So, we are going to go ahead and get started with that. I have a couple of things I want to announce but I'm going to wait until a few more people hop on the call. So, Teresa why don't you go ahead and introduce yourself and tell us a little bit about what you have going on right now.

**Teresa**: Yeah, so I am Teresa Richard. I am board certified in swallowing. I own a mobile swallowing study company, Mobile Dysphagia Diagnostic. We do mobile fees, which is actually it's a tiny endoscope that goes in the nose and then gives a view of the swallow. So that's what we do. We contracted various skilled nursing facilities, hospitals when we take the equipment right to them. So, it can be just an alternative procedure to the modified barium swallow study that everybody knows about. But they are both comparable. They both have pros and cons of what they can assess but they are both very necessary and what we do. And then I also have a blog over on my website also with a lot of dysphasia resources and things that we need to know. And then I also have a podcast coming out this Friday called Swallow Your Pride. So just talking about all the latest and greatest research. So much. I mean I graduated from grad school over 10 years ago and I think everything we need to do now if so different from then. It's a great evolving and emerging field with so much great new knowledge but unfortunately some of us haven't been in grad school recently and may not know all of it.

**Carrie**: And even when I was in grad school I don't think we got a ton of swallowing. You know it was like one little half a credit course and that was it.

**Teresa**: Yeah, that's the problem. There are some great medical SLP programs out there but just the general curriculum, I would not want to be a decision professor because there is some cover. It's hard.

**Carrie**: Absolutely. We're going to jump into that. We're going to hear 5 tips that you need to know and brush up on if you are going to be looking into treating swallowing patients. But before we do that, I do want to mention that our hearts go out to everyone down in Texas and letting that is happening there. If you haven't heard, the Speech & Language Kids, we are offering free light memberships to anyone who has been affected by the flood. So, if you have lost your speech therapy materials or you are afraid you might have lost them when you get back to your schools, we are setting you up with free light membership so that you have access to our worksheet library. And you can get that by emailing us at carrie@speechandlanguagekids.com and just let us know that you are in that situation. You can also find the information over on the Speech and Language Kids Facebook page. So, we do need your help if you know someone down there who could use this. Go over to the Facebook page and either tag them in the comments or share it with them in some way so that we can spread the word. I don't actually know anybody down there in Texas but I know that there are a lot of people who are probably out of their homes and out of their schools and missing some materials. Hopefully that will help. But go ahead and share that around for everyone who needs that so they can get access to it. Okay so let's jump back in here. We are talking about swallowing study. And treating swallowing patients. So, in the comments section below go ahead and type in would you feel comfortable walking into a room and doing a swallowing study right now. Would you feel confident to do that? My answer is no, I wouldn't have a clue. Hahaha

**Teresa**: I hope your answer is no if you've been out of the field for a while. hahaha

**Carrie**: Yeah! So why don't you start us off. We are going to talk about our first tip which is going back to the anatomy and physiology, which I knew really well when I passed my Praxis, but let's talk about it now because I don't. Hahaha

**Teresa**: Yeah, it's the basis of everything we do. You know we have to know the anatomy and physiology of the swallow. There are some great textbooks out there. I know pretty much everyone had the logemann textbook of 1998, which seems to be the swallowing Bible. But the treatment and that, we know so much more now. but luckily the anatomy and physiology doesn't change. If you still have that textbook, use that. But we have to know what muscles we are treating. There are so many different great evidence-based treatment strategies now. We have electro stimulation and things like that, but you have to know the muscles that you are treating. So, the whole point of speech therapy and dysphasia therapy is to improve the muscle and improve the swallow. So, we don't just want to throw a crush on it. We have liquids which are great but they are essentially just a crutch. So, they should just be use temporarily just to help us get over hump while we're rehabbing the swallow. But again, you have to know what muscles you are treating and what muscles you are targeting in order to do the right treatment strategy. So, I think that is a big thing when I have people contact me. I'm working in the schools and I think I'm going to pick up some PRN hours, what should I do? And I'm like do you remember any of the muscles? No? Okay let's start there.

**Carrie**: Yeah let's start there hahaha.

**Teresa**: So I know it sounds really like oh I don't want to go back to grad school, but there are some great up-to-date resources that can get you caught up and it will come back pretty quick.

**Carrie**: Yeah. Do you have some information on anatomy and physiology on your website? Or what is your favorite place to send people to?

**Teresa**: My actual favorite thing, Dr. Ianessa Hummer out of Florida has a, I believe it's on Northern Speech Services, it's the swallowing pocketing guide. It's just a great like 10 pages, literally a pocket guide. It's a little thing and I think it's like 10 pages and it just goes through and highlights all the muscles. I do have some information over on my blog in the cranial nerve series and we'll get to that next. But that's just a great small resource that you can get over on Northern.

**Carrie**: Perfect. So, we've talked about you need to learn the anatomy and physiology, again. The other thing you need to be re looking at and learning are those cranial nerves. I believe there is a song Somewhere. That's about the extent of what I remember.

**Teresa**: Yeah there are a couple different songs that a couple of different people have come out with. But again, the brain controls the muscles so we have to know where those deficits are. So, if they've had a stroke we've got to know what's been impacted because that again is going to impact the muscle which is going to impact what treatment we choose. So, I do have an entire long cranial nerve series over on my blog. There are a lot of great CEU courses to take. But that's really going to help to tailor your treatment also. So, we will get into doing instrumental assessments and MBS, but just at the bedside, that's something that you can do to give you a little about your patient right away.

**Carrie**: Perfect. And what is your website again where people can find the cranial nerves doc?

**Teresa**: Yeah, so it's [mobiledysphasiadiagnostics.com\blog](https://www.mobiledysphagiadiagnostics.com/blog/) to get to all my blog posts.

**Carrie**: Perfect. And you can check out all the cranial nerve stuff over there. Excellent. Okay, so we relearn the anatomy and physiology. We relearn the cranial nerves. once you got that back in your head let's talk about the instrumental exams and what that looks like. I'm sure that's changed a ton over the past years too.

**Teresa**: Absolutely. So, bottom line, we cannot diagnose and treat what we can't see. Dr. Steven Leder did a study a few years back, 70% of the time we are over diagnosing swallowing disorders at the bedside. And 14% of the time we are missing silent aspiration completely. So there really is a wide range. We just don't know what we're treating at the bedside so we have to have access to instrumental assessment. Luckily that's evolved so much too. We now have access to modified barium swallow studies. There is the MBS IMP training course, which even if you aren't going to be doing the swallowing study, that's a great way to brush up on the anatomy and physiology. So that looks at 17 components of the swallow.

**Carrie**: Oh wow!

**Teresa**: Yeah. So, you know some people think, well in swallowing there is the oral phase, the pharyngeal phase and the esophageal phase. true, but we know way more now. So that MBS IMP looks at 17 different components. That's just a great course to brush up on too and then I do like I said I do mobile fees which is a small endoscope that goes down your nose. It gives us a top-down image of the swallow also. So, it doesn't matter whether you want to use MBS or fees depending on your situation, but you need something. You need to see where the deficits are and again what muscles we need to treat. So, we don't just want to know are they aspirating or not. It's important, but we want to know why so we can treat it properly.

**Carrie**: Right. Perfect. Okay if anyone is having any questions as we go along here go ahead and type those in and we will be answering questions as we go along. Okay so now I have to ask this. When I was working and doing my internship in the hospital which is the extent of my swallowing experience, we would use like the stethoscope and listen to see if they were aspirating. Is that just not even a thing anymore?

**Teresa**: It's not. It's not Carrie. It's actually, and you probably didn't even know this, but it's a huge topic on the dysphasia boards lately.

**Carrie**: Oh really? Hahaha

**Teresa**: Yeah hahaha. Because it's just one of those things that has been disproven. You cannot accurately hear aspiration. I know and it's what we did because it's what we thought...

**Carrie**: Hahaha... Well that makes me feel so much better because like my supervisor was like listen, you'll hear, and I was like I don't hear anything hahaha.

**Teresa**: I know, and it doesn't mean anything anyway. Hahaha. The stethoscopes are for listening to the lungs right, to hear the lung sounds. That's what they do. No, they don't work on the neck.

**Carrie**: I love it. Alright so get rid of your stethoscope guys just throw it away.

**Teresa**: Please yea!

**Carrie**: Perfect. All right, anything else on instrumental exam?

**Teresa**: I don't think so. You need to have access to them so if you're going into a facility in you're looking to do PRN somewhere, you know ask ahead of time. Do you have access here or do you have a contract with anybody? Make sure they do because it's really going to limit your job and you really can't do it appropriately if you don't have access to it.

**Carrie**: And then you would just recommend just speaking out training based on whatever equipment is available at the job you're looking at?

**Teresa**: Yes. Will usually the way that it works is most facilities have contracts with different companies. So, either they have a contract with a hospital next door or they have a contract with a mobile art mobile MBS company that comes in and do it for them. So, it really just matters that you have access to it. So again, if you're just going to be doing PRN, you may not want to go get trained to do them. And a lot of facilities don't have the equipment there, they just have contracts. So, it's just important to make sure that you have access to those contracts.

**Carrie**: Absolutely. And so also, you're not relying on your bedside evaluation that may or may not be accurate.

**Teresa**: Right, absolutely.

**Carrie**: Perfect. Alright so the next thing on our list is EB exercises. So, tell us what that is.

**Teresa**: Yeah so evidence based practice exercises. I think probably what you think of with swallowing exercises are the oral motor exercises that we did you know 10 to 15 years ago. Those were actually designed for head and neck cancer.

**Carrie**: Super...ahahah

**Teresa**: I know right! So just to keep the muscles moving that way. they are not... If you think of going to the gym you're not going to just do a bicep curl 10 times and say okay my muscle feels great time to go home. And that is essentially what we are doing when we think of doing these oral motor exercises with wagging your tongue back and forth 10 times. You're not providing any resistance to that muscle. You are just doing a movement. So those are essentially called oral motor movement. They are not taxing the muscle and you are not providing any resistance to the muscle. So that has kind of been a big thing over the last five years as we have a lot more treatment strategies now. Just going back to the basic physiology of how muscles work. So, you have to provide. You go to the gym and you pick up a weight and you have to provide resistance to those muscles in order to strengthen them and make them improve. So, there's lots of different strategies now. There is chin tuck against resistance, there's expiratory muscle strength training, there's the IOP which is a tongue bulb that helps with tongue resistance. So, there's just a lot of different exercises now that if you've been out of the field while you probably don't know. So, I am getting ready to do a huge block series on breaking down all of the new evidence-based treatment strategies. So, if you've been out of the loop for a little while and you want to hop on and get the updates from my blog you'll know when that will be coming out in the next couple months.

**Carrie**: Perfect yes, I'm sure that will help a lot of people. Because I don't remember even the ones that they taught us back then and I'm sure those are probably outdated anyway so.

**Teresa**: Yeah

**Carrie**: Perfect. Okay so if you are with us on Facebook Live, stay tuned, we are going to be doing some giveaways here in just a minute. But we have one more tip to share with you and that is mentorship. How can mentorship help us through this process?

**Teresa**: Yeah, I mean you really probably shouldn't even consider taking a PRN job or taking a job unless you have somebody that can kind of show you the ropes. So, if they are just looking for an extra person to help out, you know a third or fourth person to add to their staff, that's great because then you have a couple of other people to bounce some ideas off of. But if they just want you coming in and seeing patients on Saturdays all by yourself, and you have no one else to bounce things off of, that doesn't end well for anybody. So really it just seeking out a mentor ahead of time. It would be great to have someone at your site that you can have as a mentor also but sometimes that doesn't work out so well. But even anybody locally. If you can talk contact your local university and see if they know people that have experience with swallowing. I know I have a couple of people that I just mailed packets of info to. I emailed all the things that we just talked about. You know refresh the anatomy, this is what you do for a cranial exam, here's some new evidence-based treatment strategies. So just having somebody that you know if you've been out of the field for 10 years and looking to pop back in, that can help get you up to speed and tell you what the good CEU courses are to take before you go.

**Carrie**: Absolutely, that's wonderful. Alright if any of you have any questions about dysphasia or any of the things we've talked about today go ahead and type those into the Facebook comments. But we're going to share some resources. So where do people if they need some help? Where do you send them to?

**Teresa**: A new group on Facebook, it's called the Med SLP newbies. so that's kind of... I know a lot of people are nervous and they really don't know where to start and they don't know what questions to ask in these dysphasia groups. Some think they are too silly. So, this is kind of just a good save space to come and ask some questions. You know just get some guidance. I've got some great people who have jumped in there and are answering tons of great questions for me. I'm kind of Blown Away at how much support has gone on and that site. And then like I said I've got my podcast coming out this Friday, and it's called Swallowing Your Pride. If you go to [swallowyourpridepodcast.com](https://www.mobiledysphagiadiagnostics.com/podcast/) you can sign up for updates there. And I'm going to be posting the show notes every week. It's up on iTunes and you can go and subscribe now, but I've been blown away at the people I've interviewed so far on there. I've had some great researchers and it's almost like a free hour long CEU course. I mean you're not getting used for it but as much knowledge and depth as we've gone into with that I think it's been great. It's really surprised me so tuned into that. And then like I said my blog and my website has some good resources.

**Carrie**: Okay and will you put the links to those in the comments of the Facebook post?

**Teresa**: Yes ma'am.

**Carrie**: Perfect. So, if you have any or want to get any of those resources, just wait till we finish the show here and then the links should be down there in the comments. You may have to scroll a little bit if we have a bunch of comments in there. All right, Olivia says to be properly trained in fees don't you have to have so many passes with disorder and normal swallows?

**Teresa**: Yep. And I actually have an entire blog post about that. Yes, you have to attend a two-day basic training. And then depending on your state laws, that will depict how much further training you will need after that. But the ASHA guidelines are kind of gray and that you need a two-day basic course and then they suggest 25 abnormal patients. So basically, someone supervising you hand over hand watching you pass the scope. So that is kind of ASHA guideline. But each state does have a lot of different variables. Some states even require you to have up to 50 passes before your deemed competent and independent to do it on your own.

**Carrie**: Okay That's good to know. And I'm sure there are certain employment opportunities that have the ability to have somebody there watching you for that.

**Teresa**: Absolutely, absolutely.

**Carrie**: Alright great. Okay well, that's what we have for today. We are going to do some giveaways here on Facebook Live so stick with us here if you are on with us. And today we have... Teresa does not have a giveaway that she's doing today, but she is going to tell you about a giveaway she's going to do on her podcast. But for today we are going to do to giveaways of the Speech Therapy Solution. So, if you are not familiar with that, that is my membership site just for speech language pathologist and other professionals. We offer training. We offer materials, worksheets, we have a worksheet library. We just got authorized to do CEUs through ASHA. So, starting next month in September of 2017 we are going to start the ASHA CEUs. And if you sign up before the end of this month which is Friday, you will get to lock in a lower rate before the price jumped up for those ASHA CEUs. So, if you are interested in more details about the Speech Therapy Solution you can head on over to [speechandlanguagekids.com/join](https://www.speechandlanguagekids.com/become-a-member/). But I am going to offer two free months to the first two people that answer my question here on Facebook Live right now. So, here's the question. Are you ready? At what grade school did you get your Master's? We're going to have a grad school prompt in here since we were talking about how a lot of us, it's been awhile since we were in grad school. So, let's take you back to your grad school days. Everyone right in on the comments what your grad school is. Mine is Truman. I'm wearing my Truman State t-shirt today. Truman State University. Blake Brown says Appalachian State and Rosa Perez says Texas State University. Wonderful. Thank you, guys. Alright, Blake and Rosa, you guys will win the two free months in the membership. Blake, I believe you are already in the membership so we will add two months on to yours and Rosa I'm not sure if you are or not but both of you can contact us at carrie@speechandlanguagekids.com and we will get you set up with that. Congratulations. Alright, we got another one, Southeastern Louisiana University. Fabulous. All right, thank you all so much for joining us today on the Speechie Show and thank you so much, Theresa, for coming on. Where can people find more about you and what you've got going on over on your sites?

**Teresa**: S if you want to follow Mobile Dysphagia Diagnostics on Facebook, I post a lot of updates there. Then if you go to my blog, [mobiledysphasiadiagnostics.com\blog](https://www.mobiledysphagiadiagnostics.com/blog/), you can sign up for the updates there. You can go to [SwallowYourPridePodcast.com](https://www.mobiledysphagiadiagnostics.com/podcast/) and sign up for those updates. So, I guess it is going to be released on iTunes this Friday September 1st, and then for the entire month of September we're going to be doing a huge giveaway at the end of September for people that are subscribed through iTunes and leave a review of how much they love the show.

**Carrie**: Yay! So definitely get over there and get your subscriptions in so that you can get in on the giveaway over in September. Alright perfect, thank you all so much. Don't forget to head on over to [speechandlanguagekids.com/join](https://www.speechandlanguagekids.com/become-a-member/) and check out the membership. Don't forget to sign up before the end of August if you're interested so that you can lock in that lower rate. And also, if you know anybody in Texas who has been affected by the flood, please send them over to our Facebook page. We have a post about offering free membership to those who have lost materials in the flood so we can help people replenish their stash. So, head on over to Speech & Language kids Facebook page for that. Alright thank you all so much and we will see you next week. Bye for now.

Thanks for joining us today Speechie Show. We hope today's tips have helped you feel a little less stressed and a little more confident about your work. If you’re looking for more stress busters and confidence boosters, we’d love to have you join us in The Speech Therapy Solution, where you’ll get access to a huge library of premium training videos and another library of print and go therapy materials. You can also get help with your tough cases by joining Carrie on the weekly Q&A calls, or by posting in the exclusive Facebook group. Plus, group members can join us for a monthly webinar that can be used for a continuing education credit. Head on over to SpeechandLanguageKids.com/join to check out all the amazing benefits of the speech therapy solution membership. Bye for now.