

Tips and Tricks for Swallowing Issues in Kennedy's disease

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Stages of Swallowing

ORAL PHASE:

FOOD IS CHEWED AND MIXED WITH SALIVA AND FORMS A BOLUS. THE TONGUE MOVES THE FOOD TOWARD THE BACK OF THE MOUTH

PHARYNGEAL PHASE:

VOCAL FOLDS CLOSE TO KEEP FOOD AND LIQUIDS FROM GETTING IN THE AIRWAY. THE LARYNX RISES INSIDE THE NECK AND THE EPIGLOTTIS MOVES TO COVER IT.

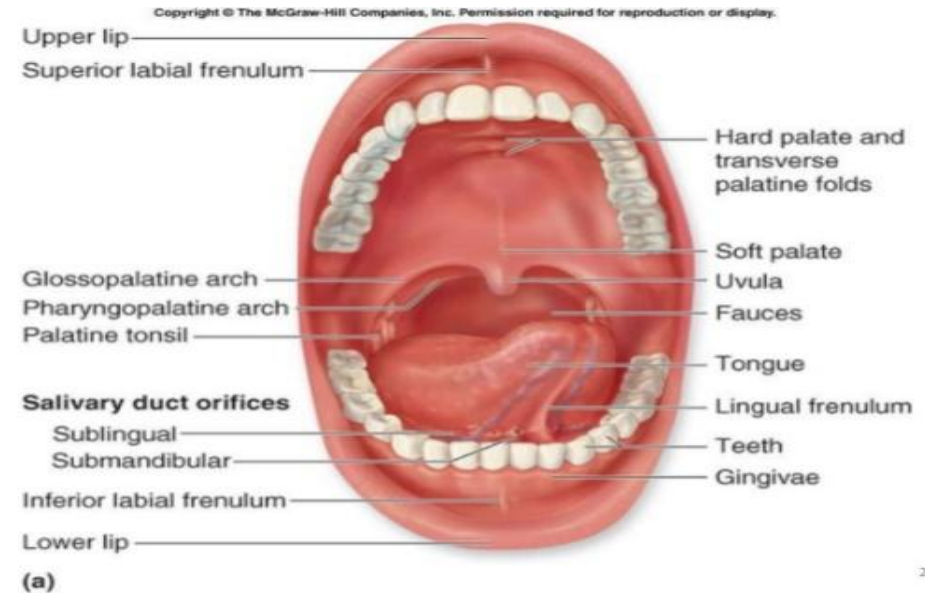
ESOPHAGEAL STAGE:

THE BOLUS IS MOVED INTO THE ESOPHAGUS, WHICH IS THE MUSCULAR TUBE THAT CONTRACTS TO PUSH THE BOLUS TO THE STOMACH

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Anatomy of Swallowing

- ▶ Tongue
- ▶ Teeth
- ▶ Epiglottis
- ▶ Esophagus



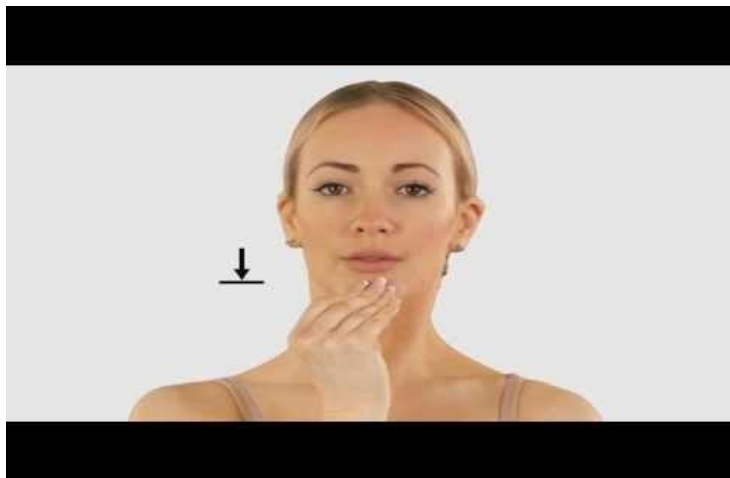
How does KD effect swallowing: Tongue

- ▶ Tongue- Atrophy of the tongue;
- ▶ Initially have problems with solids, then rice, some pastas
- ▶ Foods to avoid: Lettuce, salads, meat, raw vegetables
- ▶ Meats- uses sauces, drink water before and after to help moisten food
- ▶ Tips/Tricks/Exercises:
- ▶ Chew gum 5- 10 min/day to help strengthen the tongue. Sugarless gum produces more saliva, when one piece to chew gets easier add a second piece.
- ▶ Resistive tongue exercises- improves tongue strength and control of food and drink.
- ▶ Tongue Hold (Masako Maneuver)- helps strengthen tongue muscles needed for swallowing



How does KD effect swallowing: Teeth

- ▶ Teeth- jaw can get weak and make chewing hard
- ▶ Tips/Tricks- jaw strengthening exercises; open and close mouth, pucker and retract lips



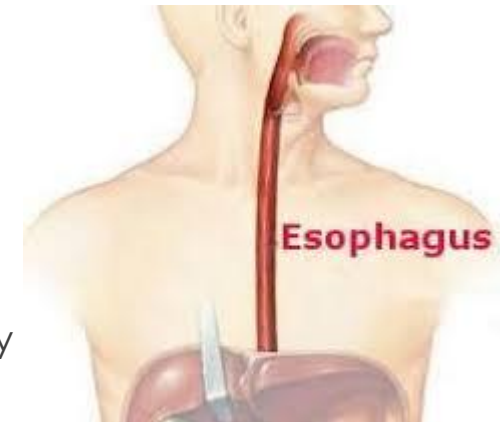
How does KD effect swallowing: Epiglottis

- ▶ Definition- flap of cartilage at the root of the tongue that covers the opening of the wind pipe.
- ▶ Tips/Tricks/Exercises:
 - ▶ Yawning- open jaw as far as you can and hold for 10 seconds.
 - ▶ Effortful Swallow- improves movement of the tongue base and throat
 - ▶ Mendelsohn- promotes movement of the epiglottis and improves function of the larynx and strength of the esophageal opening.
 - ▶ Shaker: Improves the movement of the epiglottis and strengthens the opening of the esophagus. Promotes upward movement of the larynx.
 - ▶ Epiglottic control: Improves airway protection when you swallow



How does KD effect swallowing: Esophagus

- ▶ Esophagus- long, thin, muscular tube that connects the throat to the stomach.
- ▶ Tips/Tricks/Exercises:
 - ▶ Chin Dips- when drinking or eating small amounts of food or liquid dip the chin slightly toward the chest while swallowing. It helps position the epiglottis and narrows the entrance to the throat by the trachea or windpipe.
 - ▶ Suck and Swallow- Gently press the tongue to the back of the front teeth. Pull the cheeks slightly, as if you are trying to suck air from the tip of your tongue to the back of the mouth. This strengthens the muscles of the tongue and forces you to concentrate on the muscles and process of swallowing. It also helps pull more saliva to the back portion of the mouth while eating.



Exercises to strengthen tongue and throat

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Exercises to Strengthen the Tongue and Throat (Pharynx)

The exercises below will help strengthen and coordinate the muscles involved in swallowing.

Yawning: Promotes upward movement of the larynx (voice box) and the opening of the esophagus.

Open jaw as far as you can and hold for 10 seconds.
Rest for 10 seconds.
Do 5 reps 2 times per day.

Effortful swallow: Improves movement of the tongue base and pharynx (throat).

As you swallow, imagine you have a golf ball stuck in your throat. Squeeze as hard as you can with your throat muscles. Do ___ reps ___ times per day.

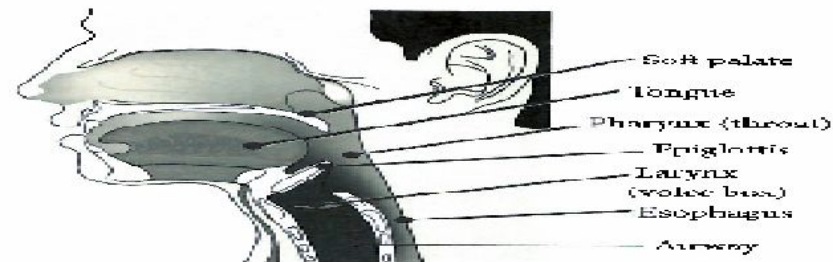
Mendelsohn: Promotes movement of the epiglottis. Improves the function of the larynx and strength of the esophageal opening.

Swallow and hold halfway through swallow (at highest point) for 1 to 2 seconds. Finish swallowing.
Do ___ reps ___ times per day.

Resistive tongue exercise: Improves tongue strength and control of food and drink.

Push tongue hard against roof of mouth.
Push tongue hard against each cheek.
Push tongue **back** against a tongue depressor or spoon.

Hold for ___ seconds. Do ___ reps ___ times per day.



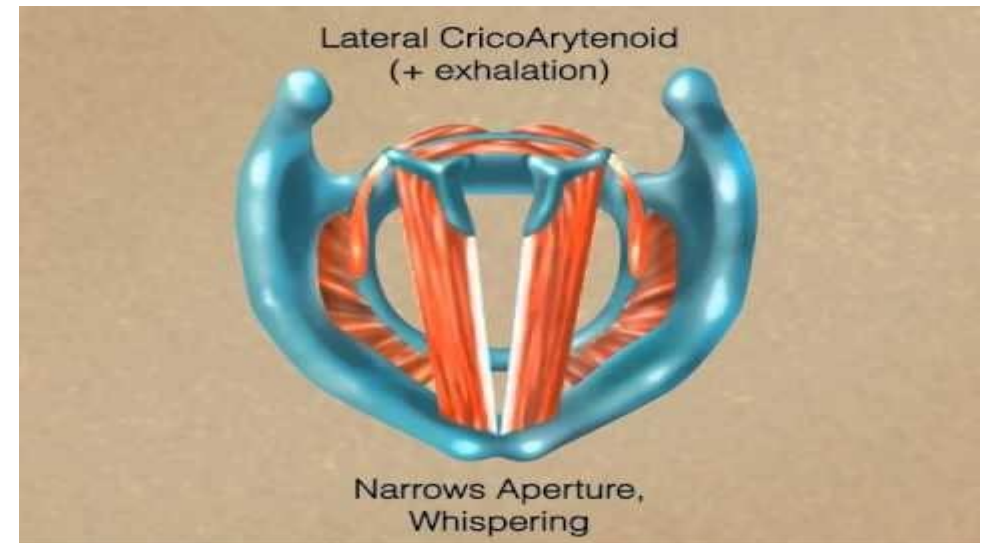
Palatal Lifts

- ▶ Palatal Lifts- several types; aids in repositioning the soft palate by raising it up and backward.
- ▶ Who benefits from a palatal lift: speech is more nasal, liquids come up the nose.
- ▶ Maxillofacial prosthodontist is who assess you for a palatal lift
- ▶ Not everyone is a candidate
- ▶ Need to be seen several times to adjust it
- ▶ May not be covered by insurance



Laryngospasms

- ▶ Definition- sudden spasm of the vocal cords, usually does not last too long
- ▶ What causes a laryngospasm:
 - ▶ GERD
 - ▶ Vocal Cord dysfunction
 - ▶ Stress or anxiety
 - ▶ Sleep-related laryngospasm
 - ▶ Allergies/Asthma



How do you treat laryngospasm

- ▶ Make sure that the spasms are not caused by another condition
- ▶ Try not to panic
- ▶ Sit in a chair and lean forward, purse your lips and take short breaths in and out
- ▶ Straw breathing
- ▶ Jaw thrust technique



Questions

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Tips and tricks from you

Thank you

