Deciphering Dysphagia with E-Stim
25 May 2014

Electrical Stimulation for Muscle Re-education in Swallowing

Presented by:
Russ Campbell, PT
Rick McAdoo, M.S., CCC-SLP

Sponsored by:
HEMAX Health Products Company Limited
New Options for Treating Dysphagia

Traditional dysphagia treatment relies on procedures such as the Modified Barium Swallow Study and bedside assessment, etc. to diagnosis a pharyngeal swallowing disorder. The use of maneuvers, compensatory strategies, postures, diet modifications, and a combination of therapeutic interventions are used to manage the disorder. There is a new modality emerging in the treatment of dysphagia which takes the traditional approaches a step further in treating dysphagia using neuromuscular electrical stimulation in conjunction with resistive exercises.

This seminar will guide clinicians through this new approach to dysphagia treatment. Ampcare’s Effective Swallowing Protocol (ESP™) is an FDA cleared electrical stimulation treatment designed to work in conjunction with indirect (NPO) techniques to improve pharyngeal contraction and enhance a swallowing posture. The ESP™ program provides clinicians with a fundamental electrophysiology-based protocol to address decreased hyolaryngeal elevation, oral motor problems, and poor posture which can be factors leading to aspiration or the risk of aspiration. Evidence exists to the ongoing success of this ESP™ technology.

This course will teach participants a specific set of adjustable parameters best suited for patient comfort and small muscle rehabilitation. The methodology taught and demonstrated will introduce new evidence based resistive exercises as well as traditional exercises to assist in a more functional swallow. The course will include extensive education on the anatomy and physiology of the muscle groups associated with the swallow, and more specifically the laryngeal complex. Participants will also receive extensive “hands on” experience using the technique while incorporating the rules of exercise physiology. Empowering clinicians with the right information, technique, and resources to manage and treat individuals with dysphagia can be successful and rewarding.

Participants will receive:

- 1 sample package of FDA cleared Ampcare E Series Electrodes
- Course Material which will be reviewed with a slide set presentation, pictures, exercises and flow chart for demonstration purposes and enhanced learning

Specific instruction will include:

- Literature review and published clinical research to support the evidence base for practicing this technique.
- Anatomy and physiology for swallowing
- Dysphagia assessment strategies to facilitate clinical decisions
• The rationale of using neuromuscular electrical stimulation (NMES) to the submandibular and facial region to address oropharyngeal dysphagia
• Muscle fiber types and recruitment philosophies
• Principles of electrophysiology
• DVD demonstration of the ESP™ technique under video fluoroscopy
• Application of using the AMPCARE ES™ to promote hyolaryngeal elevation and facial muscle strengthening in conjunction with therapeutic exercises

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Faculty

Ronda Polansky MS, CCC-SLP, is an active clinical Speech Pathologist and owner of DiagnosTEX, a mobile Modified Barium Swallow Study company in Dallas/Fort Worth, Texas. She has performed over 15,000 Modified Barium Swallow Studies (MBSS) in a Speech Pathology capacity. For 20 years, Ronda has focused her interests on patients with dysphagia. She has presented her clinical experience and research in conferences and articles over the past 12 years with SLP’s and other medical professionals throughout the United States. Ronda received her Masters degree in Communication Science Disorders/Speech Pathology from Texas Woman’s University in 1992.

Rick McAdoo, MS, CCC-SLP, received a Bachelors of Science in Speech-Language Pathology from Texas Christian University in 1989 and received his Masters of Science in Speech-Language Pathology from Texas Christian University in 1990. He has worked primarily with the adult neurogenic population with specialized emphasis in dysphagia. Over the past 15 years his focus has included a research component and was the first to show laryngeal elevation using transcutaneous electrical stimulation on both a computerized laryngeal analyzer and under video fluoroscopy.
**Russ Campbell, PT,** is an award-winning therapist and received his degree from Northwestern University in 1989. Over his 24 years of clinical practice he has provided care in acute care hospitals, inpatient rehab units, skilled nursing facilities, outpatient clinics and home health arenas. Russ specializes in using modalities in conjunction with a holistic approach to foster faster outcomes to maximize the quality of life of the elderly patient. He has provided over 500 continuing education trainings to physical, occupational and speech therapists across the country.

Collectively, Ronda, Rick and Russ have worked together for 17 years to establish new treatment protocols in oropharyngeal dysphagia using electrical stimulation as a new modality for speech-language pathologists and improving treatment outcomes for patients. Through their interdisciplinary care approach and synergy of ideas they have become co-owners of Ampcare, LLC and bring to you the ESP™ technique.

Ampcare, LLC has developed and patented a licensed technology as the Effective Swallowing Protocol (ESP™). Course offerings will cover information that pertains to the use of the ESP™ and limited information on other electrical stimulation products.

Rick, Ronda and Russ
Conference schedule – 25 May 2014

8:00-8:30 – Introduction to dysphagia
8:30-9:00 – Past and current research
9:00-10:00 – The anatomy of the swallow
10:00-10:15 – 15 min Break
10:15-10:45 – Evaluation of dysphagia, Dysphagia and reduced laryngeal elevation, epiglottic dysfunction and dysphagia management
10:45-11:15 – Muscle fibers and Recruitment
11:15-12:00 – Fundamental Principles of NMES
12:00-12:30 – LUNCH
12:30-1:00 – Demonstration and Videos
1:00-2:00 – Electrode placements, RPD (restorative postural device) application
2:00-3:45 - Hands on Lab break up into 2 groups
Programming NMES unit
3:45-4:00 – 15 min Break
4:00-4:30 – Oral Motor Placements to Facial and Trigeminal Nerves
4:30-5:00 - Post test, Q & A

Course Fee: $2200, 10% discount for registration before 20 Feb 2014

Venue: To be Confirmed

For interested candidates, please prepare the cheque in the name of HEMAX Health Products Company Limited, with your name, address, email and telephone number on the back and send to Room 1508, Hollywood Plaza, 610 Nathan Road, Mong Kok, Kowloon, Hong Kong. Please feel free to contact us at 2111 2880 for any questions.