

Read & Watch: Lecture Summary



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Optimizing Swallowing Function and Nutritional Status in patients after Stroke

Speaker biography

Sreemathy Venkatraman is a distinguished clinical dietitian specializing in malnutrition and dysphagia. She serves as a Senior Consultant and the Head of the Clinical Nutrition Unit at Trustwell Hospitals in Bangalore, India. With a robust background in clinical dietetics and nutrition, Sreemathy leads the Dysphagia Special Interest Group for the Indian Association of Parenteral & Enteral Nutrition (IAPEN).

She is the author of several authoritative textbooks on nutrition published by Reed Elsevier and has been a prominent speaker at numerous national and international congresses and scientific meetings. In recognition of her outstanding contributions to the field, Sreemathy has won the 2024 National Foundation of Swallowing Disorders – NFOSD Michael Donovan Advocacy Award at the 2024 Dysphagia Research Society Annual Meeting. She is also an elected Board Member of the European Society of Swallowing Disorders (ESSD) and a National Executive Committee Member of IAPEN India.

Abstract

Oropharyngeal dysphagia (OD) is common in neurological conditions such as post-stroke, Parkinson's disease, multiple sclerosis, and other motor neuron disorders. Post-stroke dysphagia can lead to malnutrition, aspiration pneumonia, dehydration, and increased mortality. Dysphagia in post-stroke is a nutrition-related disorder. Malnutrition was observed in 58.9% of acute and 78.9% of subacute stroke patients

Many studies also indicate that OD is prevalent as a geriatric syndrome. Physiological changes due to aging and loss of muscle mass further exacerbate OD caused by neurological disorders. Dysphagia is a significant risk factor for increased mortality and morbidity. Its management and rehabilitation require a multidisciplinary workforce to communicate effectively for the successful rehabilitation of post-stroke patients.

Dietitians play a vital role in recognizing swallowing difficulties because they perform routine nutritional screening through mealtime observations and regular monitoring of body weight and food intake.

Nutritional status screening, assessment, diagnosis, intervention/treatment, and management are within the dietary scope of practice and are crucial for optimal intervention. Therefore, the nutritional management of these patients should prioritize the safety and efficiency of swallowing function as well as the patient's overall nutritional status. ESPEN, in its guidelines on clinical nutrition in neurology, addresses clinical questions on the best medical nutrition therapy for patients with neurological diseases and includes specific reviews on stroke. Additionally, the ESSD and European Stroke Association published nutritional recommendations in 2021 on how to manage nutrition in patients with dysphagia after a stroke. In this talk, we are reviewing these guidelines and presenting an algorithm that could serve as a valuable guide for **"Optimizing swallowing function and nutritional status in patients following a stroke"**.

References

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Watch the 19 minutes conference talk with Ms. Sreemathy Venkatrman OPTIMIZING SWALLOWING FUNCTION AND NUTRITIONAL STATUS IN PATIENTS AFTER STROKE



<https://youtu.be/NjAWZ4Uok4s>

