

Swallowing



What are person-centered functional goals?

- Goals identified by the client, in partnership with the clinician and family, that allow participation in meaningful activities and roles

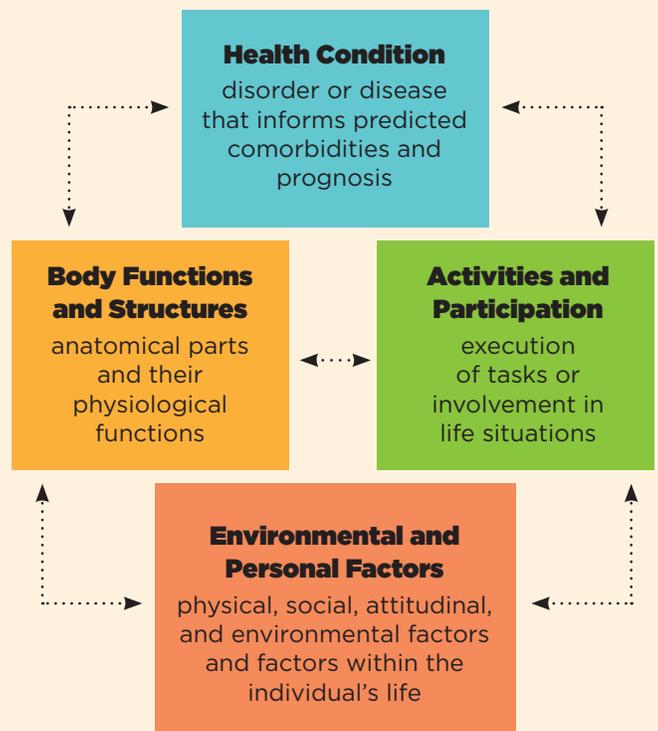
Why target person-centered functional goals?

- To maximize outcomes that lead to functional improvements that are important to the individual
- To optimize the individual's potential to participate in meaningful activities
- To facilitate a partnership that ensures the individual and family have a voice in the care received and outcomes achieved
- To demonstrate to the payers the value of skilled services

What is the ICF, and how does it help?

The International Classification of Functioning, Disability and Health (ICF)—developed by the World Health Organization (WHO)—is a framework to address functioning and disability related to a health condition within the context of the individual's activities and participation in everyday life.

ICF: International Classification of Functioning, Disability and Health



Person-Centered Focus on Function: Swallowing

Case study: Mr. J

Health Condition: Right CVA With Dysphagia

Assessment Data

Body Functions and Structures

Oral swallow

- Reduced range of motion in tongue, lips, and jaw
- Reduced labial closure with poor management of secretions
- Poor tongue lateralization with food pocketed in left buccal cavity

Pharyngeal swallow

- Poor pharyngeal constriction

Cognitive function

- Reduced insight and safety judgment
- Impulsivity

Activities and Participation

- Coughs when drinking thin liquids
- Cannot safely chew and swallow preferred solid food items
- Cannot locate food and liquid on the left side of the table

Environmental and Personal Factors

- Is 72 years old
- Has comorbid chronic health conditions—diabetes and hypertension
- Receives limited family support for compliance with diet modification
- Has limited access to rehabilitation services
- Was previously independent with the aid of technology
- Has sufficient financial resources to pay for personal care

Clinical Reasoning

What impairments most affect function in the current setting or at discharge, based on clinician assessment and the individual's self-report?

What activities are most important to the individual in the current or discharge setting?

What environmental/personal characteristics help or hinder participation in activities or situations in the current or discharge setting?

Goal Setting

Mr. J's Functional Goals

Long-Term Goal:

Mr. J will safely consume modified diet in the community and at home to maintain full hydration and satisfy nutritional needs.

Short-Term Goals:

- In 90% of trials—with moderate verbal cues during 30-minute meals, Mr. J will check and clear pocketed material.
- With minimal cues, Mr. J will use customized scanning strategies to locate and consume food and drink during a meal.
- In 90% of trials of a home exercise program, Mr. J will use mobile technology to increase range and strength of lips, tongue, and jaw so that he can drink from a straw and eat without oral spillage.
- With minimal cues, Mr. J will self-monitor his rate of drinking and use compensatory strategies to eliminate coughing.