Dysphagia Therapy Protocol for Head and Neck Cancer

Patient is diagnosed with HNC

Physician sends the patient to the following team members

Speech Language Pathologist (SLP)
- pre-treatment MBS
- swallow exercise program, journal, education

Dentist
- as needed

Nutritionist
- determine caloric and nutritional needs

Physical Therapy
- introduction to lymphedema home exercise program

SLP completes a pre-treatment MBS to obtain a baseline of swallow function

SLP gives patient a HEP of swallow exercises and a journal to document weekly:
- Weight
- PO
- daily pain levels
- completion of swallow exercises

2 weeks after Chemo/ Radiation
SLP completes a follow up MBS to evaluate swallow function.

Patient demonstrates a functional swallow

- Instruct patient to continue swallow HEP and journal
- Return for follow up MBS in 6 weeks or if changes are noted

Patient demonstrates dysfunctional swallow

- Enroll patient in swallow therapy program
- Plan of Care
- Address impairment of stiffness with MFR and exercise
- Incorporate VitalStim Therapy to enhance exercise

Enroll patient in PT for:
- Lymphedema treatment
- Manual therapy
- MFR
- Hot packs
- Ultrasound

- Re-evaluate swallow function per Plan of Care
- Continue as needed.