

Langmore FEES Course: A Procedure for Evaluating Oropharyngeal Dysphagia

Purpose:

This program provides an opportunity to develop an understanding of the FEES procedure and gain experience interpreting FEES for the evaluation and management of oropharyngeal dysphagia. It is primarily aimed at experienced clinicians who evaluate and treat patients with dysphagia using fluoroscopy, but have limited or no experience with FEES. However, clinicians who are new to dysphagia and clinicians with a moderate degree of experience with FEES may also find the course useful.

Faculty:

The course is taught by Susan Langmore, PhD. BRS-S, who developed the FEES procedure in 1988. She has used it with all types of adult patients, including ICU, inpatients, outpatients and nursing home patients and she is experienced in working with virtually all types of dysphagia. Dr. Langmore carries an active caseload at Boston Medical Center, conducts research, teaches at Boston University and gives presentations on dysphagia nationally and internationally. Dr. Langmore will be assisted by other speech pathologists and otolaryngologists in the department for the hands-on portion of the course.

Outcome:

The participant will attain a basic level of competence in performing the protocol, interpreting the results of FEES examinations and using endoscopy to guide therapy for patients with dysphagia. With a guarantee of passing the endoscope at least 5 times, he/she will become familiar with handling the endoscope passing it into the hypopharynx, and manipulating the scope within and around the larynx to attain an optimal view. Those who are already performing FEES will advance their level of competence in scoring results and applying FEES to various patient populations.

Learner Outcomes:

On conclusion of the program, the participants will be able to:

1. Understand what can be visualized and understood about normal and abnormal swallowing from an endoscopic image.
2. Know clinical indications and risks for performing FEES^R.
3. Follow a protocol for administering a FEES^R exam.
4. Identify key structures, identify and interpret findings, and apply appropriate therapeutic interventions during the performance of a FEES^R exam.
5. Implement and adapt the FEES^R protocol for different patient populations and settings.
6. Know how to use endoscopy to manage patients with dysphagia.
7. Learn how to implement FEES^R into their employment setting.
8. Have an introductory level of skill in passing the endoscope safely and know how to position the scope to get an ideal view during the FEES^R examination.

AGENDA: FEES Course

Day One –

- 8:00 – 8:30 Continental breakfast
- 8:30 - 9:30 History of FEES, role of speech pathology and physicians in performing endoscopy. Billing and reimbursement, training issues. Risks of endoscopy. Infection control and informed consent.
- 9:30 - 10:30 Anatomy viewed endoscopically. The normal swallow: What can be seen endoscopically and fluoroscopically.
- 10:30 - 10:45 BREAK*
- 10:45 - 12:00 The FEES Protocols: Standard protocol, Ice Chip protocol, FEESST protocol.
- 12:00 - 1:00 LUNCH*
- 1:00 – 1:30 Indications for a FEES exam vs. a fluoroscopy exam.
- 1:30 – 2:45 Scoring the FEES examination. Part 1: Identification of abnormal findings.
- 2:45 - 3:00 BREAK*
- 3:00 – 5:00 Hands-on practice passing the endoscope on other participants, under direct supervision.

Day 2 –

- 8:00 - 8:30 Continental breakfast
- 8:30 – 10:00 Scoring the FEES examination: Part II
- 10:00 - 10:15 BREAK*
- 10:15 – 12:00 Use of FEES to guide therapy, management of dysphagia. Incorporating therapy into the exam.
Use of endoscopy as a biofeedback tool in therapy.
- 12:00 - 1:00 LUNCH*
- 1:00 – 3:00 Practice scoring recorded studies. . Use of FEES with different patient populations.: Discussion among all participants.
- 3:00 – 3:15 Break*
- 3:15: – 5:00 Hands-on practice passing the endoscope on other participants