

# Measuring Dysphagia: A Review of Screening, Assessment & Outcome Scales for Swallowing Problems in Adults

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Evidence-based management of dysphagia requires the use of valid measures. Many dysphagia instruments exist, including screening and diagnostic protocols, outcome scales, and quality of life measures. We will review a selection of recently-published and commonly-used instruments, discuss their development, present clinical examples, and invite audience discussion of their use.

## **Learning Outcomes:**

Upon completion of this course, participants will be able to:

- Understand the application of Evidence-Based Practice principles to dysphagia.
- Identify the most widely-available assessment protocols and describe their use.
- Recognize the additional information provided by different types of outcome measurement tools, including measures of functional status, diet, quality of life, and patient satisfaction.

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**Christine Chambers, MS**, received her Master's degree from Portland State University in 2006. She has since worked in a variety of settings, including skilled nursing centers, acute hospital settings, and outpatient clinics. She works currently at the Portland VA Medical Center, providing both acute and outpatient services.