

# ESPEN 2016 Late Breaking Abstracts

**Topic:** *Nutrition and chronic diseases*

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## THE PREVALENCE OF SWALLOWING DISORDERS IN PATIENTS WITH DIFFERENT TYPES OF DISABILITIES

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**Rationale:** Dysphagia in disabled patients usually receives limited attention. Unfortunately is not diagnosed and managed appropriately, what increase risk of complications. It is commonly known that swallowing disorders can lead to aspiration pneumonia, dehydration and malnutrition.

**Methods:** In total, 116 patients (40.5% men and 59.5% women) with different types of disabilities (physical, visual, hearing, speech and intellectual impairments) were enrolled to the study. Participants receiving enteral or parenteral nutrition were excluded. The assessment of swallowing disorders was taken by the Dysphagia Multiple Sclerosis (DYMUS) and Eating Assessment Tool 10 (EAT-10) questionnaire. Dysphagia was defined as having  $\geq 3$  points in both scales. The results were analyzed using SPSS version 17.0

**Results:** Among 116 participants, 64.7% had more than one disability and 89% declared severe level of disability. The mean age was  $45 \pm 17$  years and mean length of life with disability  $43.4 \pm 17.56$  years. 17% patients were classified as having dysphagia according to EAT-10, while with DYMUS 26%. The pills swallowing difficulties (90%), necessity of multiple swallows (56.6%), necessity of cutting foods in small pieces before swallowing (95%) and coughing during swallowing solid foods and liquids (respectively, 56.6 and 25%) were the most common observed problems. Swallowing disorders were more prevalent in patients with several disabilities different than physical impairment in comparison with patients with only physical disability (85% vs. 15%  $p \leq 0.002$ ). Analysis of regression did not show correlation neither between severity level of disability nor rehabilitation treatment and dysphagia.

**Conclusion:** Swallowing problems were relatively common in patients with more than one disability and occurred independently of severity level of disability. These results emphasize the importance of screening dysphagia assessment in patients with different types of disabilities.

**Disclosure of Interest:** None Declared

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