

# UAB SPEECH THERAPY SYMPOSIUM

## Understanding Dysphagia-Related Aspiration Pneumonia

Presented by Kelsey Day, MS, CCC-SLP, BCS-S

In this course, we will understand our patients' unique probability of developing aspiration pneumonia by understanding normal and pathologic lung defenses against aspiration, host risk factors for opportunistic infection, and characteristics of aspirated boluses that may yield complication. We will explore a variety of neurologic, cardiopulmonary, and gastrointestinal disease processes and their potential impact on pneumonia development. Through this understanding, we will fear not aspiration events, but poorly informed decision-making regarding the management of aspiration in patients with disordered swallowing. With a comprehensive understanding of dysphagia-related aspiration pneumonia development, we can improve our patients' outcomes while preserving their dignity and quality of life.

**AUGUST 20, 2022**

**7:30 AM – 5:15 PM**

**WEST PAVILION CONFERENCE CENTER**

**Cost of Event:** \$200

**Registration Deadline:** 8/10/2022

**0.8 ASHA CEUs Available** (Advanced Level, Professional Area)



To register, [click here](#) or scan the QR code.

# UNDERSTANDING DYSPHAGIA-RELATED ASPIRATION PNEUMONIA

## **SPEAKER:**

Kelsey Day, MS, CCC-SLP, BCS-S is an acute care speech-language pathologist (SLP) and board-certified specialist in swallowing and swallowing disorders who specializes in dysphagia management for the medically complex, critically ill, and tracheostomy-dependent populations. She currently serves as the lead SLP in a trauma and stroke center in downtown Los Angeles, where she supervises a team of nine acute care SLPs. Kelsey prides herself on fostering strong physician relationships and investing in new program development, which facilitate state-of-the-art care for her patients. She demonstrates her commitment to the education of medical SLPs through her mentorship and supervision of graduate student clinicians and clinical fellows in acute care settings. She is a guest lecturer at several graduate-level SLP programs, visiting faculty at university hospital systems around the country, and invited international keynote speaker.

Affiliations: Department of Rehabilitation, California Hospital Medical Center

## **DISCLOSURES:**

Financial:

- Salary from California Hospital Medical Center
- Honoraria from UAB Medicine for presentation of this course
- Compensation as an independent contractor for the Medical SLP Collective for role as “Mentor”
- Speaker fees for teaching via Mobile Dysphagia Diagnostics
- Ownership of Acute SLP Education LLC

Non-Financial: None

## **COURSE SUMMARY:**

As the saying goes, we fear what we do not understand. Speech-language pathologists (SLPs) and other medical professionals often fear the term “aspiration” for its correlation with pneumonia, a disease process associated with mortality in elderly, acutely ill, and immunocompromised patients. However, fear of prandial aspiration has resulted in an (often unnecessary) shift toward overly stringent measures to prevent it, unfortunately leading to a cascade of medical complications outside of pneumonia, including poor patient quality of life. Since the likelihood of developing dysphagia-related aspiration pneumonia is as individual as the host, clinicians managing dysphagia must learn to assess aspiration pneumonia risk on an individual level.

In this course, we will understand our patients’ unique probability of developing aspiration pneumonia by understanding normal and pathologic lung defenses against aspiration, host risk factors for opportunistic infection, and characteristics of aspirated boluses that may yield complication. We will explore a variety of neurologic, cardiopulmonary, and gastrointestinal disease processes and their potential impact on pneumonia development. Through this understanding, we will fear not aspiration events, but poorly informed decision-making regarding the management of aspiration in patients with disordered swallowing. With a comprehensive understanding of dysphagia-related aspiration pneumonia development, we can improve our patients’ outcomes while preserving their dignity and quality of life.

## **LEARNERS’ OBJECTIVES:**

1. To explain two processes of lung defense against aspiration events
2. To describe three host characteristics that increase risk for aspiration-related complication
3. To list three bolus variables that increase risk for development of dysphagia-related aspiration pneumonia

## AGENDA

|                   |  |
|-------------------|--|
| 7:30-8:00 am      | Registration   |
| 8:00-9:00 am      | Dysphagia, Pneumonia, & Pneumonitis  |
| 9:00-10:00 am     | Host Defense Mechanisms  |
| 10:00-10:15 am    | Break  |
| 10:15 am-12:15 pm | Assessing Pneumonia Risk: General Health & Medical Conditions  |
| 12:15-1:00 pm     | Lunch on your own  |
| 1:00-2:00 pm      | Assessing pneumonia risk: oral health, dependence for activities of daily living, & iatrogenic factors |
| 2:00-3:00 pm      | Assessing pneumonia risk: bolus variables  |
| 3:00-3:15 pm      | Break  |
| 3:15-4:30 pm      | Case studies   |
| 4:30-5:15 pm      | Question & answer session  |

## LOCATION:

West Pavilion Conference Center

615 18th Street South, Birmingham, AL 35233

The West Pavilion Conference Center is located on the second floor of the West Pavilion.

## PARKING:

On the weekend you should be able to find parking on the street. However, there is a parking deck on the corner of 18th Street and 4th Avenue South.

For more information about parking, visit [uabmedicine.org/parking](http://uabmedicine.org/parking).

## **DIRECTIONS TO UAB HOSPITAL 4TH AVENUE PARKING DECK:**

### **If traveling from Birmingham International Airport:**

Follow I-20/59 West/South toward downtown Birmingham. Exit at Highway 31/280 (Exit 126A). Proceed on Highway 31/280 and exit at 8th Avenue South (University Boulevard). Turn right onto University Boulevard and proceed to 18th Street. Turn right. Go four blocks to 4th Avenue South and turn right. Halfway down the block, the entrance to the University Hospital parking deck will be on your right.

### **If traveling south on I-65:**

Exit at 4th Avenue South (Exit 259B). Proceed through the intersection of 4th Avenue South and 18th Street. Halfway down the next block, the entrance to the University Hospital parking deck will be on your right.

### **If traveling west on Highway 280:**

Follow Highway 280 until it merges to the right with Highway 31 North and becomes the Elton B. Stephens Expressway. Proceed north and exit at 8th Avenue South (University Boulevard). Turn right onto University Boulevard and proceed to 18th Street. Turn right. Go four blocks to 4th Avenue South and turn right. Halfway down the block, the entrance to the University Hospital parking deck will be on your right.

### **West Pavilion Conference Center:**

On the weekend you should be able to find parking on the street. However, there is a parking deck on the corner of 18th Street and 4th Avenue South. If you enter the hospital from this parking deck, enter North Pavilion from the 2nd floor. Follow signs to the West Pavilion. Turn right, pass the elevators and right again into the West Pavilion Conference Center.

There will be signs posted for the conference.

# UAB Medical Center District

# UAB Medicine Buildings and Concourse Walkways

## Legend to District Map

P Parking   V Valet Parking   ▲ Patient Entrances

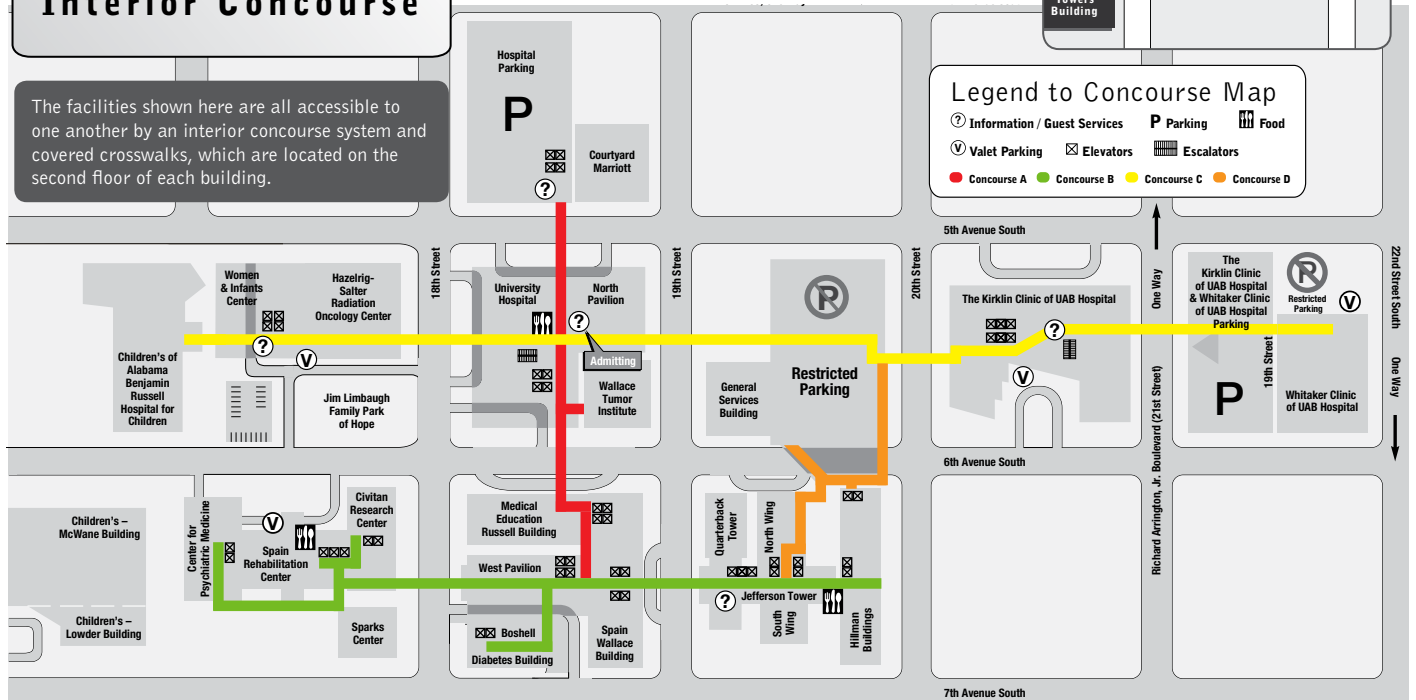


# Interior Concourse

The facilities shown here are all accessible to one another by an interior concourse system and covered crosswalks, which are located on the second floor of each building.

## Legend to Concourse Map

- Information / Guest Services
- Parking
- Food
- Valet Parking
- Elevators
- Escalators
- Concourse A
- Concourse B
- Concourse C
- Concourse D



Download the free UAB Medicine Wayfinder app today. It is available from the Apple App Store for iPhone/iPads and from the Google Play store for Android devices.