

# Swallowing New Zealand Whole

Purpose

Imagine what it would be like if you couldn't swallow? Food and drink suddenly starts going into your lungs instead of your stomach, and you could choke. This is common in elderly people, especially after stroke, and can result in pneumonia.

If this happened to you or someone you love, a Speech Language Therapist (SLT) would be available to test your swallowing. This could include a fiberoptic endoscopic evaluation of swallowing (FEES).

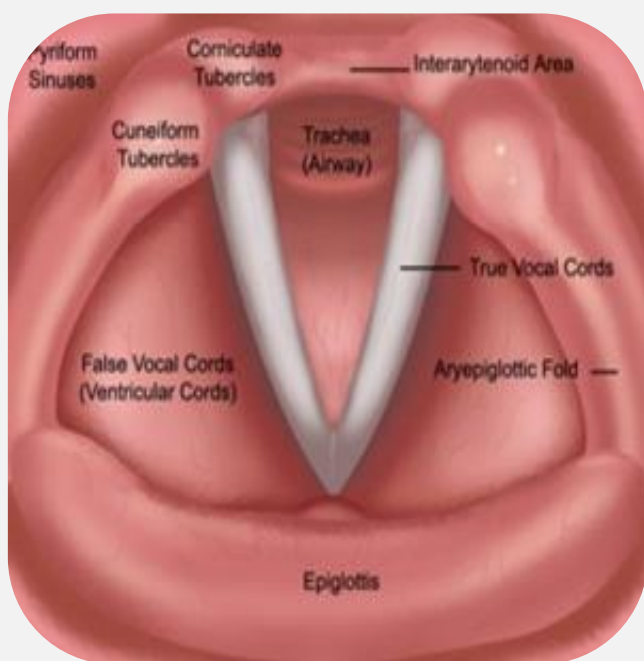
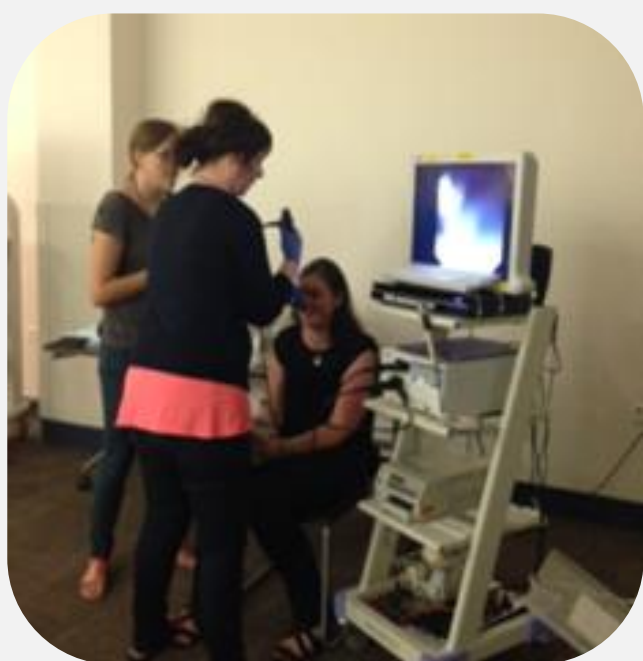
In 2011, Waitemata DHB were the first SLT team in New Zealand (NZ) to provide FEES. As a result, we reduced post-stroke pneumonia rates in patients with swallowing problems from 12% to 7%.\*

In November 2013, 15 SLTs from all over NZ came to Waitemata DHB for training in FEES. This allowed us to share our knowledge nationally, and support NZ SLTs towards getting better outcomes for their patients.

## National FEES Training



Process



Interactive

Practical

Relevant

Structured

Clinician led

Feedback

<p><b>“Lots of practical advice. Well done best course I’ve done in a long time.”</b></p>	<p><b>“Practical skills stations, scoping and interpretation were fantastic.”</b></p>	<p><b>“I appreciated the opportunity to do the interactive elements as a novice.”</b></p>
<p><b>“Pitched perfectly, loved how relaxed and hands on it was.”</b></p>	<p><b>“Thank you for helping us improve our service and provide better SLT management in NZ.”</b></p>	<p><b>“You were so open about your learning &amp; transparent about how you set it up, so accessible.”</b></p>

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\* Research conducted by Louise Bax & Anna Miles, Speech Science, University of Auckland