

Lectures & Hands-on Lab. on DYSPHAGIA

About Dr. Julie Cichero

Julie Cichero, PhD, is a clinician, researcher and research professional. She has made significant contributions to the evidence base for standardised terminology for texture modified food and thick liquids, diagnostic use of swallow-respiratory sounds, characterisation of thick liquids and the complexities of medication management in dysphagia. Julie is an invited national and international speaker. Julie was Foundation Co-Chair for the Board of the International Dysphagia Diet Standardisation Initiative (IDDSI), to reduce choking risk in vulnerable populations. Julie has served as a clinical expert on dysphagia for government organisations and as consultant for professional organisations. A consultant in dysphagia, IDDSI and clinical research compliance, Julie is also an Honorary Associate Professor with the School of Pharmacy, The University of Queensland, Australia. <https://pharmacy.uq.edu.au/profile/522/julie-cichero>



[Lecture 1] Jan. 8, 2025 (wed) HKT 09:00-17:00 (Hybrid mode of F2F & ZOOM)

Management of Dysphagia: Medication & Dysphagia and Swallowing in Dementia and Aged Care

In addition to swallowing food and liquids, many individuals with dysphagia rely on oral medications for management of underlying medical conditions. This section will explore 'pill swallowing aids', and provide information regarding the efficacy and consequences of altered dose medications. Research relating to the bioavailability of medication when mixed with a range of carrier agents (jam, thickened liquids) will be shared. Management of feeding issues related to dementia, aged care and palliative care are now frequently part of the speech pathologists' management in this setting. This section will provide latest information regarding strategies to assist with feeding, and managing ethical and quality of life issues in these populations.

[Lecture 2] Jan. 9, 2025 (Thu) HKT 09:00-17:00 (Hybrid mode of F2F & ZOOM)

Management on dysphagia, fussy eating and medication administration in babies and children



The lecture will focus on the clinical practice with paediatrics, discussing swallow-respiratory impact on paediatric feeding followed by the developmental stage of fussy eating in children and how to manage it. Building from this, complex paediatric dysphagia case studies will be presented to work with the group focussing on critical thinking and problem-solving skills. Current trends in paediatric feeding, such as current state of evidence around telepractice will be presented. Medication swallowing issues specific to children will be discussed, including information on how to teach children to swallow tablets. Finally, a brief review of the impact of IDDSI on research, as well as the recent clinical application of the framework on Paediatric care will be discussed.

[Hands-on Lab.] Jan. 10 or 11, 2025 (Fri or Sat) 09:00-17:00 (F2F only; 40 max/class)

Management of Dysphagia: Diagnostic Use of Cervical Auscultation



This highly practical hands-on lab. for cervical auscultation (CA) will cover identification, description and interpretation of normal and abnormal swallow-respiratory sounds. The workshop will include information regarding correct use and care of stethoscopes and information about methods of recording swallowing sounds for later analysis. Practical information about the concurrent use of CA with the clinical bed-side assessment and videofluoroscopy and efficacy of the CA technique with reference to recent literature is included. The presenter will share her practical experiences of using the technique. Practical exercises and opportunities for general and specific acoustic training, using stethoscopes, are provided to enhance foundations laid by theory. Participants who wish to bring or purchase their own stethoscope for the workshop is recommended to have a paediatric stethoscope with a bell side.

FEE

3-Day COMBO: HKD3,200 (priorities will be given to COMBO participants)

Lecture 1: HKD800 / Lecture 2: HKD800 / Hands-on Lab.: HKD1,950

Organizer: ENT Laser Hearing & Speech Therapy Centre

Enquiry: entlaser.training@gmail.com www.ear.hk https://bit.ly/DrJulieCichero_2025_HK

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