



Multiple System Atrophy: Swallowing & Communication

Stevy Shadwick, MS, CCC-SLP

Philosophy: Comfort and Improving Quality of Life

➤ EATING/
SWALLOWING



➤ COMMUNICATION



+

•

○

Learning Objectives

1. Swallowing

2. Communication

- Talk about issues that can arise with swallowing and speaking with MSA
- How to manage swallowing and communication difficulties

Swallowing

Medical term for difficulty swallowing is called:
Dysphagia

Signs and Symptoms:

- Coughing
- Throat clearing
- Choking
- Wet/gurgly voice
- Feeling something stuck in the throat
- Prolonged meal time (1 hour or more)
- Chewing slower

Strategies: Behavioral vs Diet Modification

Behavioral Strategies

- 1 small sip at a time
- 5cc Provale cup vs Tsp
- Nosey Cup, Giraffe Bottle
- Smaller bites, cut up food
- Eating slower and chewing thoroughly
- Liquid alternation
- Moisten food (extra condiments and gravies)
- Sit upright
- 3 second prep (hold in mouth and swallow when ready)
- BEING MINDFUL



Diet Modification

The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



Regular



Easy to Chew/Regular



Soft & Bite Sized



Minced & Moist



Pureed



Liquified Pureed



© The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework/>
 Licensed under the Creative Commons Attribution Sharealike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/legalcode>.
 Derivative works extending beyond language translation are NOT PERMITTED.

Thickened Liquids: Powder and Gel-based

simplythick® Beverage Consistency Table



*Achieve desired beverage consistency by following the colors on the chart.

Amount of *simplythick*
(# of Pump Strokes per Ounces of Fluid)

IDDSI Level 1
SLIGHTLY THICK
1 Stroke per 6 oz.

IDDSI Level 2
MILDLY THICK
1 Stroke per 4 oz.

IDDSI Level 3
MODERATELY THICK
2 Strokes per 4 oz.

IDDSI Level 4
EXTREMELY THICK
4 Strokes per 4 oz.


Add To A Wide Variety Of Drinks!

simplythick®





Communication



Dysarthria: *slurred speech and/or difficulty voicing*

Characteristics may include 1 or a combination:

- Low volume voice
- Slow and slurred speech
- Fast rushes of speech and dysfluency (stuttering like qualities)
- Monopitch—reduced pitch range
- Hoarse, breathy, and rough sounding voice, or strained and harsh vocal qualities

These can increase in severity and impact the ability to be understood

Strategies & Treatment

❖ Compensatory Strategies: Speak loud, speak slower, and over-exaggerate words

Treatment Programs:

- LSVT (Lee Silverman Voice Treatment)
- SPEAKOUT!

✓ Trial Stimulability w/ SLP

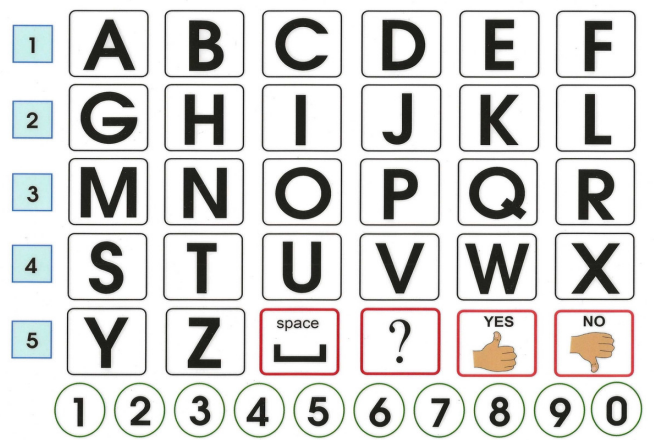
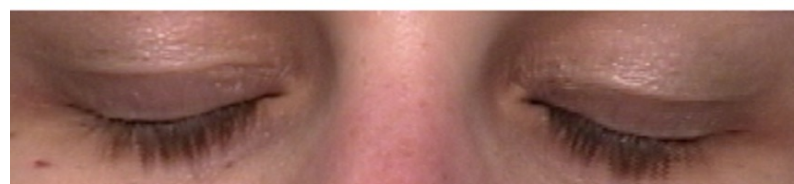
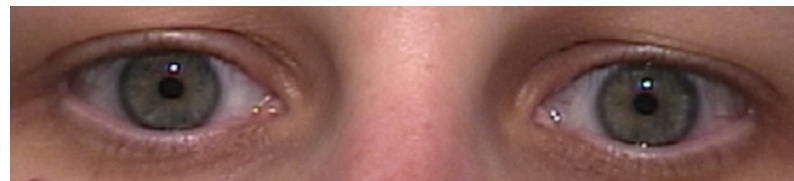
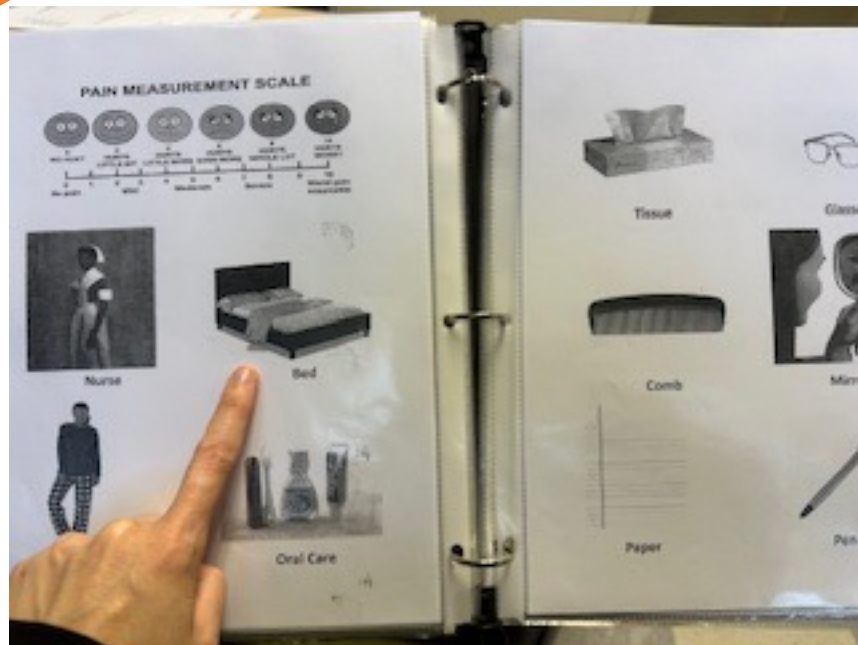
Only beneficial for a period of time due to disease progression.

*What to do when strategies are
no longer helpful and people don't
understand you?!*

=AAC



AAC = Augmentative & Alternative Communication



Speech Generating Devices





Environmental Controls:

- Smart home to turn on and off lights
- Google Assistant, Alexa, or Hey Siri
- Set up TV remote to change channel on the device





Voice Banking

- ❖ Many options for voice banking at various prices and FREE.
- Voice Keeper
- Acapela
- Apple “PERSONAL VOICE” found in “Accessibility” settings is now compatible with transferring to some communication software.

Record from any iPhone, iPad, or Mac.

Access Methods and Accessories

- Touch
- Eye-gaze
- Head-gaze
- Mouse
- Buttons
- EMG
- Eye crutches

The list goes on...



Sometimes a combination

Sometimes it changes as the disease progresses!

