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Esophageal Dysphagia and Beyond

The Therapist's Role in Identification and Treatment

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture is 164 slides and 252 minutes in duration.

I. Introduction

- A. Incidence of esophageal dysphagia
- B. The three phases of the swallow
- C. Review of anatomy and function
- D. Etiology of esophageal symptoms

Interactive Questions – slide 18 @ 25 minutes

II. Common upper digestive disorders of older adults

- A. Motility disorders
 - 1. Diverticula
 - 2. Hiatal hernia
 - 3. Paraesophageal hernia
 - 4. Achalasia
 - 5. Diffuse esophageal spasm
 - 6. Non-peristaltic/hypotensive contractions
 - 7. Hypertensive/Hyper-contracting esophagus and LES
 - 8. Hypo- and hypermotility

Interactive Questions – slide 53 @ 66 minutes

B. Mechanical obstructions

- 1. Benign
 - a. Strictures
 - i. Rings
 - ii. Webs
 - b. Benign tumors
 - c. Impaction
 - d. Gastroesophageal reflux disease (GERD)
 - e. Bariatric surgeries
 - i. Types
 - ii. Complications
 - f. Barrett's esophagus
- 2. Malignant
 - a. Squamous cell carcinoma
 - b. Adenocarcinoma

Notes

Interactive Questions – slide 89 @ 115 minutes

Notes

- C. Mucosal inflammation
 - 1. Radiation esophagitis
 - 2. Infections esophagitis/Candida (yeast)
 - 3. Pill-induced ulcers
- D. Diagnostic studies
 - 1. Modified barium swallow
 - 2. Fiberoptic endoscopic evaluation of swallow
 - 3. Barium esophagram
 - 4. Endoscopy and esophagogastroscopy
 - 5. Continuous pH monitoring
 - 6. Esophageal manometry
 - 7. Esophageal impedance

Interactive Questions – slide 111 @ 142 minutes

- III. Pharmacological treatment options
 - A. Reflux
 - 1. Antacids
 - 2. Proton-pump inhibitors
 - 3. H₂ blockers
 - 4. Negative effects of treatments
 - B. Motility
 - 1. Vasodilators
 - 2. Anticholinergics
 - 3. Benzodiazepines
 - 4. Antidepressants
 - 5. Botox
 - 6. Prokinetic drugs
 - 7. Anti-achalasia medications
 - C. Inflammation
 - D. Medications that promote esophageal dysfunction
 - 1. Reflux
 - 2. Dry mouth
 - 3. Bisphosphonates
 - 4. Other negative effects
 - 5. Treatment options

Interactive Questions – slide 133 @ 184 minutes

- IV. Conditions of the stomach
 - A. Gastritis
 - B. Gastroparesis
 - C. Non-ulcer dyspepsia
 - D. Gastric ulcers
 - E. Gastric cancer
 - V. The lower digestive system
 - A. Review of anatomy
 - B. Common disorders
 - 1. Constipation
 - 2. Diarrhea
 - 3. Clostridium difficile
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4. Diverticulosis and diverticulitis
 5. Inflammatory bowel disease
 6. Gastrointestinal cancers
 7. Other

Notes

Interactive Questions – slide 159 @ 242 minutes

VI. Conclusion

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