Milano, 28 Gennaio 2023

TO PEG OR NOT TO PEG

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OUTLINE

- La deglutizione e la nutrizione orale
- La valutazione strumentale della deglutizione
- I criteri per il posizionamento della PEG
- L’importanza del pasto

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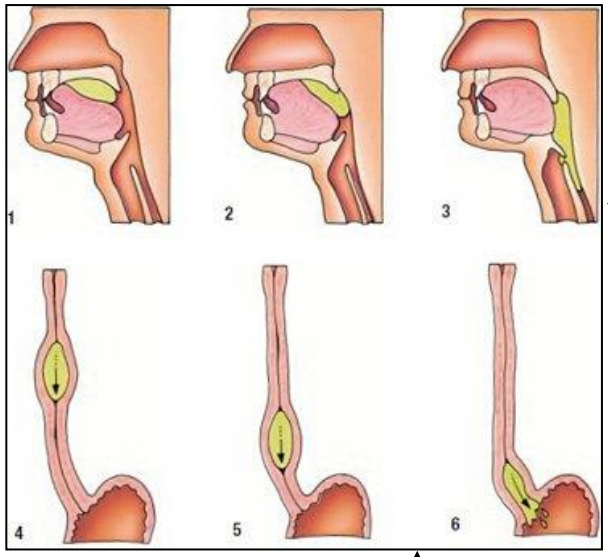
Swallowing and meals

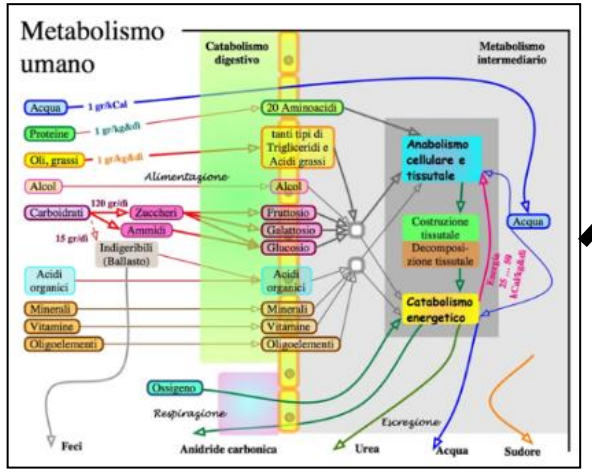


Swallowing

Social relationship

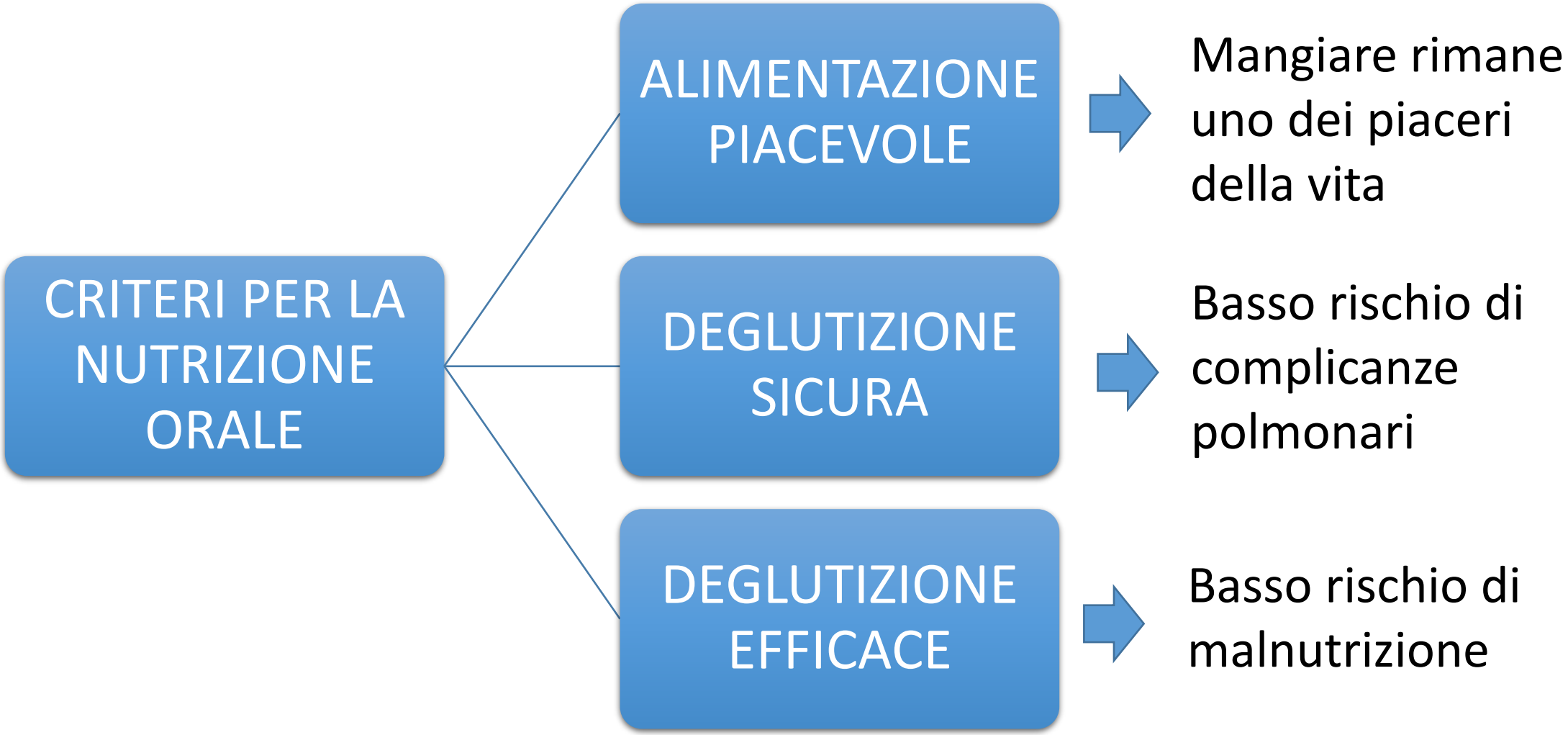
Meal

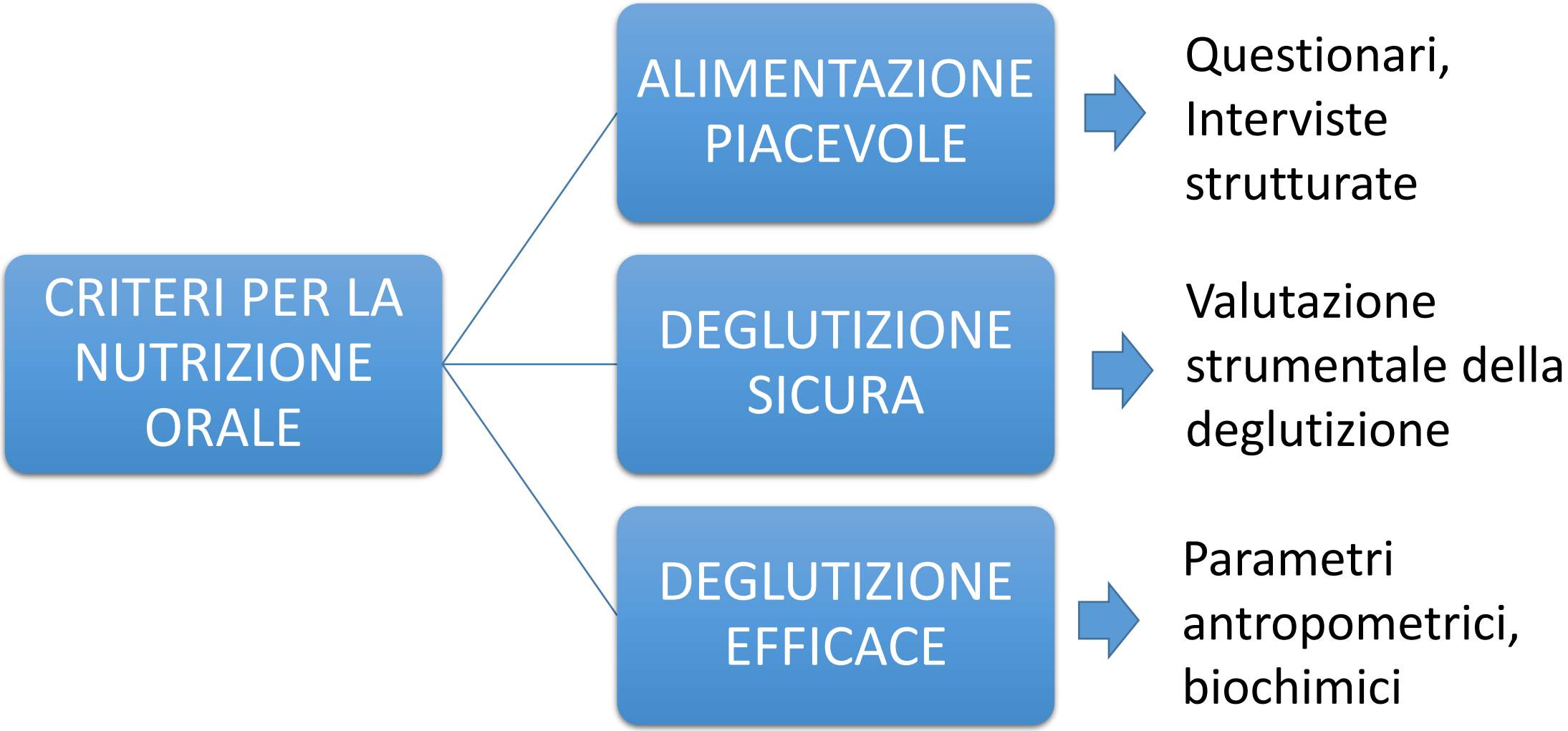
Well-being



Nutrition

Free time


CRITERI PER LA NUTRIZIONE ORALE
ALIMENTAZIONE PIACEVOLE
Mangiare rimane uno dei piaceri della vita
DEGLUTIZIONE SICURA
Basso rischio di complicanze polmonari
DEGLUTIZIONE EFFICACE
Basso rischio di malnutrizione


CRITERI PER LA NUTRIZIONE ORALE
ALIMENTAZIONE PIACEVOLE
Questionari, Interviste strutturate
DEGLUTIZIONE SICURA
Valutazione strumentale della deglutizione
DEGLUTIZIONE EFFICACE
Parametri antropometrici, biochimici

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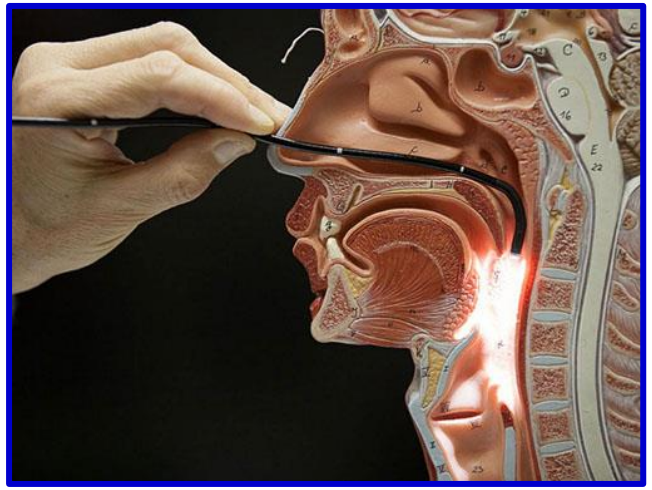
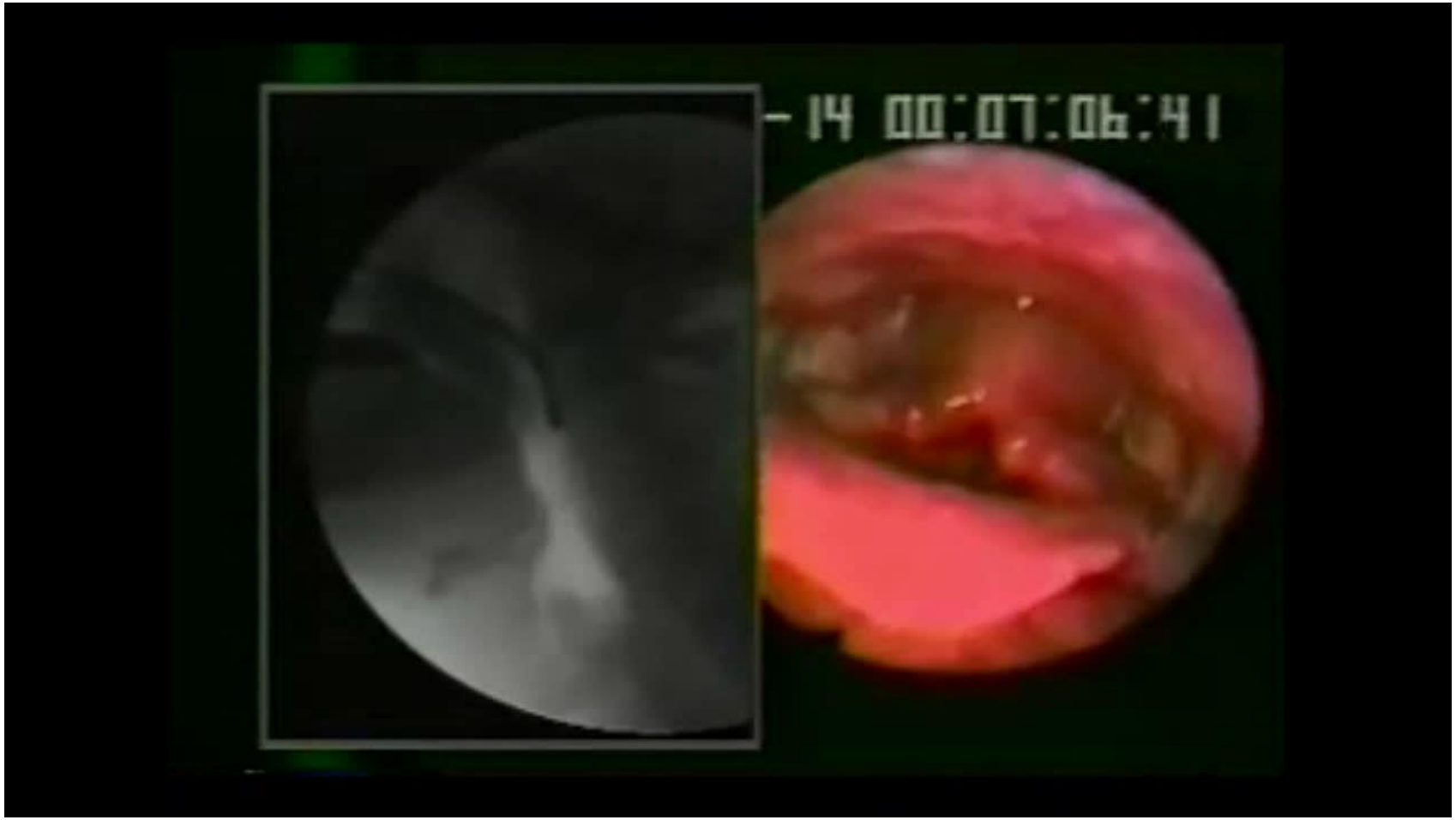
FEES & VFSS



FEES is the assessment of swallowing thanks to an endoscope passed through the nose

VFSS vs FEES

VFSS vs FEES



INSTRUMENTAL ASSESSMENT

Best swallow = therapeutic swallow

Worst swallow = diagnostic swallow

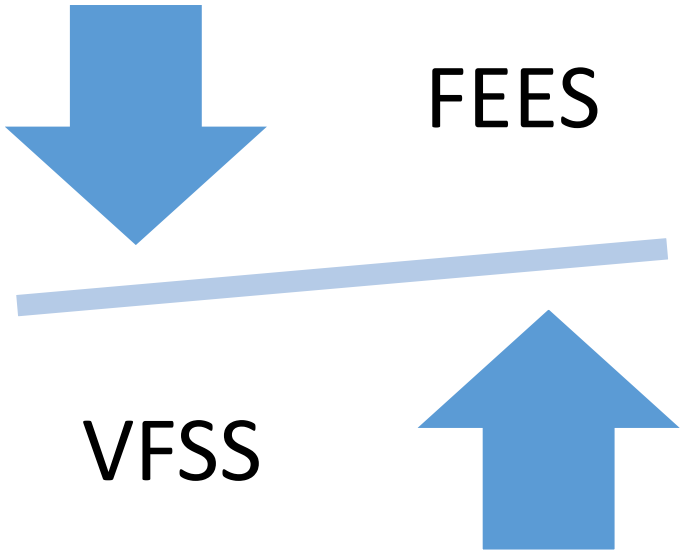
You should modulate the examination in order to semplify as much as possible to find safe diet and stress the examination as much as possible to find the underlying mechanism

DEFINITION

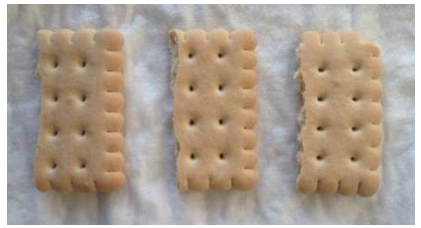
FEES is considered one of the two gold standards for swallowing assessment

FEES and VFSS are the only two examinations that manage to analyse the flow of the bolus through the pharynx

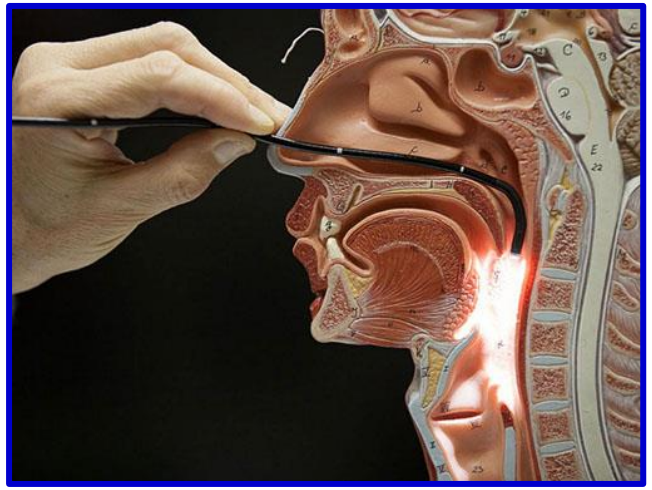
FEES and VFSS give complimentary informations



Bolus trials



FEES definition



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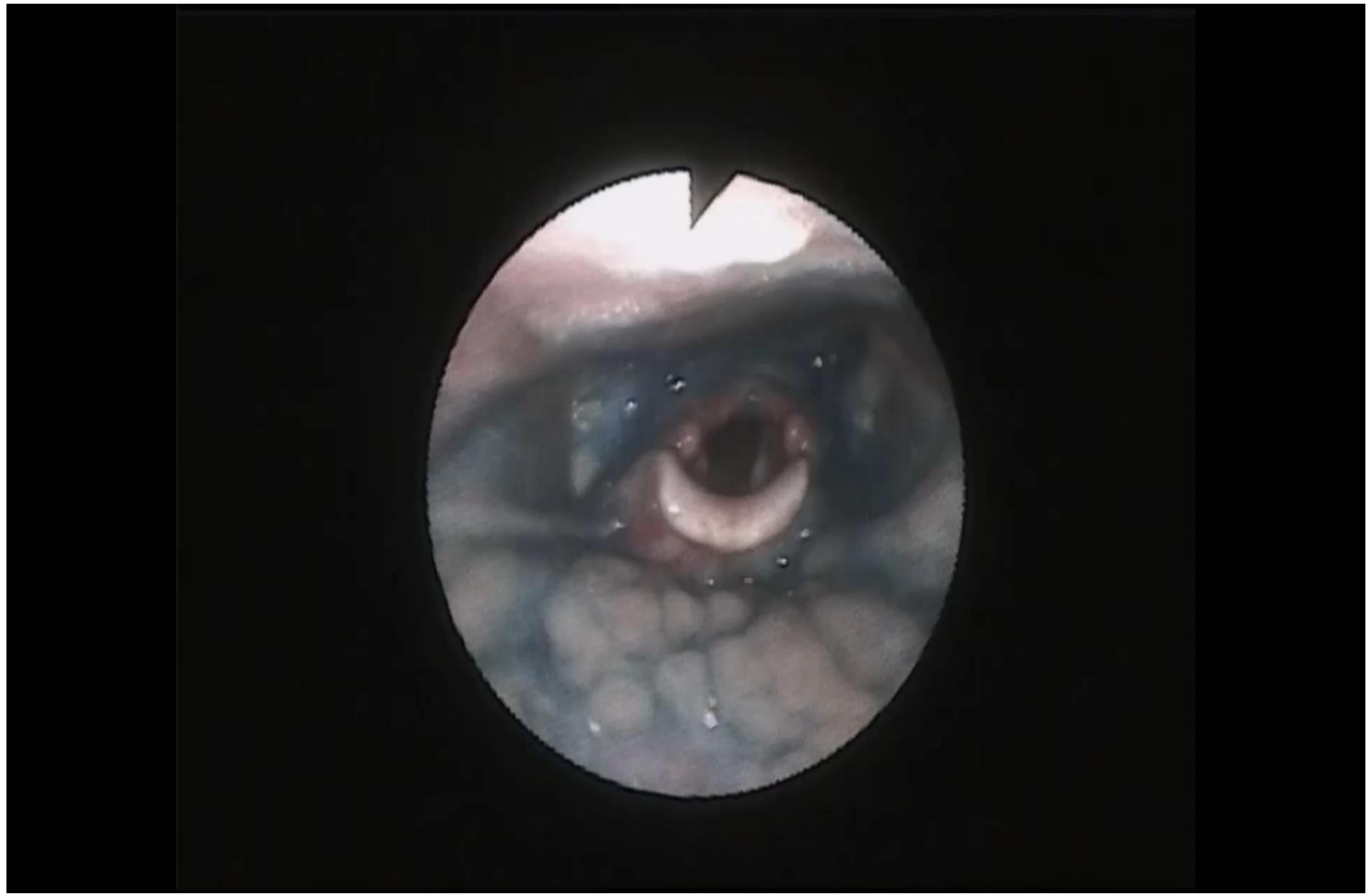
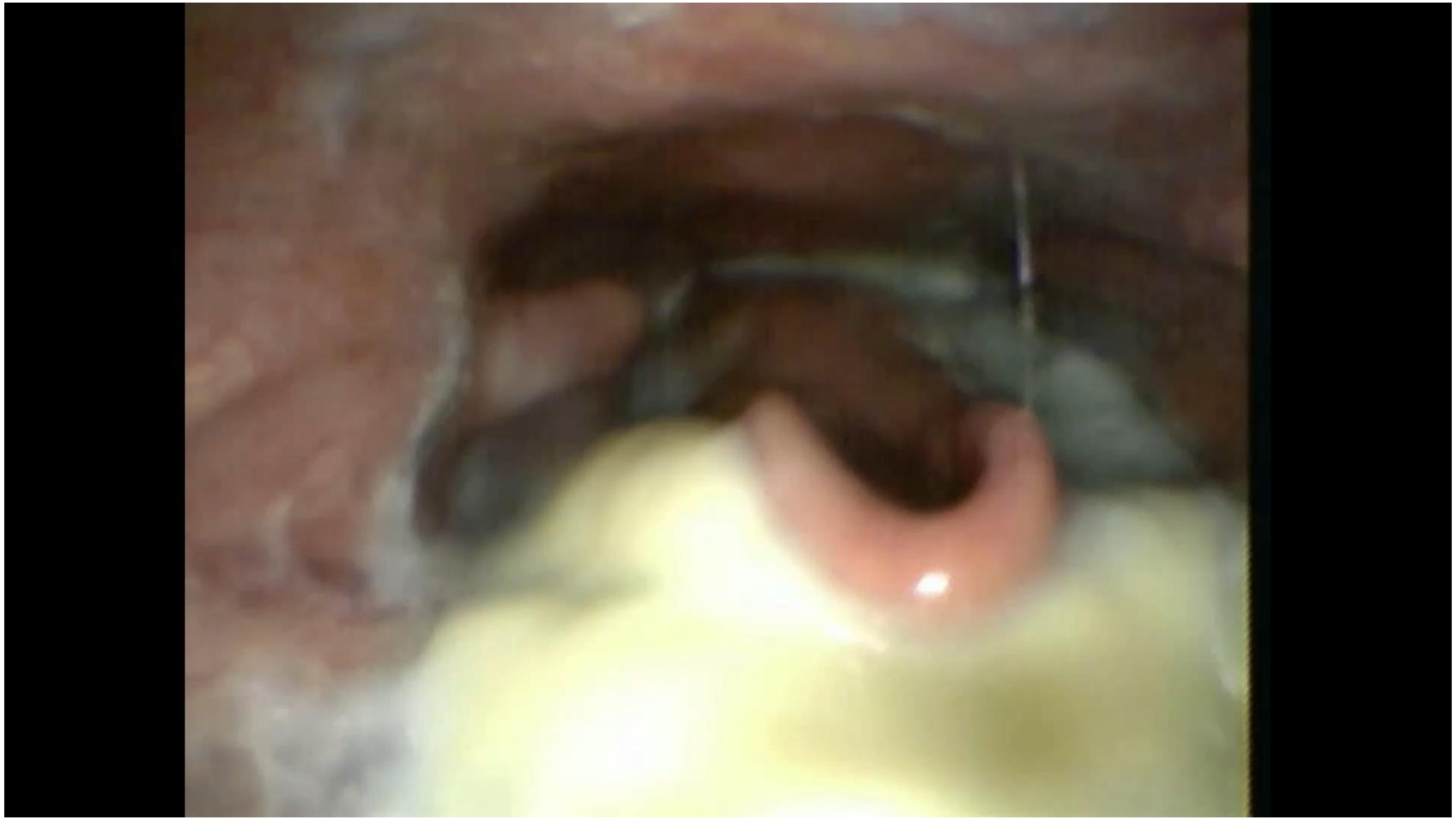


FEES allows to see abnormal bolus flow



Impaired safety

FEES allows to see abnormal bolus flow

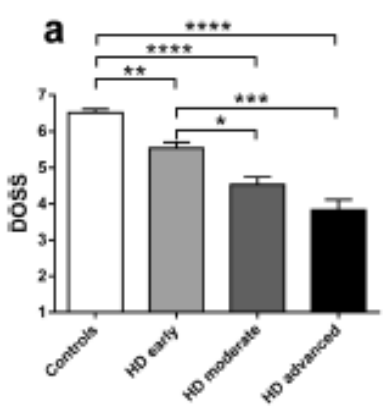
Impaired efficacy

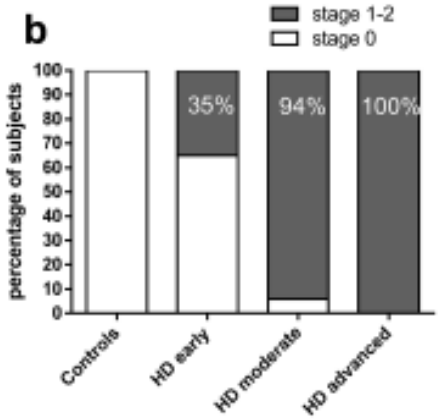
OPEN

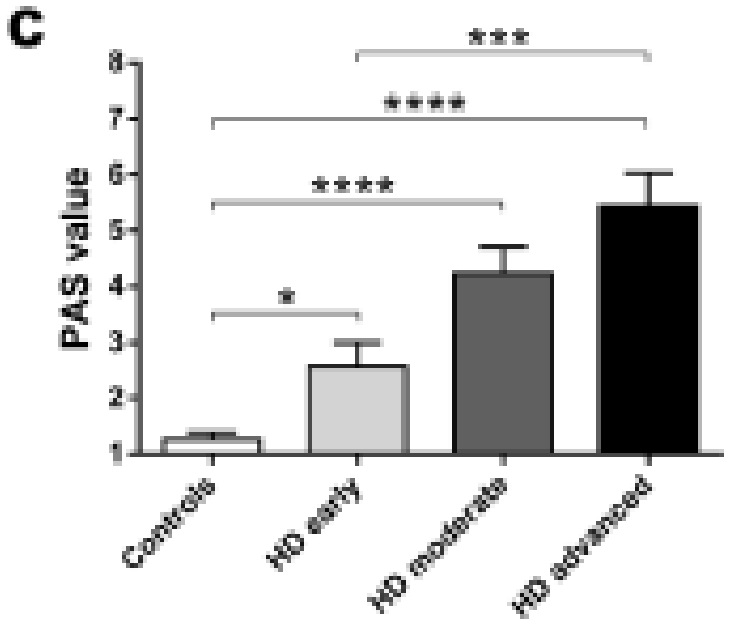
Fiberoptic endoscopic evaluation of swallowing in early-to-advanced stage Huntington's disease

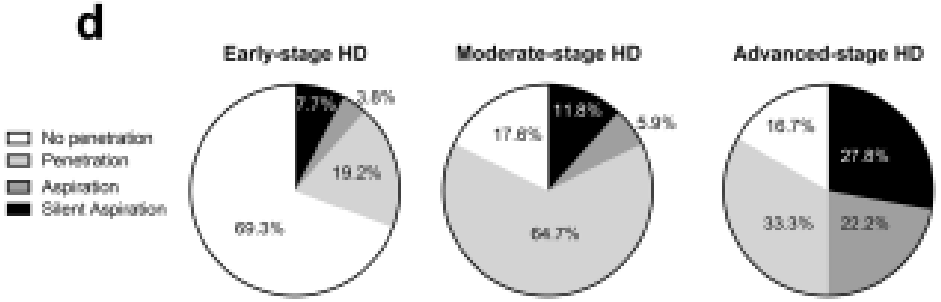
Antonio Schindler[1,2], Nicola Pizzorni[3], Jenny Sassone[2,3], Lorenzo Nanetti[4], Anna Castaldo[4], Barbara Polatti[5], Federica Solca[5], Francesca Pirola[5], Laura Lazzari[1,6], Marco Stramba-Badiale[6], Agnese Rossi[6], Vincenzo Silani[5,7,8], Caterina Mariotti[4] & Andrea Ciammola[5,2]

SCIENTIFIC REPORTS
natureresearch
Check for updates









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SCELTA DELLA MODALITA' DI ALIMENTAZIONE

NUTRIZIONE PER OS

↓

- apporto energetico sufficiente
- assenza di rischio di complicanze (penetrazione, aspirazione, ristagni)

NUTRIZIONE PER OS MODIFICATA

↓

- apporto energetico sufficiente
- assenza di rischio di complicanze solo con determinate sostanze (es. semisolidi)

NUTRIZIONE MISTA (ENTERALE/PER OS)

↓

- apporto energetico orale insufficiente
- assenza di rischio di complicanze solo con determinate sostanze (es. semisolidi)

NUTRIZIONE ENTERALE

↓

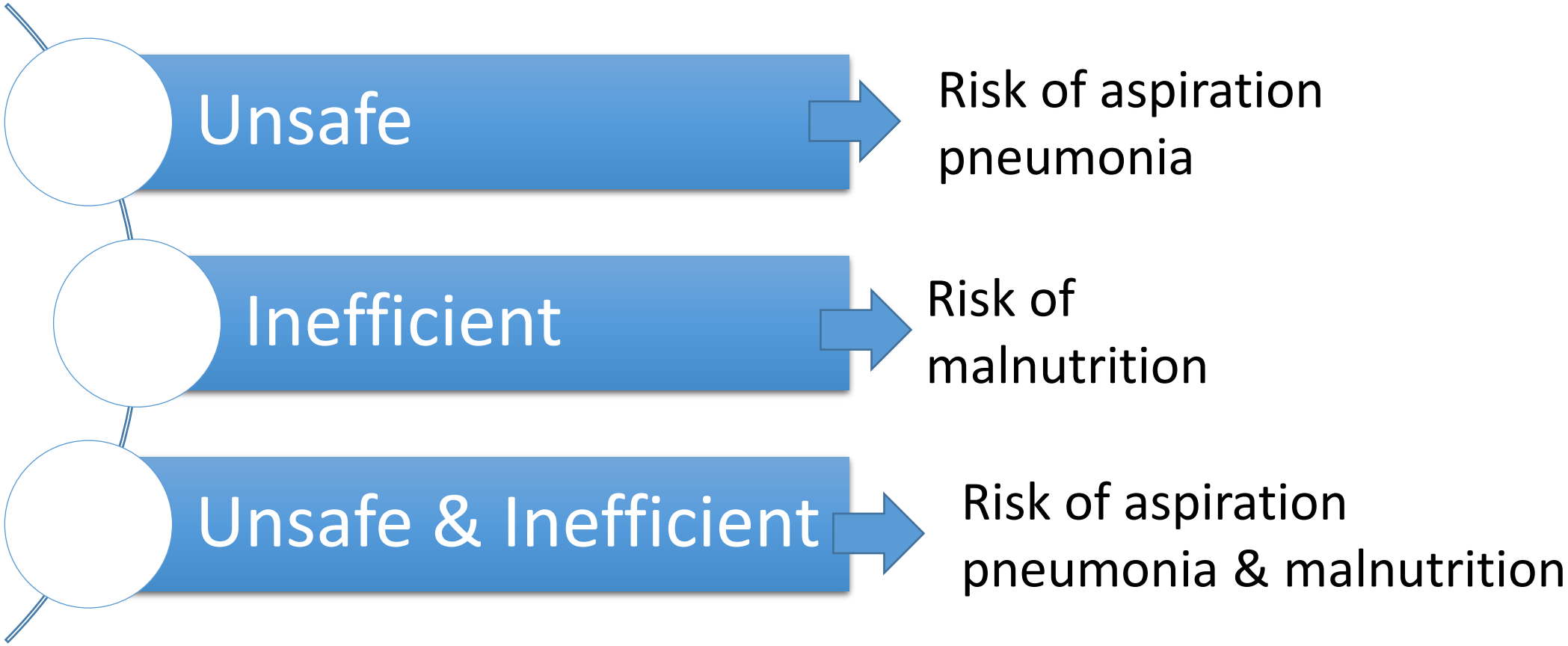
- apporto energetico insufficiente
- rischio significativo di complicanze

NUTRIZIONE PARENTERALE

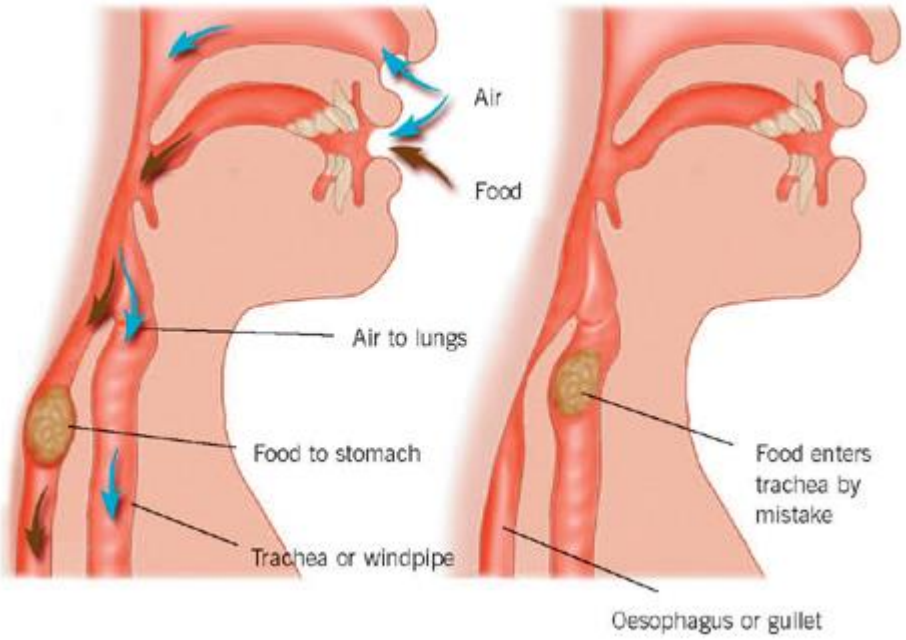
↓

- funzionalità intestinale compromessa

TO PEG


Unsafe
Risk of aspiration pneumonia
Inefficient
Risk of malnutrition
Unsafe & Inefficient
Risk of aspiration pneumonia & malnutrition

OCCLUSIONE DELLE VIE AEREE



Complicanza grave, rara: correlata alla TACHIFAGIA!

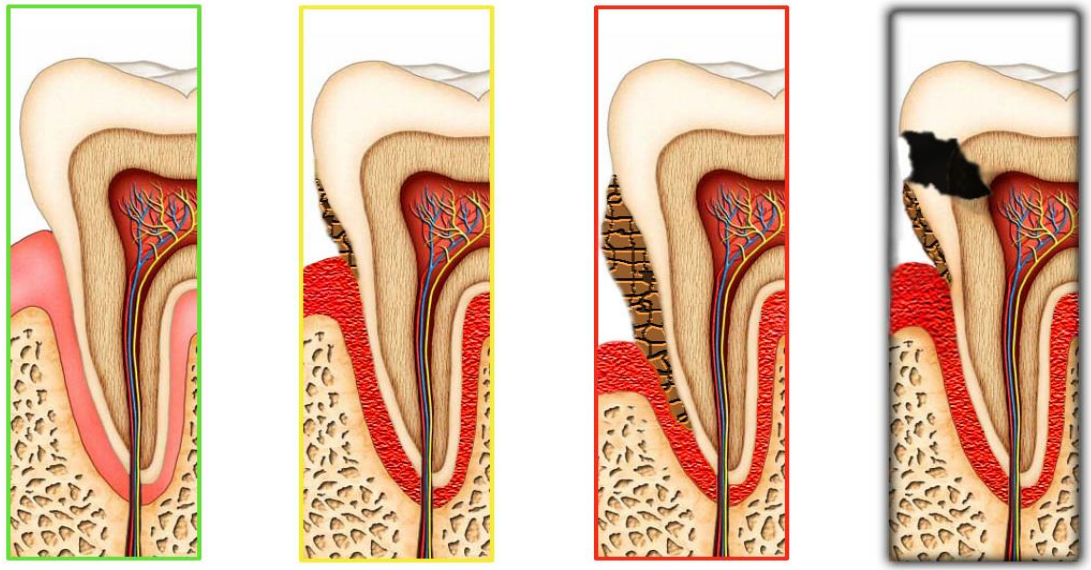
LA POLMONITE AB INGESTIS

Gli agenti eziologici della polmonite ab ingestis si trovano nella placca batterica del solco gengivale

Aerobi: pneumoccocco, stafilococco, P. aeruginosa, H. influenzae
Anaerobi: bacteroides, fusobacterium

ORAL HEALTH

Slide of Ortega



Ortega O et al. Age Aging. 2014.

Table 1 Bacteria associated with oral health and disease

Health	Gingivitis	Periodontitis
Numbers found within a sulcus: 100–1000	Numbers found from a specific site: 1000–100,000	Numbers found from a specific site: 100,000–100,000,000
75–85% are Gram positive	Equal proportion Gram positive and Gram negative	Mostly Gram negative

Nield-Gehrig JS., et al. 2008

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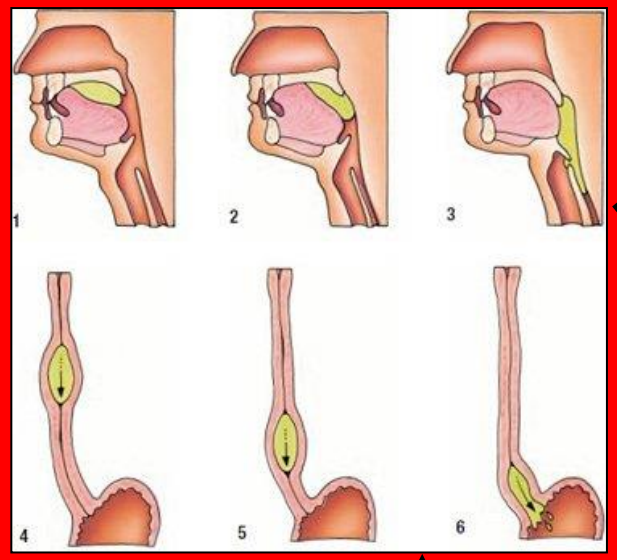
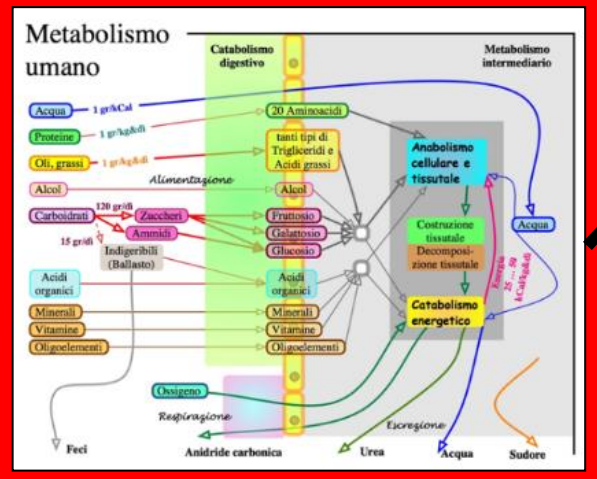


Swallowing



Nutrition

Social relationship

Meal

Free time

Well-being

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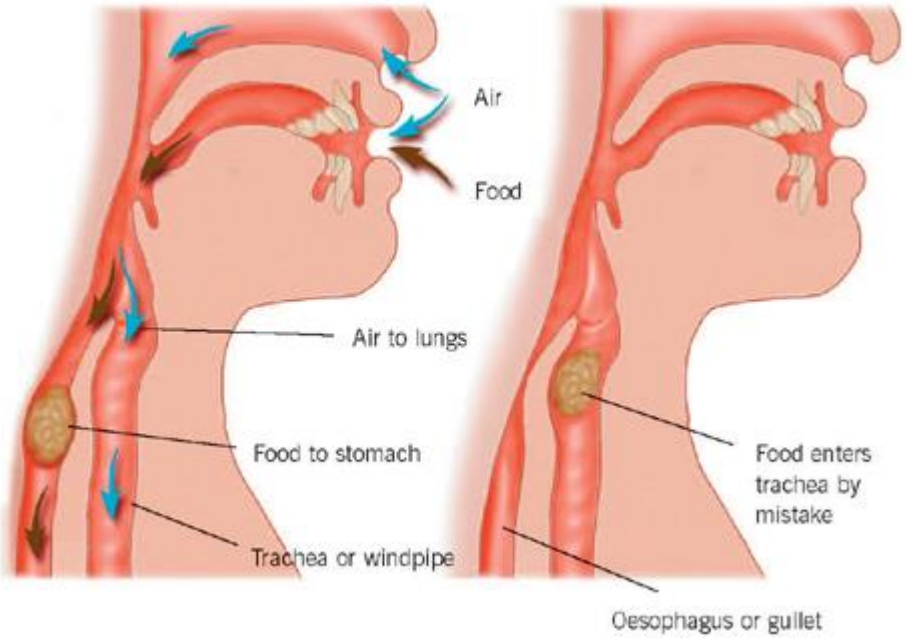


Complicanza grave, rara: correlata alla TACHIFAGIA!

What do we lack during swallowing assessment?

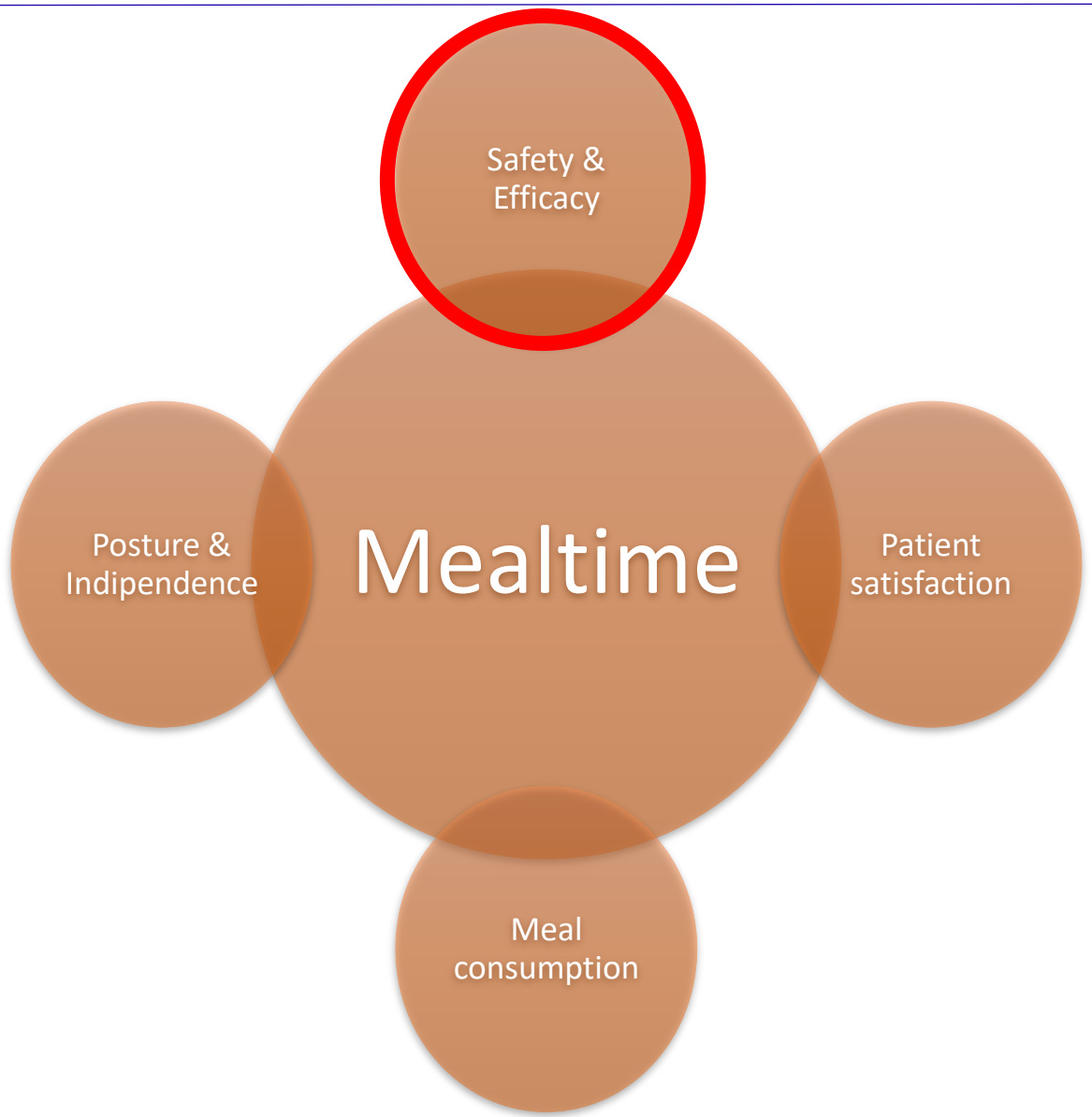
Swallowing assessment

Mealtime

How can we assess mealtime?

Who can assess mealtime?

- ✓The patient
- ✓The care-giver
- ✓The clinician



TAKE HOME MESSAGE

La gestione clinica del paziente disfagico DEVE garantare il consumo più sicuro, efficace e piacevole del PASTO

L’esame strumentale è un momento essenziale per scegliere la modalità più sicura di assumere un pasto, ma si deve integrare con altre valutazioni (PASTO) e una conoscenza più ampia del paziente, della sua malattia e della sua famiglia