MANAGEMENT OF THE DYSPHAGIC PATIENT ADMITTED TO THE NEUROLOGICAL REHABILITATION DEPARTMENT, COGNITIVE AND MOTOR DISORDERS

Dott.ssa Alessandra Giordani, Dott.ssa Caterina Trimarchi, Dott.ssa Federica Alemanno, Dott. Sandro Iannaccone, Dott.ssa Luigia Brugliera

IRCCS Ospedale San Raffaele Department of Rehabilitation and Functional Recovery

Background and aims

The objective of this observational study is to follow the evaluation process of the patient admitted to the Rehabilitation Department of the IRCCS San Raffaele Hospital, with a focus on the presence of dysphagia.

Methods

The parameters, not only nutritional, that derive from the multidisciplinary assessment to which the hospitalized patient is subjected for the preparation of the individual rehabilitation plan.

Results

14 patients (October 2021 and February 2022)
Dysphagia:
- Mild dysphagia: 78.6%
- Mild-moderate dysphagia: 21.6%
Sarcopenia:
- No sarcopenia: 35.7%
- Sarcopenia: 64.3%
All subjects with mild to moderate dysphagia and 63.6% of subjects with mild dysphagia exhibit sarcopenia.
The phase angle:
- At lower phase angle values, higher degrees of sarcopenia correspond.
Body mass index and sarcopenia
- Lower BMIs correspond to higher degrees of sarcopenia
MUST and Sarcopenia
- A higher risk of malnutrition corresponds to higher degrees of sarcopenia.
Cognitive impairment:
- All patients have cognitive impairment (MOCA test)

Conclusions

All patients with dysphagia admitted have sarcopenia, most of them are in a condition of malnutrition, impaired neuro-cognitive status.
At the base of the improvement or prevention of malnutrition conditions is the drafting of an individual nutritional program that includes a diet with appropriate consistency also thanks to the use of oral nutritional supports. It's essential to ensure therapeutic continuity after discharge. the nutritional rehabilitation clinic was recently opened for the purpose for monitoring the patient's progress towards the nutritional therapy set, considering any changes based on the patient's clinical condition.