Take advantage of an **OPPORTUNITY**
to learn from and be mentored by **EXPERTS**
in Deglutology and Aerodigestive Sciences!

**DYSPHAGIA RESEARCH SOCIETY**

**NUTS & BOLTS**

**OF DYSPHAGIA AND AERODIGESTIVE SCIENCES**

**DRSIE 3rd INTER-DISCIPLINARY FALL CONFERENCE | SEPTEMBER 14-15, 2023**

UNDERSTANDING PATHOLOGIES IN THE CONTEXT OF SUPPORTING, SAFE ORAL, AND ENTERAL NUTRITION ACROSS ALL AGES.

Hilton Milwaukee City Center
509 West Wisconsin Avenue
Milwaukee, Wisconsin
NUTS & BOLTS OF DYSPHAGIA AND AERODIGESTIVE SCIENCES:
UNDERSTANDING PATHOLOGIES IN THE CONTEXT OF SUPPORTING, SAFE ORAL, AND ENTERAL NUTRITION ACROSS ALL AGES.

Special Emphasis will be on learning from hallmark diseases such as Cerebral Palsy (CP) and Head and Neck Cancer (HNC) that are associated with dysphagia and aerodigestive complications.

The 3rd DRS Institute for Education (DRSIE) Fall Conference will appeal to multidisciplinary groups of clinicians and researchers who are in the beginning of their careers with a focus on swallowing and aerodigestive sciences. This exciting in-person meeting will have a multi-age patient focus, with workshop style interactive presentations that will include case-based discussions. Hence this conference will be limited to 80 in-person attendees. Personalized interactions and networking opportunities will be encouraged to develop future leaders in clinical, educational, and research realms.

SESSIONS AT A GLANCE

I. **Back to Basics** - The Science of Eating and Aerodigestive Protection: Setting the Stage!

II. **Back to Basics** - The Interdisciplinary Diagnostic work up of Dysphagia and Aerodigestive problems in the setting of CP and HNC

III. **Be Inspired!** - Reception, Dinner and Evening Session

IV. The Specific Management Strategies of Dysphagia in the setting of CP and HNC: How to develop a personalized approach?

V. Innovative approaches that could change rehabilitation practices: A look into the future for improved patient care

VI. **Be Successful!** Lunch and Small group table discussions

VII. How to work in a team to manage complex conditions with Dysphagia and Aerodigestive Problems?

VIII. Be Motivated-Stay Motivated (Tea-Final Session)

IX. Closing Comments

VISIT THE DRS WEBSITE AND SUBMIT YOUR APPLICATION TODAY!!
www.dysphagiaresearch.org/page/DRSIE_Fall_Conference
Registration and Welcome

Welcome
Sudarshan Jadcherla, MD, FRCP (Ireland), DCH, AGAF and Mark Nicosia, PhD

Opening Mindfulness Session
Sudarshan Jadcherla, MD, FRCP (Ireland), DCH, AGAF

Session I: BACK TO BASICS - I: The Science of Eating and Aerodigestive Protection: Setting the Stage!
Eating safely requires airway and digestive tract coordination and protection mechanisms. In this session, emphasis will be on understanding normal and abnormal functions.
Moderators: Caryn Easterling, PhD and Maggie Kuhn, MD

Topics & Speakers:
What are the normal structures, neurogenic regulatory apparatus, and aerodigestive functions across the age spectrum?
Maggie Kuhn, MD and Preceous Serna Jensen DO, MPH, FAAP

What are the patient characteristics and etiological risk factors for abnormalities in aerodigestive functions overall?
Maggie Kuhn, MD and Preceous Serna Jensen DO, MPH, FAAP

What have we learned or can learn from basic science and animal models?
Rebecca German, PhD

A review of neurogenic pathologies overall, with an emphasis on introducing pathophysiology of CP and HNC, as there will be two foci of discussions throughout the meeting aimed towards these two hallmark conditions of emphasis.
Rachel Hahn Arkenberg, M.S. CCC-SLP, CLC, PhD Candidate and Mario Landera, SLP.D., CCC-SLP, BCS-S

Q&A – mentee / mentor discussion: Questions to speakers on their topics; questions to mentors at the table regarding any potential clinical or research ideas.

BREAK
Session II: BACK TO BASICS - II: The Interdisciplinary Diagnostic work up of Dysphagia and Aerodigestive problems in the setting of CP and HNC. Diagnostic work up of dysphagia with multiple cases as examples will be presented in this session. There will be an interactive discussion of current protocols and what is on the horizon for aiding diagnosis. Importance of how this diagnostic work up will impact nutrition and overall well-being will be highlighted.

Moderators: Heather Shaw Bonilha, PhD, CCC-SLP and Kate Hutcheson, PhD, CCC-SLP

Topics & Speakers:

Approach to Diagnosis in CP: An interdisciplinary approach to the diagnosis of dysphagia and aerodigestive problems in CP will be illustrated via case examples. Speakers will highlight unique aspects of the evaluation in the context of CP. Mainstay and novel evaluation techniques will be included.

Rachel Hahn Arkenberg, M.S. CCC-SLP, CLC, PhD Candidate and Karlo Kovacic, MD, MSc

Approach to Diagnosis in HNC: An interdisciplinary approach to the diagnosis of pediatric and adult dysphagia and aerodigestive problems in HNC will be illustrated via case examples. Speakers will highlight the unique aspects of the evaluation in the context of HNC. Mainstay and novel evaluation techniques will be included.

Kate Hutcheson, PhD, CCC-SLP and Mihir Bhayani, MD

Approach to the Assessment of Nutrition Status: The ability to meet nutritional needs is a critical factor in the assessment of a patient with dysphagia. The field of nutritional science provides methods to comprehensively assess nutrition and metabolic needs to support optimal health outcomes. Using a case-based format, assessment of these critical aspects of health will be discussed from both clinical and research perspectives.

Jillian Trabulsi, PhD, RD

Q&A – mentee / mentor discussion: Questions to speakers on the presented topics; Questions regarding career planning: Setting long-term and short-term goals.

THURSDAY, SEPTEMBER 14 (continued)

4:45 – 4:45PM

SESSION III: RECEPTION, DINNER, AND EVENING SESSION - BE INSPIRED Selected mentors with diverse representation will each share an inspirational story related to their careers for 10 min. The four speakers will be from the disciplines of SLP, ENT, GI, and Pediatric.

Moderators: Sudarshan Jadcherla, MD, FRCP (Ireland), DCH, AGAF, Heather Shaw Bonilha, PhD, CCC-SLP & Caryn Easterling, PhD
DAY 2
FRIDAY, SEPTEMBER 15

Breakfast

Morning Mindfulness Session
Sudarshan Jadcherla, MD, FRCP (Ireland), DCH, AGAF

Session IV: The Specific Management Strategies of Dysphagia in the setting of CP and HNC: How to develop a personalized approach?
Specific interdisciplinary team approaches will be discussed. Panel discussion about rehabilitation rationale and outcomes including nutrition and overall well-being will be discussed. Behavioral-exercises, dietary, medical, minimally invasive, and surgical options will be discussed. Some examples include when to utilize G-tube, Botox, POEM procedures.
Moderators: Rosemary Martino, PhD and Kulwinder Dua, MD, DSc, FACP, FRCP, MASGE

Topics & Speakers:
Common nutrition goals of interdisciplinary management. Nutrition is a major factor in improving health outcomes. It becomes critical in patients with diseases and disorders that limit a patient’s ability to eat and drink. Strategies to improve the nutrition of a patient with dysphagia must be incorporated into treatment planning.
Jillian Trabulsi, PhD, RD

Management goals of Cerebral Palsy. CP is a disease process that is in continuum and requires attention to several organs and systems. Emphasis will be placed on addressing swallowing, eating/feeding, rehabilitation, and aerodigestive protection. This session will also highlight the role of different disciplines with management coordination.
Rachel Hahn Arkenberg, M.S. CCC-SLP, CLC, PhD Candidate and Karlo Kovacic, MD, MSc

Management goals of Head and Neck Cancer. Management of dysphagia in patients with HNC begins immediately with education and prophylactic steps (exercises, PEG tube) to limit the impact the primary cancer interventions. Management continues through the primary cancer intervention and often for many years after due to post-radiation sequela. Some examples include when to utilize G-tube, Botox, POEM procedures. The role of interdisciplinary team members as well as the rehabilitation rationale and outcomes including nutrition and overall well-being will be discussed. Ongoing clinical trials and results of recent trials will be shared.
Rosemary Martino, PhD and Kulwinder Dua, MD, DSc, FACP, FRCP, MASGE

Q&A – mentee / mentor discussion: Questions to speakers on the presented topics; Questions regarding career planning: Setting long-term and short-term goals.
Session V: Innovative approaches that could change rehabilitation practices: A look into the future for improved patient care. While some patients respond very well to our treatment approaches, others do not. Many fields of medicine are augmenting behavioral intervention by pairing it with methods that enhance neuroplasticity to improve patient outcomes. Neuroplasticity can be facilitated by pharmaceuticals, electrical stimulation, motor learning, diet, sensory processing, etc. Speakers in this session will briefly describe techniques (emerging and established) that may enhance patient outcomes. While improved patient outcomes is laudable, the goal is early detection and prevention. Presenters will discuss assessment techniques and clinical practices that allow for optimal outcomes. When early detection and prevention are not possible, it is critical that outcomes are functional (allowing patients to gain / regain critical aspects of life). Our field continues to strive for novel interventions, via clinical trials, that allow patients to live their best lives.

Panel Discussion Moderators: Heather Shaw Bonilha, PhD, CCC-SLP, Kate Hutcheson, PhD, CCC-SLP and Sudarshan Jadcherla, MD, FRCP (Ireland), DCH, AGAF

**Topics & Speakers:**

**Principles of neuroplasticity and applications to treatment.**
The brain’s ability to change and adapt is vast. Due to the emergence of new technologies, neuroimaging and neurostimulation, we know that there are guiding principles to encourage neuroplasticity with exciting applications for improving patient outcomes.
Heather Bonilha, PhD, CCC-SLP

**Pharmacology of stimulators, modulators, and targets in CP.**
Pharmacology has had an important role for patients with CP for a while, mainly used to manage symptoms of spasticity, stiffness, and pain. Pharmacology can also have direct and indirect roles in increasing neuroplasticity in patients with CP. Direct roles include increasing neurotrophic factors known to encourage plasticity and indirect roles include improving patient function so that they are able to participate in interventions.
Karlo Kovacic, MD, MSc

**Influence of emerging approaches to functional recovery in HNC.** Interventions for Head and Neck Cancer are evolving. With increased success at prolonging life, the goal has turned to improving functional recovery. This session will review emerging approaches to the treatment of HNC and their influence on swallowing function.
Mihir Bhayani, MD and Kate Hutcheson, PhD, CCC-SLP
Prevention is better than cure: A holistic approach for kids needing rehabilitation. Infants referred for chronic tube feeding have reasons for inadequate oral skills. Using precision medicine approaches, provocative manometry techniques, interdisciplinary management, and parent education, it is possible to prevent gastrostomy and or fundoplication procedures. Prevention of chronic tube feeding has superior long term neurodevelopmental outcomes.

Sudarshan Jadcherla, MD, FRCP (Ireland), DCH, AGAF

Diagnostics to optimize treatment selection and development. Various imaging modalities are critical to the diagnosis and appropriate treatment selection for patients with dysphagia and aerodigestive problems. These imaging modalities span from endoscopy and fluoroscopy to manometry and beyond. Diagnostics with strong psychometrics are necessary for comparing current interventions and developing novel treatments.

Mark Kern, PhD

HNC clinical trials in this field: for looking into the future and for ways to incorporate research into a clinical career. While clinical trials offer the ability to test exciting new approaches, they also offer clinicians and clinical researchers access to participating in the research process. Clinicians who are interested in research do not have a clear path for “getting started”. In this era of clinician productivity metrics, it can be difficult to advocate for time for research, even if you understand the research process. Multi-site clinical trials are one approach to provide clinicians with access to participating in high-quality research gaining both professional satisfaction and a research educational opportunity.

Rosemary Martino, PhD, Mario Landera, SLP.D., CCC-SLP, BCS-S and Kate Hutcheson, PhD, CCC-SLP

Q&A – mentee / mentor discussion: Questions to speakers on the presented topics; small group discussions about the application of the ideas presented to the field.

BREAK

Session VI: BE SUCCESSFUL (LUNCH SESSION) Mentor disciplines/diversity groups not represented in Session 3 will each share an inspirational story related to their careers for 10 min.

Moderators: Caryn Easterling, PhD and Mark Nicosia, PhD

Small group table discussions. Mentors and mentees will share about career paths, challenges, hurdles, and success. Each table will present a short summary of discussions from their group, in that way we learn from each other.

The session concludes with a 5-minute mindfulness reboot (demonstrating how one can take a few minutes during a transition period in a workday to re-establish a centered feeling) led by Sudarshan Jadcherla MD, FRCP (Ireland), DCH, AGAF.
Session VII: How to work in a team to manage complex conditions with Dysphagia and Aerodigestive Problems?
Moderators: Mario Landera, SLP.D., CCC-SLP, BCS-S and Francis Edeani, MD

Topics & Speakers:
Teams are critical in healthcare and research. Building and being part of effective teams is necessary for successful patient care and impactful science. This session will address inter-disciplinary aspects related to aspects of teams that are needed to take the field forwards. Caregivers as part of the team for pediatric patients. Caregivers have an essential role in the health and well-being of children. Family-centered care has become a recognized best practice. Caregiver involvement improves patient outcomes by many means including improved communication, development of realistic treatment plans, and increased adherence to treatment plans. This session will discuss essential elements to support caregivers as team members for pediatric patients.

Precious Serna Jensen DO, MPH, FAAP

Caregivers as part of the team for adult patients. Caregivers and other supportive persons can have a large, positive role for adult patients. Support may be emotional, practical, informational, aide in treatment adherence, and improve quality of life. Support is needed in all phases of the cancer process from initial diagnosis, through treatment, and survivorship to help manage the long-term side effects. This session will discuss essential elements to support caregivers as team members for adult patients.

Mario Landera, SLP.D., CCC-SLP, BCS-S

Essential elements of a team. What are the essential knowledge, attitudes, and practices of individuals in the team? We’ve all heard the phrase “teamwork makes the dreamwork” but teamwork takes work of its own. In this session, the elements of a healthcare team are shared along with some tips on best team practices.

Kate Hutcheson, PhD, CCC-SLP

Critical aspects of communication within the team and with the patient. Communication within healthcare teams is necessary for effective and efficient patient care. Equally important is the ability of all members of the healthcare team to communicate with the patient, making them part of the team (when applicable). Good communication requires clarity, i.e., an agreed upon and uniform approach by the team, respect, timeliness, empathy, and cultural competence. When done well, communication can increase patient treatment compliance and improve healthcare outcomes. This session will discuss some critical aspects of communication within the team and with the patient.

Francis Edeani, MD

Q&A – mentee / mentor discussion: Questions to speakers on the presented topics; Questions regarding career planning: What do you need to succeed at your next goals?
BREAK

Session VIII: Be Motivated-Stay Motivated (Tea-Final Session)
Moderators: Sudarshan Jadcherla, MD, FRCP (Ireland), DCH, AGAF and Heather Bonilha, PhD, CCC-SLP
Speakers: Heather Bonilha, PhD, CCC-SLP, Mario Landera, SLP.D., CCC-SLP, BCS-S, Kate Hutcheson, PhD, CCC-SLP, Maggie Kuhn, MD, Francis Edeani, MD, Preceous Serna Jensen DO, MPH, FAAP, Rebecca German, PhD, Linda Rowe, PhD Student

Each speaker shares about how they are motivated and maintain motivation. Speakers select one or two questions from below and respond.

- Moving up with the trajectory of the academic needle - Reaching for the Stars! How to reach there?
- How to build resilience and stay motivated? Describe how to stay motivated and build resilience during challenging times? Describe from speaker’s stories suggested strategies for staying motivated and persistent. Describe a time you struggled to stay motivated, and how you overcame the barrier? What approaches worked and what didn’t?
- How do you balance life and work?
- How do you stay motivated while “balancing” work and life?
- What is your motivation for the profession?

Closing
Sudarshan Jadcherla, MD, FRCP (Ireland), DCH, AGAF and Mark Nicosia, PhD
As was successful in the last 2 years, an unrestricted educational grant was received for funding to support this initiative from Mead Johnson Nutritional Institute.

The 3rd DRS Institute for Education (DRSIE) Fall Conference will appeal to multidisciplinary groups of clinicians and researchers who are in the beginning of their careers with a focus on swallowing and aerodigestive sciences. Please make plans to join us for this exciting in-person and get connected with distinguished mentors!

**REGISTRATION RATES:**
**In-person Attendees**
Submit your application by June 28, 2023 at 12:00pm, CDT.
If accepted, your registration is complimentary!

**MORE INFORMATION AND QUESTIONS**
Please contact the DRS office at drs@affinity-strategies.com.

**DRSIE ADVISORY COUNCIL**
Sudarshan Jadcherla, MD, DCH, FRCP (Ireland), AGAF, Chairman, 2020-2023
Heather Shaw Bonilha, PhD, CCC-SLP
Caryn Easterling, PhD, ASHA Fellow
Rebecca Z. German, PhD
Mark Nicosia, PhD
Rosemary Martino, PhD
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Catriona Steele, PhD, CCC-SLP, S-LP(C), Reg. CASLPO, ASHA Fellow
Doug Van Daele, MD

**CONFERENCE FACULTY & MENTORS**
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Kulwinder Dua, MD
Caryn Easterling, PhD, ASHA Fellow (Co-chair)
Francis Edeani, MD
Rebecca German, PhD
Rachel Hahn Arkenberg, PhD Student
Kate Hutcheson, PhD, CCC-SLP
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Karol Kovacic, MD, MSc
Maggie Kuhn, MD
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Rosemary Martino, PhD
Mark Nicosia, PhD
Linda Rowe, PhD Student
Reza Shaker, MD
Heather Shaw Bonilha, PhD, CCC-SLP (Co-Chair)
Jillian Trabulsi, PhD, RD

Visit the DRS website and submit your application today!!
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