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Impact of Swallowing Exercise in Improving Dysphagia in Women with Head and Neck Cancer: A Literature Review

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Abstract

Statement of the Problem: Head and Neck Cancers (HNC) includes cancer of mouth, pharynx, larynx, paranasal sinuses, nasal cavity and salivary glands. Squamous cell carcinoma is the most common cancer affecting the oral cavity, oropharynx, larynx and hypopharynx as well as the nasopharynx, nasal cavity and paranasal sinuses. Dysphagia is a habitual complication after Chemo Radiotherapy (CRT).

Methods: A search for literature was carried for articles that mentioned HNC, dysphagia and swallowing exercise in Pubmed published from 2017 to 2022. 28 articles were found relevant and suitable for the present review.

Results: Two articles reported swallowing specific exercise to be Mendelsohn's maneuver, Therabite exercises, Neck stretching exercises, Lip protrusion or retraction, Retract tongue, Masako Maneuver and Effortful Swallow. Exercises were performed 10 repetition, 2 times a day for 6 days. The Penetration–Aspiration Scale (PAS) was used as outcome measure.

Conclusion: This literature review emphasized on variability of swallowing exercise types, duration of the procedure, dosages and outcome associate with swallowing. Swallowing exercises can significantly improve swallowing function after CRT treatment.

Biography

Currently, Subhajit Mandal is a student of Masters of Physiotherapy, speciality in Musculoskeletal at Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation (MMIPR), Maharishi Markandeshwar (Deemed to be University), Mullana-Ambala, Haryana, India.

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