What is MDTP (McNeill Dysphagia Therapy Program)?

MDTP is a systematic exercise-based approach to dysphagia therapy in adults. Rather than a specific technique, MDTP is a framework from which to provide individualized therapy to adult patients. This one day intermediate course introduces participants to the conceptual basis of MDTP, provides the results of initial clinical studies documenting functional and physiologic benefits from MDTP intervention, describes in detail the components of MDTP, and provides step by step instruction for the evaluation and treatment of patients receiving the MDTP approach.

What are the basic components of MDTP?

MDTP is based on exercise principles. These are reviewed and explained in this course. MDTP components include a structured and validated clinical and instrumental assessment, application of food hierarchy with clinical decision strategies, and specific recommendations for monitoring patient performance and advancing safe oral intake.

Are modalities used with MDTP?

Though we have used MDTP with NMES and sEMG biofeedback, MDTP is a stand alone clinical approach to dysphagia therapy in adults. While some patients might benefit from application of adjunctive modalities in dysphagia therapy, this course will not address the inclusion of adjunctive modalities.

Who benefits from MDTP?

Our clinical research to date has focused on adult patients who have chronic dysphagia (a minimum of 6 months) and who have ‘failed’ at prior dysphagia interventions (no improvement in safe oral intake). We have used MDTP with patients who survived stroke, head/neck cancer treatment and traumatic brain injury. While not every patient has improved following MDTP intervention, our success rate is over 90% for increased safe oral intake and nearly 70% for removal of feeding tubes in these chronic, treatment refractory patients.

Will I be able to use the MDTP approach after this one-day course?

Yes, the one day course will provide you with all the basics that an experienced clinician needs to conduct MDTP therapy. If you have questions once you start using MDTP, the course instructors are available via email to respond to your questions.

Who is McNeill?

MDTP has been tested in clinical research since 2005. Hannibal McNeill was one of the first patients who volunteered to participate in this line of clinical research. Hannibal had survived both a brainstem stroke and treatment for head and neck cancer. He entered MDTP therapy on a thick liquid diet and left three weeks later eating his favorite food...hamburger and french fries. Nearly two years after completion of therapy Hannibal died from a brain hemorrhage. With the permission of his family, we honored his memory by naming this therapy approach after him.

Michael A. Crary, PhD., (FASHA) is a Professor of Speech-Language Pathology at the University of Central Florida Health Science Center and Director of the Swallowing Research Laboratory. The Swallowing Research Laboratory has funding from the American Cancer Society, corporate contracts, the University of Florida’s Clinical Translational Science Institute, and the NIH. Dr. Crary’s current clinical and research interests focus on swallowing disorders, specifically improving assessment and treatment strategies. Current research projects include studies of the characteristics of dysphagia and related morbidities in stroke patients, outcomes of dysphagia treatment in patients with head/neck cancer or stroke, and outcomes associated with exercised-based therapy and adjunctive modalities in the treatment of dysphagia in adult patients. He has a ling history as a practicing clinician and remains active in patient care. His most recent text is “Dysphagia Management in Adults and Children” with Michael Groher. Dr. Crary is a Fellow of ASHA and has served in the board of SIG 13. Relevant Financial Disclosure: Dr. Crary receives an honorarium and expenses for this MDTP Certification Course.

He has No Relevant Non-Financial disclosures.

Giselle Carnaby, MPH, PhD, SLP/ CCC (FASHA) is an Associate Professor in Behavioral Science and Community Health, and Co director of the University of Central Florida, Swallowing Research Laboratory. She is the Director of the PHD in Public Health at the University of Florida. Her research focus lies in the rehabilitation of swallowing disorders in Head neck cancer and stroke. She specializes in research epidemiology and biostatistics, and has worked extensively in neurology and dysphagia research. Dr. Carnaby is the author of the “Mann Assessment of Swallowing” and a lifetime research scholar of the American Cancer Society. She was recently awarded ASHA’s highest honor; ASHA Fellow, in 2012. Relevant Financial Disclosure: Dr. Carnaby receives an honorarium and expenses for this MDTP Certification Course.

She has No Relevant Non-Financial disclosures.

---

**McNeill Dysphagia Therapy Program (MDTP)**

**An exercise based therapy for swallowing disorders**

**Friday September 23, 2016 Helsinki, Finland**

**CERTIFICATION COURSE**

Space is limited to the first 60 registrants

So register early!!
 Arrival information

The course is held at Orton.

Address
Orton
Tenholantie 10
FI-00280 Helsinki

Orton is located in Ruskeasuo, about 5 km from Helsinki city centre.

Transport options:
Bus 23 runs from outside Helsinki Central Railway Station via Pasila railway station. Its terminus is in front of Orton.
Tram 10 from Helsinki city centre. Walking distance from the Ruskeasuo stop about 400 m.
The nearest railway stations are Pasila and Helsinki Central Railway Station.

If you arrive at Helsinki-Vantaa airport, you can take a taxi straight to Orton or the airport bus to Helsinki city centre; the journey takes about 30–40 minutes.
We recommend that you use public transport.
For timetables, please see Helsinki Region Transport (HSL).

Parking
There are a small number of short-stay parking spaces outside Orton. These are subject to a charge. Tariffs are Mon - Fri 8 am - 5 pm 0.20 €/h (1.00 €/h). You can pay also by debit and credit cards. You need a parking disc (4 h) for on-street parking in Ruskeasuo area.
It is usually easy to find a parking space on a nearby street.

Timed Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 - 9:30 am</td>
<td>MDTP - What is it? How does it differ from what we currently do? AND Current evidence supporting MDTP</td>
</tr>
<tr>
<td>9:30-10:30 am</td>
<td>Exercise principles in MDTP part 1</td>
</tr>
<tr>
<td>10:30-10:45 am</td>
<td>Break</td>
</tr>
<tr>
<td>10:45 - 11:30 am</td>
<td>Exercise principles in MDTP part 2</td>
</tr>
<tr>
<td>11:30 - 12:00 noon</td>
<td>The MDTP Food Hierarchy</td>
</tr>
<tr>
<td>12:00 - 1:00 pm</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:00 - 3:00 pm</td>
<td>Swallowing Assessment and Outcome Protocols for MDTP</td>
</tr>
<tr>
<td>3:00 - 3:15 pm</td>
<td>Break</td>
</tr>
<tr>
<td>3:15 - 5:45 pm</td>
<td>Step by Step Therapy Procedures for MDTP</td>
</tr>
<tr>
<td>5:45 - 6:00 pm</td>
<td>Questions and Answers</td>
</tr>
</tbody>
</table>

Objectives:

Upon completion of this course participants will be able to...
1. Describe the components of MDTP therapy and differentiate this approach from more traditional therapy.
2. Describe current clinical research supporting MDTP therapy.
3. Explain how MDTP uses exercise principles to improve swallow function.
4. Explain physiologic changes in swallowing that may result from various foods/liquids.
5. Use specific clinical tools in the evaluation of patients for participation in MDTP therapy.
6. Conduct MDTP therapy sessions and monitor patient progress and outcome.

Registration:

Registration is made to jenny@hypoglossus.fi. Deadline for registrations is 10.5.2016. Course fee is 400€. The course is to be paid by 31.5.2016. Information on how to pay the course is sent in a separate e-mail. Registration is binding and non-refundable. Space is limited to 60 participants. The course language is English. At the beginning of the course participants are to sign a confidentiality agreement regarding MDTP. Course fee includes lunch and refreshments at coffee breaks.

The course is organised by the Finnish dysphagia rehabilitation society, which is a non profit society. The society has previously organised courses in DPNS, LSVT, FEES and VitalStim to name a few. The MDTP course is the first one in Scandinavia. In Europe it has previously been held in England and Holland.