An Immersive and Simulation-Based Learning Approach to a Flexible Endoscopic Evaluation of Swallowing (FEES) Training Course

Jennifer Kizner, BCS-S, CCC-SLP
Clinical Specialist in Head and Neck Oncology, Stanford Healthcare

Sandra Deane, BCS-S, CCC-SLP
Clinical Specialist in Acute Care Rehabilitation, Stanford Healthcare
Introduction

Swallowing disorders may result in:

- Life threatening conditions
- Prolonged hospitalizations
- Increased costs
- Reduced QOL for patients
- Mortality
Swallowing Assessment

Speech Language Pathologists conduct

➢ Clinical Bedside swallowing Assessments
➢ Objective Instrumental Assessments:

Flexible endoscopic Evaluation of swallowing (FEES)
Modified Barium Swallowing Study (MBSS)
Swallowing Evaluation in Acute Care

- It is imperative to evaluate an acute care pt’s swallowing function in a timely manner in order to make safe swallowing/diet recommendations and assess risk for aspiration pna.
- FEES is a clinical tool that we can bring to the bedside and quickly and efficiently assess swallowing function.
- Can be used as an evaluation tool or a biofeedback tool for therapy to ensure correct use of recommended swallowing strategies/maneuvers.
FEES
Simulation based FEES Course Outline

✓ Learning in a safe environment
✓ Incorporated class presentations
✓ Interactive case presentations
✓ Scoping practice on head models
✓ Scoping demonstration and practice with ENTs
✓ Simulation based FEES exam
✓ Debriefing
✓ Review of objectives
Course Lecture
Course Lecture
Scope Practice: head models
Acute Care Room: set up
Group Scoping Assignments

**Group #1**
- Patient: Patients
- Endoscopist: Mechler
- Note Taker: LK060
- Feeder/Asst: LK053
- Family member: LK057
- Nurse: LK060

**Group #2**
- Patient: Patients
- Endoscopist: Debbie Kutch
- Note Taker: LK060
- Feeder/Asst: LK053
- Family member: LK057
- Nurse: LK060

**Group #3**
- Patient: Patients
- Endoscopist: LK060
- Note Taker: LK053
- Feeder/Asst: LK057
- Family member: LK060
- Nurse: LK060

**Group #4**
- Patient: Patients
- Endoscopist: LK060
- Note Taker: LK053
- Feeder/Asst: LK057
- Family member: LK060
- Nurse: LK060

**Times**

- Debrief – Groups #1 and #2: LK060
  - 2:15 – 2:35
- Debrief – Groups #3 and #4: LK057
  - 2:40 – 3:00
- Debrief – Groups #1 and #2: LK060
  - 3:05 – 3:25
- Debrief – Groups #3 and #4: LK057
  - 3:30 – 3:50
- Debrief – Groups #1 and #2: LK060
  - 3:55 – 4:15
- Debrief – Groups #3 and #4: LK057
  - 4:20 – 4:40

**Wrap Up**
- 4:40 – 5:00

**Course Development**
- Jennifer Kizer
- Sandra Deane
Walk through: control room
ENT Demonstration/Assistance
FEES examination
Supervised Scoping Practice
Observation
Debriefing
Course Objectives Met

✓ Improved understanding of anatomical abnormalities
✓ Improved interpretation skills
✓ Guidelines for setting up a comprehensive FEES program
✓ Hands on training
✓ Improved scoping skills
✓ Improved confidence with scoping
✓ When to do a FEES vs VFSS
✓ Pediatric scoping and review of challenges
Survey Data

Would you recommend the Stanford FEES course to a colleague?

- Recommended: 91%
- Highly Recommended: 9%

Source: Stanford Health Care FEES Course Survey, April 2016
Dysphagia Research Society: Poster