

From Theory to Practise

*An Innovative SLT Dysphagia training
programme for NQTs*

Mark Livingstone & Tal Roskies



Reasons for NQT

- NQT not dysphagia trained
- Aware of competitive job market for Band 5 posts

Reasons for SLT service

- Difficult to recruit to Band 6
- Offering Band 5/6 run through posts
- Income generation



Theory component

- 1 week theoretical intensive
- Based on RCLST Dysphagia Competency Framework (Level C)
- Offered up to 12 people per course
- ½ day practical/shadowing
- Course developed and written by SLT's at the Whittington



Course Outline

- 1 week theoretical intensive
- Based on RCLST Dysphagia Competency Framework (Level C)
- Offered up to 12 people per course
- ½ day practical/shadowing



- Neurophysiology and Biomechanics of Normal Swallowing
- Introduction to dysphagia
- Clinical bedside assessment
- Instrumental Assessment
- The Relationship between the Oesophagus & the Pharynx
- Management of dysphagia
- Role of Dietician
- Role of Physiotherapist
- COPD and dysphagia
- Ethics and Risk Management
- Case studies and practical



Practical component

- 2 ways of implementing
 - 8 week intensive via honorary contract
 - Band 5/6 run through post with NQT
- Aim to achieve Level C of RCSLT Dysphagia Competency Framework
- Those on 8 week intensive required to have ongoing clinical supervision in own place of work post course



Practical component

How do we achieve competencies

- NQT shadowing therapist
- Therapist observing NQT
- NQT independently carrying out assessment/management with close supervision
- Regular 1:1 supervision
- NQT keeping own evidence
- Completion of case study with EBP

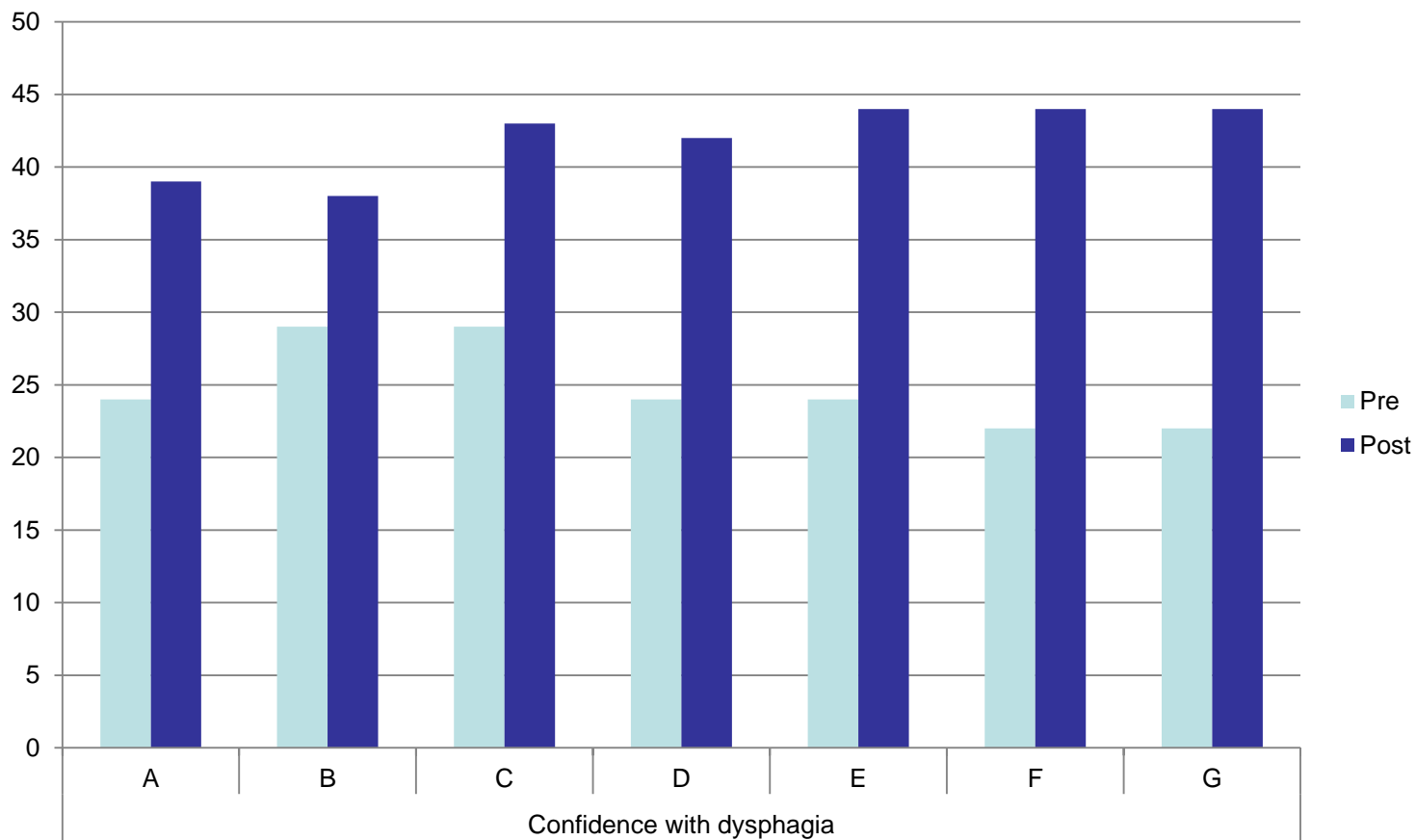


Confidence in Dysphagia

A	Confidence in knowledge of neurology of swallowing
B	Confidence in seeing a dysphagia patient independently
C	Confidence in carrying out bedside assessment
D	Confidence in interpreting results of bedside assessment
E	Confidence in knowledge of management options for dysphagia
F	Confidence in selecting appropriate management for patients
G	Confidence in own knowledge and skills to assess and manage a patient with dysphagia independently



Outcomes



'Real world approach'

'Enjoyed the intimate tutorial style of the course rather than lecture based course'

'I feel even though the course is aimed at a new grad level it has helped fill in the gaps in my knowledge and understanding of dysphagia'

'Brilliant that the course is targeted at practical application'

'Mark and Lauren were brilliant and hosts and teachers and very knowledgeable'



Thank you

Whittington Health 

Lauren Harnett – Speech and Language Therapist

Judith Jackson – Clinical Manager Speech and Language Therapy



First hand experience...

Whittington Health



- *Applying for the job*
- *My introduction week*
- *The dysphagia training course*
- *Working with patients with dysphagia after the course- from shadowing to independent practice*
 - *What helped?*
 - *What didn't help?*



Positives

- Grow your own therapist
- Recruitment and retention – found people stay longer in post
- Rewarding
- Interactive week leading to new evidence in field of dysphagia

Challenges

- Time consuming – pre and during
- Pressure on wider SLT team when course being run
- Time limitation of 8 weeks
- Tiring on therapist conducting lectures – adaptations made



Whittington Health
Magdala Avenue
London
N19 5NF
7272

Tel: 020 3070

Fax: 020 7288 5550

Website: www.whittington.nhs.uk

