

Clinical Nutrition Highlights

eNewsletter



Resources for nutritional management of patients with COVID-19

INTRODUCTION

COVID-19 has a relevant impact on swallowing function¹.

The prevalence and risk of Oropharyngeal Dysphagia (OD) is high among patients with and post COVID-19^{1,3}. It is a common complication in patients with acute respiratory infection, pneumonia and respiratory insufficiency with a severe disease, and after intubation or mechanical ventilation in those who are critically ill.^{1,4,5} Increased coughing or shortness of breath can contribute to difficulties in swallowing and can cause weakness in the tongue/throat leading to an ineffective swallow⁴.

Elective, non-urgent assessment in swallowing function in COVID-19 OD patients may be temporarily postponed, as the risk of aerosol generation and infection is high. Compensatory treatments are recommended, and nasogastric tube placement is suggested if oral feeding is considered unsafe.^{1,5}



AIM

To offer a structured compilation of relevant clinical guidelines and recommendations published on COVID-19 and OD.

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A GUIDELINES PUBLISHED BY SOCIETIES ON THE MANAGEMENT OF OROPHARYNGEAL DYSPHAGIA

Dysphagia Research Society (DRS)

COVID-19 Information and Resources: Risk Management of AGPs for Dysphagia Care May 2020

Professional resources for the dysphagia management of individuals with SARS-CoV-2. Includes educational resources, clinical educational and practice materials, links to professional association recommendations, and research published related to COVID-19.

[See Publication](#)

European Society for Swallowing Disorders (ESSD)

ESSD commentary on dysphagia management during the COVID pandemic Continually updated

Considerations for dysphagia management based on an evolving body of literature, front-line information from this early stage pandemic and statements from several national and international health care societies. May require individualization based on region, facility, resources, and patient-specific factors.

[See Publication](#)

Société Française d'ORL et de Chirurgie de la Face et du Cou (SFORL)

Guidelines of clinical practice for the management of swallowing disorders and recent dysphonia in the context of the COVID-19 pandemic May 2020

Recommendations for the professionals managing the COVID-19 patients regarding swallowing evaluation and strategies for nutritional management.

[See Publication](#)

The American Speech-Language-Hearing Association (ASHA)

Dysphagia and telepractice during COVID-19 and beyond May 2020

Clinical considerations for implementing telepractice in COVID-19 patients with dysphagia across different practice settings.

[See Publication](#)

Speech Pathology Australia (SPA)

Speech Pathology Australia guidance for service delivery, clinical procedures and infection control during COVID-19 pandemic Continually updated

This statement aims to provide in-principle guidance relating to speech pathology service delivery, clinical procedures and infection control to minimize virus transmission. It includes the elements of the clinical bedside swallow assessment and dysphagia therapy during COVID-19.

[See Publication](#)

Royal College of Speech and Language Therapists (RCSLT)

Aerosol generating procedures, dysphagia assessment and COVID-19. Royal College of Speech and Language Therapists April 2020

This review has focused on clinical (bedside) swallowing assessment only and aimed to review the risk of COVID-19 transmission through aerosol emissions.

[See Publication](#)

Nederlandse Vereniging voor Logopedie en Foniatrie (NVLFF)

Fact sheet COVID-19 Continually updated

Recommendations for the assessment and treatment by speech-language therapists of hospitalized patients or clients with (suspected) infection with the coronavirus causing COVID-19.

[See Publication](#)

Speech-Language & Audiology Canada (SAC)

Dysphagia Assessment and Treatment During the COVID-19 Pandemic: Lessons Learned from the Transition to Telepractice May 2020

Practical guidance for clinicians who are considering adopting telehealth solutions for dysphagia management.

[See Publication](#)

Associação de Medicina Intensiva Brasileira (AMIB)

Recomendações do Departamento de Fonoaudiologia da AMIB referente ao atendimento aos pacientes portadores ou com suspeita de COVID-19 na terapia intensiva e no ambiente hospitalar May 2020

Recommendations for instrumental swallowing evaluation in COVID-19 patients.

[See Publication](#)

Irish Association of Speech and Language Therapists (IASLT)

IASLT COVID -19. Updated Guidance for IASLT Members Continually updated

Guidance for Speech and Language Therapist to support members in keeping safe and informed while delivering safe and effective care to patients and service users during the COVID-19 pandemic. It includes and specific section with considerations for Clinical Dysphagia Examination as an AGP.

[See Publication](#)

European Society for Parenteral and Enteral Nutrition (ESPEN)

ESPEN expert statements and practical guidance for nutritional management of individuals with SARS-CoV-2 infection March 2020

In the current document, the ESPEN includes recommendations for dysphagia management of patients post-mechanical ventilation.

[See Publication](#)

B GUIDELINES PUBLISHED BY EXPERT GROUPS

Buckinghamshire Healthcare NHS (UK)

Dysphagia Guidance & COVID 19

Analysis on the potential impact of a COVID 19 diagnosis on swallowing. Indicators are provided.

[See Publication](#)

Mataró's Hospital Multidisciplinar Dysphagia Team (Spain)

Basic procedures to assess and treat oropharyngeal dysphagia (OD) in patients with COVID-19 infection Continually updated

Expert opinion and practical guidance with 10 points to advise and guide speech language pathologists, nurses, physicians, dietitians and healthcare professionals in the assessment and treatment of COVID-19 infected patients with OD or at risk of OD.

[See Publication](#)

Hospital Universitario 12 de Octubre, Madrid (Spain)

Posicionamiento sobre los procedimientos en disfagia orofaríngea en pacientes COVID-19 Continually updated

Position statement and practical guidelines with 10 key recommendations for clinicians for managing patients suffering from oropharyngeal dysphagia with (at risk) of COVID-19.

[See Publication](#)

Virtual Dysphagia Evaluation. Hospital of the University of Pennsylvania, Philadelphia (US)

Virtual Dysphagia Evaluation: Practical Guidelines for Dysphagia Management in the Context of the COVID-19 Pandemic May 2020

Practical recommendations for dysphagia evaluation with modifications to allow a safe and comprehensive assessment in COVID-19 patients. It includes an algorithm on virtual evaluation of patients via telemedicine technology.

[See Publication](#)

Review article: Frajkova Z, Tedla M, Tedlova E, Suchankova M, Geneid A. Dysphagia. 2020;28: 1–9.

Post-intubation Dysphagia During COVID-19 Outbreak-Contemporary May 2020

Article that summarizes available information on possible mechanisms of post-intubation dysphagia and key recommendations regarding the diagnosis and management in these patients.

[See Publication](#)

REFERENCES

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2. Barazzoni R et al. ESPEN expert statements and practical guidance for nutritional management of individuals with SARS-CoV-2 infection. Clin Nutr 2020. pii: S0261-5614(20)30140-0.
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