

Efficacy of a customized thickening agent compared to the standard in reducing dehydration in individuals with dysphagia. The synergy of creative cooking and the cross-sectional, multidisciplinary dialogue between professionals about dysphagia.

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Introduction

Oropharyngeal dysphagia is a swallowing disorder. Its prevalence in Spain is higher than 4.3%.

Individuals with dysphagia often reject water thickened with any pharmacological agent.

Hospital de Palamós and La Masia (I&R) the research department of El Celler de Can Roca, began working together to develop a customized thickening agent.

The objective of this study is to **evaluate the efficacy** of the customized **thickening agent** compared to the **standard thickening agent** in increasing water intake (reducing dehydration) and satisfaction with respect to organoleptic characteristics.

Material and Methods

Study population: Hospitalized individuals with dysphagia, without cognitive impairment or nasogastric tube.

Sample: Accepting a 5% alpha risk and 80% power in a two-sided test, 23 subjects were required in each group, control group (GC) and intervention group (GI).

Variables: Sociodemographic and clinical variables, dysphagia was assessed using the clinical volume-viscosity test MECV-V and satisfaction regarding the sensory characteristics of the thickening agent.

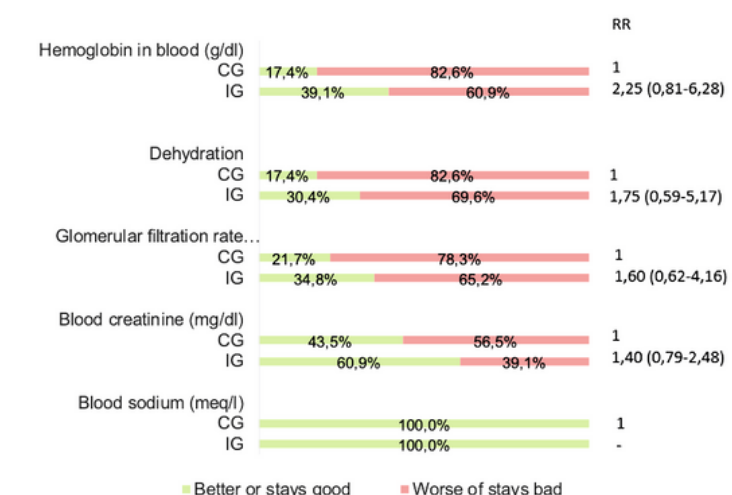
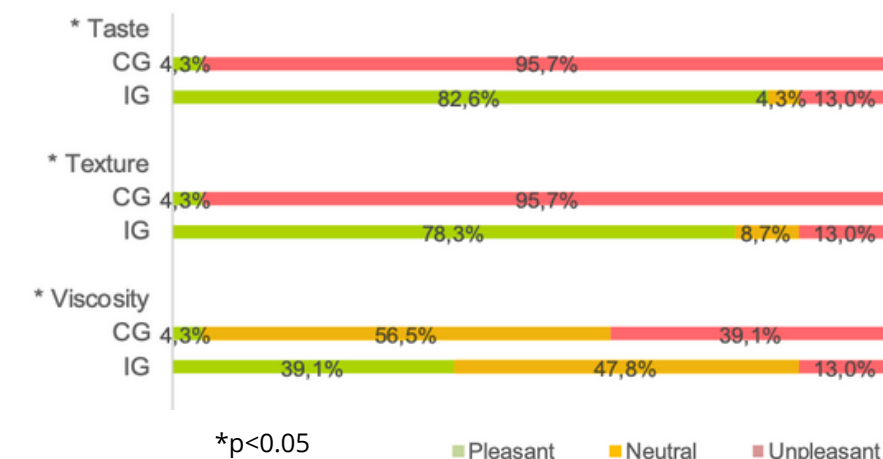
Data collection and recording method: Data were obtained through review of electronic medical records and survey, and recorded in pseudonymized databases using REDCap.

Statistical analysis: Analysis was conducted using SPSS 26 and included frequencies and relative risk (RR) with a 95% confidence interval.

Results

In the GC and GI, half of the participants were male (47.8% vs. 52.2%), and the majority were aged ≥ 85 years (60.9% vs. 73.9%). The majority of participants, consumed nectar consistency (95.7% vs. 95.7%), low volume (60.9% vs. 60.9%), and experienced dehydration (78.3% vs. 73.9%).

The customized thickening agent improved dehydration nearly twice as much as the traditional one, although not statistically significant (RR=1,75(0.59-5.17)), and it was better rated.



If you want to see the video

