



Cyprus
University of
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Faculty of Health
Sciences

Bachelor's Thesis

**TREATMENT OUTCOMES OF A DYSPHAGIA
REHABILITATION PROGRAM IN A YOUNG ADULT
WITH EXCISED TONGUE CANCER**

Vasiliki Tougiountzi

Limassol, May 2022

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Supervisor

Dr. Anastasios M. Georgiou

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The approval of the thesis by the Department of Rehabilitation Sciences does not imply necessarily the approval by the Department of the views of the writer.

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ABSTRACT

This case study aims to administer a speech therapy program on a young adult with dysphagia, which resulted from his tongue cancer. After the tumor was removed from the tongue, a gastrostomy was placed on the participant and after 4 months the speech therapy program was started. This program was followed for 2 months and included the use of Kinesio tape (KT), myofunctional exercises, as well as chewing and swallowing exercises, tactile stimulation, and thermal tactile stimulation (TTS). These exercises were performed not only during the treatment session, but also at home by the participant himself. To get the right results, an initial evaluation and a re-evaluation were performed at the end of the program. The evaluation included Bedside clinical assessment, palpation of the oral cavity, neck and the Eating Assessment Tool (EAT-10), Dysphagia Handicap Index (DHI), and Functional Oral Intake Scale (FOIS). In the results part, tables are presented for a clearer comparison of the abilities and difficulties of the participant before and after the completion of the program. The results showed that through the combination of the above exercises the participant no longer has a problem with dysphagia. The findings of the present study are consistent with several studies in the literature, but there are opposite cases too. In conclusion, the combination of the above tools and exercises, within a period of 2 months, can reduce dysphagia problems.

Keywords: Dysphagia, tongue cancer, speech and language therapy, case study.