

## **Dysphagia: Top 10 adult research priorities**

1. Does the use of thickener in fluids reduce aspiration pneumonia and/or improve hydration and/or quality of life in adults with dysphagia?
2. What is the feasibility of predicting aspiration pneumonia (pneumonia associated with food or liquid going into the lungs rather than the digestive system) in adults with dysphagia who have capacity to consent and are at risk of aspiration on all food consistencies?
3. Are training programmes for carers/staff in eating, drinking and dysphagia in dementia effective in (a) improving referrals to speech and language therapy, (b) reducing hospital admissions for dysphagia-related illness and (c) improving health and wellbeing outcomes for people with dementia and dysphagia?
4. What is the prevalence and nature of dysphagia in adults with respiratory conditions over time?
5. What is the prevalence and nature of dysphagia in different types and stages of dementia when compared with normal ageing?
6. Do interventions to promote oral hygiene improve health and wellbeing outcomes in adults with dysphagia following a stroke?
7. What is the clinical and cost effectiveness of modified diets and/or thickened fluids for elderly adults with dysphagia?
8. Can expiratory muscle strengthening (training exercises to increase the strength of respiratory muscles for improving cough and swallow functions) reduce chest infections in (a) head and neck cancer and (b) stroke patients with dysphagia?
9. What is the role of the speech and language therapist in end of life care for people with dysphagia?
10. How does modifying the texture, flavour and temperature of food improve health and wellbeing outcomes and patient experience in adults with dysphagia?