INTRODUCTION

SLPs employ many strategies when working with adults to address feeding and swallowing disorders. From evaluation through treatment, SLPs must consider the impact of alterations to foods, liquids, positioning, and more on swallowing efficiency and safety. This journal self-study investigates what impact the addition of barium to a bolus during a videofluoroscopic swallowing study has on swallowing behaviors; exactly what happens to the swallowing process when the chin-down posture is employed as a compensatory strategy; and how assisted feeding may affect swallowing. Clinicians will come away with a much better explanation of the physiological and functional changes that occur when they make bolus, head position, or feeding situation changes. The articles make specific recommendations about the appropriateness of the chin-down posture for specific types of patients, depending on the difficulties they are having during the swallow. Practical suggestions also are made for how to address some of the problems that are introduced by feeding assistance.

LEARNING OUTCOMES

You will be able to:
- summarize the impact on swallowing behaviors of adding barium to liquids
- describe the rationale for using a chin-down posture during swallowing
- discuss what happens physiologically to swallowing structures when the chin-down posture is used
- explain how assisted feeding affects the swallowing process
- describe how to maximize the benefits of the chin-down posture and feeding assistance in patients with swallowing difficulties

CONTENTS

Barium Versus Nonbarium Stimuli: Differences in Taste Intensity, Chemesthesis, and Swallowing Behavior in Healthy Adult Women, by Ahmed Nagy, Catriona M. Steele, and Cathy A. Pelletier .................................................. CE-1

Supplemental Materials ........................................................................................................... CE-11

Mechanisms of Airway Protection During Chin-Down Swallowing, by Phoebe Macrae, Cheryl Anderson, and Ianessa Humbert ......................... CE-20

The Sequence of Swallowing Events During the Chin-Down Posture, by Jennifer L. Young, Phoebe Macrae, Cheryl Anderson, Isha Taylor-Kamara, and Ianessa A. Humbert ................................................................. CE-28

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The Effects of Age and Preoral Sensorimotor Cues on Anticipatory Mouth Movement During Swallowing, by Samantha E. Shune, Jerald B. Moon, and Shawn S. Goodman ................................................................. CE-40

PROGRAM HISTORY and IMPORTANT INFORMATION

**Original start date:** April 7, 2016  
**Peer reviewed:** June 7, 2017  
**End date:** June 7, 2022

To earn continuing education credit, you must complete and submit the learning assessment on or before **June 7, 2022**.

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This course is offered for **0.3** ASHA CEUs (**Intermediate** level, **Professional** area).