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The effectiveness of oral hygiene care program in improving swallowing function for dysphagia of patients after stroke

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Problem: In order to achieve good therapeutic effect of swallowing, we find that the obstruction factors of swallowing treatment are oral residual sputum and neglect oral hygiene. Before treatment, oral care can not only improve oral hygiene and remove sputum, but also improve oral sense, dry mouth and saliva Flow, and thus promote appetite.

Purpose: To improve the effective of oral hygiene of hospitalized stroke dysphagia patient, and to evaluate the effect of oral hygiene care program on stroke swallowing therapy.

Methods: This study intends to adopt Randomized Clinical Trials (RCT), using purposive sampling at a teaching hospital in northern Taiwan, and choosing adults 50 years or older as the subjects in two rehabilitation wards. This sample will then be randomly divided people into experimental group (n=30) and control group (n=30). In the control group, providing original swallowing treatment and health education for patient. The experimental group was added oral care program before the swallowing treatment. To evaluate swallowing function for hospitalized stroke swallowing therapy patient by swallowing frequency and functional oral intake scale.

Result: After oral hygiene care program for three weeks(21 days), swallowing frequency improved significantly in the intervention group, compared to the control group ($p < 0.05$). After oral hygiene care program for two weeks(14days) and three weeks(21 days), all of which has significant improvement in functional oral intake($p < 0.05$).

Conclusion: The use of oral hygiene care program can

improve the effectiveness of original swallowing treatment.

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Biography

Chen, Hsiao-Jung is Ph. D. student from Chang Gung University, Tao-Yuan, Taiwan. She has published 5 papers in journals and 2 poster.

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