

Five-day interprofessional course in theory and practice on the assessment and treatment of the oral tract and face in patients with central lesions, including neurogenic dysphagia. In this course the basic knowledge of the F.O.T.T.[®] concept by Kay Coombes is taught. It includes an e-learning module. The F.O.T.T.[®] Ground Course for carers is designed for daily professional care of patients and integrates aspects of oral and facial care and relates to patients with aspiration risk, swallowing problems and/or impairments of food intake.

Target group

Nursing specialists, nurses, carers, caregivers, healthcare assistants, geriatric nurses (curative education nurses, nursing assistants after consultation with the course leader), as well as occupational therapists, speech and language therapists, physiotherapists and doctors.

Eligibility requirements

- Completed professional training in one of the above-mentioned medical professions.
- Work with patients suffering from neurological disorders of the facial-oral tract (e.g., problems with swallowing, food intake, facial movements, oral hygiene, breathing and voice) including their nursing care and treatment.
- Basic skills in handling, transferring and positioning patients with typical neurological movement impairments.
 - > A Bobath course or an introduction to the Bobath concept is helpful but not a prerequisite.

Course leaders/number of participants

2 F.O.T.T.[®] Instructors with a maximum of 18 participants or 1 F.O.T.T.[®] Instructor with a maximum of 12 participants

Course Objectives

- Develop an understanding of the relationship between posture and movement and facial-oral functions.
- Apply principles, methods and techniques in the examination and treatment of patients and modify them according to their needs.

Course content

- Anatomy and physiology of the facial-oral tract.
- Function and activity-oriented treatment approaches in the context of everyday life for typical sensory-motor impairments of neurogenic cause (e.g., problems with swallowing saliva, food intake, with breathing, as well as voice and facial expression).

Methods

- Teaching of theory, practical work of the participants with each other supervised by the course instructor, self-experiences.
- Presentation of patients by the course instructor followed by clinical reasoning.
- Examination and treatment of patients by the course participants supervised by the course instructor and subsequent video analysis.