



ESSD Pre-congress course 7:

Nutrition and Dysphagia

Date: 8th October 2025 (Wednesday)

This one-day workshop will cover the topic of nutrition and dysphagia across different age groups and clinical conditions. With a focus on the intricate link between dysphagia and malnutrition, our objective is to highlight the pivotal roles of healthcare professionals and caregivers in effectively identifying, assessing and managing nutrition-related symptoms for individuals with dysphagia. In this workshop, we will discuss the screening and assessment tools for nutritional disorders and management strategies for optimal nutrition care for individuals with dysphagia. There will also be a hands-on workshop dedicated to food texture modifications, providing insights into practical approaches on food texture modifications for enhancing adherence to the interventions of those with dysphagia.

Programme

| Time | Topics | Content | Speaker |
|--|--|---|---------------------|
| Session 1: Introduction to Dysphagia and Nutrition | | | |
| 08:30 – 09:00 | Registration | | |
| 09:00 – 09:30 | Introduction to dysphagia | Pathophysiology, symptoms, screening and assessment | Ivy Cheng |
| 09:30 – 10:00 | Nutrition screening and assessment in children | Importance of Nutritional Screening & assessment with validated tools and diagnostic algorithms in children | Christine Katsagoni |
| 10:00-10:30 | Nutrition screening and assessment in adults | Importance of Nutritional Screening & assessment with validated tools and diagnostic algorithms in adults | Meropi Kontogianni |
| 10:30 – 10:45 | Coffee break | | |
| Session 2: Management of dysphagia | | | |
| 10:45 – 11:00 | Dysphagia management- the role of the SLP | Overview of dysphagia treatments | Ivy Cheng |
| 11:00-11:15 | Nutritional management of dysphagia | Brief presentation of the main objectives of the nutrition interventions in patients with dysphagia | Eirini Bathrellou |
| 11:15 – 12:15 | IDDSI demonstration | IDDSI demonstration | Luis Riquelme |
| 12:15 – 13:00 | Lunch break | | |

| Session 3: Implementing the nutrition care process in cases with dysphagia | | | |
|---|---|--|---------------------------|
| 13:00 – 13:45 | Nutritional management of patients with neurological conditions | Nutritional goals and interventions for patients with dysphagia and various neurological conditions | Sreemathy Venkatraman |
| 13:45 – 14:30 | Nutritional management of patients with cancer | Nutritional goals and interventions for patients with cancer | Alexandros Tsigkas |
| 14:30 – 14:45 | <i>Coffee break</i> | | |
| 14:45-15:15 | Interdisciplinary Communication & Management in Dysphagia | 1. The roles of multidisciplinary team in nutritional management 2. How often and feasible these teams are in the current healthcare contexts | Sreemathy Venkatraman |
| 15:15 – 16:45 | Case studies and practical considerations | Discussions on cases and their management | Sreemathy Venkatraman |
| 16:45 – 17:00 | Closing remarks | To raise awareness about how to move forward in the healthcare systems | Ivy Cheng & Emilia Michou |

Speakers:

Eirini Bathrellou, PhD, Dietitian-Nutritionist, Teaching and Research Assistant, Harokopio University of Athens, Greece

Ivy Cheng, PhD, Assistant Professor of Speech-Language Pathology, University of Hong Kong

Christine Katsagoni, PhD, Assistant Professor of Clinical Nutrition in Children & Adolescents, International Hellenic University, Thessaloniki, Greece

Meropi Kontogianni, PhD, Professor of Clinical Nutrition, Harokopio University of Athens, Greece

Luis F. Riquelme, Ph.D.,CCC-SLP, BCS-S, F-ASHA, Co-Chair, Board of Directors of International Dysphagia Diet Standardisation initiative (IDDSI)

Alexandros Tsigkas, Msc, Dietitian-Nutritionist, Research Associate, Harokopio University of Athens, Greece

Sreemathy Venkatraman, MSc, P.G. DND, CDE, CBN-Chief Clinical Dietitian, Trustwell Hospitals, Bangalore, India

Emilia Michou, PhD, Assistant Professor, Department of Speech Language Therapy University of Patras, Patras, Greece; 15th ESSD Congress President