



ESSD Pre-congress course 7: Nutrition and Dysphagia

Date: 8th October 2025 (Wednesday)

Venue: Onassis Foundation (7th Floor)

Address: Leof. Andrea Siggrou 356, Kallithea 176 74, Greece

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	<i>Lunch break</i>		
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 & Christine Katsagoni
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