

CLINICAL PARAMETERS OF DYSPHAGIA AMONGST A GROUP OF ELDERLY IN AN OLD FOLK'S HOME IN MALAYSIA

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ABSTRACT

This study looks at the clinical parameters that were present in a group of elderly in an Old Folk's Home in Malaysia and the severity of these clinical parameters amongst these individuals. This study was conducted with the participation and consent of 14 inmates of an Old Folk's home in Ipoh, Malaysia. The information was collected through meal-time observation, interviews and oral examination. The Subscale-2 of the New Zealand Index of Multidisciplinary Evaluation of Swallowing (NZIMES) was used in this study. This group of elders presented with the following clinical parameters of dysphagia: weight loss, poor food intake, non-oral route of intake, history of pneumonia, presence of newurologic signs, dependency in self-feeding, dependency and poor oral care, poor attention, cognitive cueing and the need for supervision during meal time. However, this group of elderly did not have respiratory problems that need respiratory intervention and support. From this study, the severity of the clinical parameters was observed to be linked with the overall health status of the individual. However, due to the lack of medical documentation, this study was unable to look into the association of the exact medical condition of each individual and the clinical parameters of dysphagia. In conclusion, clinical parameters of dysphagia exist among this group of elderly in a Malaysian Old Folk's home and the severity is observed to be linked to the overall health status of the individual.

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