The Role of NMES and sEMG in Dysphagia Management and Neurogenic Disorders across the Lifespan

11th -13th June 2016, Athens
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The Workshop

Stark & Watson, Egersis Medical Rehabilitation Team and Filoktitis Medical Rehabilitation Center are happy to welcome you to the 3-day Workshop: “The Guardian Way: The Role of NMES & sEMG in Dysphagia Management across the Lifespan: Adult & Pediatric Population” to be held between 11th and 13th of June 2016, in Filoktitis Medical Rehabilitation Center, Athens, Greece.

The Guardian Way™ is a fundamentally different approach for the treatment of dysphagia utilizing the fundamentals of Neuromuscular Electrical Stimulation (NMES) and Surface Electromyography (sEMG).

The Guardian Way™, developed by expert speech-language pathologists, Teresa Biber-LoMonte and Marissa Barrera, is a fundamentally different approach for the treatment of dysphagia across the lifespan. Guardian Therapy uses Neuromuscular Electrical Stimulation (NMES) and surface electromyography (sEMG) to promote improved strength, timing and reeducation of swallowing musculature in an engaging, interactive format.

This 3-day certification course teaches clinicians the underlying key scientific principles including electrophysiology, surface electromyography, neuromuscular retraining and biofeedback, anatomy/physiology, etiological concerns, efficacy data supporting treatment outcomes, treatment application for both adult and pediatric clinical populations, as well as hands-on practice, and practical considerations. The impact of NMES treatment on cortical re-organization from pre/post neural imaging data will be presented. An analysis of the historical and current evidence will also be shared.

Workshop’s official language is English.

Organizing Company

Stark & Watson
Improving Health. Caring for Life Quality
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Learning Outcomes

✓ Define NMES and describe the properties of electrical stimulation and its impact on muscle tissue
✓ Define sEMG and describe its function in analyzing and recording the electrical energy of muscle movement
✓ Identify the medical conditions for which NMES is indicated for the treatment of dysphagia
✓ Determine the candidacy criteria for the use of NMES in the treatment of dysphagia
✓ Identify the characteristics of NMES stimulation and discuss the importance of the properties of electrodes
✓ Discuss and demonstrate the application of the The Guardian Way® therapeutic protocol in the treatment of dysphagia
✓ Describe and justify why there is a need for traditional swallowing exercises in conjunction with NMES
✓ Explain why adjustable electrical stimulation parameters maximize therapeutic outcomes
✓ Demonstrate effective communication skills for patient education regarding the treatment of dysphagia and the use of NMES and sEMG

Lab- Clinical Skill Development

✓ Participants will gain hands on experience and be trained in the correct placement of electrodes for both adult and pediatric clinical populations
✓ Each participant will be observed from the training course instructors
The Guardian Way™ uses a protocol, which utilizes fundamental electrophysiological principles of NMES that have been used successfully for over thirty years in neurorehabilitation and applies these principles to the treatment of dysphagia across the lifespan.

Guardian Therapy is a non-invasive, painless treatment administered by a certified speech-language pathologist that utilizes a small portable stimulator that generates customizable electrical pulses. These pulses flow through a wire (lead) to a pair of small pads (electrodes) placed in the space right under your chin known as the submental region. The electrical current passes through the electrodes into the body and stimulates the motor nerves that results in a muscle contraction. Treatment sessions last only 30 minutes long and use of Guardian Therapy can re-educate muscles, prevent muscle disuse atrophy, strengthen weak swallowing muscles, reduce the occurrence of aspiration, and increase the speed of swallowing.

This highly efficacious treatment technique is safe, affordable, painless and can prevent the occurrence of deadly complications. The goal in the rehabilitation of dysphagia should be to restore swallow function to the highest level possible in order to prevent further complications and promote optimal quality of life.

In short, Guardian is ...

A clinical philosophy, not a device, driven by passion and innovation
A method and tool designed by clinicians for clinicians
A never ending quest to address the specific needs of specific populations

Always about the patient!
Marissa A. Barrera, MS, MPhil, MSCS, TSHH, CCC-SLP, PhD(c) is an internationally recognized Medical Speech-Language Pathologist and Multiple Sclerosis Certified Specialist. She is a Professor of Acquired Motor Speech and Swallowing Disorders and co-founder of The Guardian Way®. Marissa has extensive training in the evaluation and treatment of individuals with neurological conditions and is a leading expert on the use of NMES for swallowing treatment.

As a respected researcher and author, Marissa has lectured around the globe on a wide range of clinical care topics ranging from dysphagia, NMES, motor speech disorders, cognition and neurogenerative diseases. She is a member of the prestigious Clinical Advisory Committee of the National MS Society and the Multiple Sclerosis Foundation Advisory Board.

Marissa is also the founder and owner of the ASPIRE CENTER and New York Neurogenic Speech-Language Pathology PC, with offices both in Manhattan and Brooklyn in NYC. She graduated college summa cum laude, received her Masters of Science from Columbia University, her Masters of Philosophy from the CUNY Graduate Center, and is currently completing her Ph.D.
Teresa Biber, MS, CCC-SLP is an internationally recognized Speech-Language Pathologist and authority on electrical stimulation. Teresa is also the co-founder of The Guardian Way® as well as a certified Guardian Way® course instructor. She has extensive training in the evaluation and treatment of individuals with head and neck cancer and is a leading expert on the Guardian NMES swallowing treatment.

Teresa has lectured and taught extensively in the US and abroad on the topics of electrical stimulation and dysphagia. She is cross-trained in a multitude of Physical Therapy techniques and has developed innovative protocols for voice and swallowing disorders. She is also an actress, director and filmmaker and has written and produced many short educational films including a documentary on head and neck cancer. She received her Masters of Science from Nova Southeastern University where she was student of the year. She is a member of the Dysphagia Research Society as well as many other organizations and was recently recognized as a professional woman of the year by the National Association of Professional Women.
Nancy Calamusa, MA, KTP, NDT, NNT, CCC-SLP is a distinguished Speech-Language Pathologist and an internationally recognized speaker well known for her dynamic approach to the treatment of pediatric feeding and swallowing disorders. She has extensive knowledge and nearly 25 years of experience in the field of pediatric feeding and swallowing disorders encompassing a wide variety of settings.

Nancy has worked both in hospitals (Robert Wood Johnson University Hospital & Bristol Meyers Squibb Children’s Hospital) and Private Clinics (Douglass Developmental Disabilities Center, Woodbridge Developmental Center). She has provided educational in-services, lectures, and training workshops for physicians, medical students, colleagues, parents, graduate students and the community. Nancy continues to serve as a mentor to graduate students and clinical fellows in the field of speech pathology. Her expertise has led to great successes with rehabilitating/restoring swallow function to critically injured and medically fragile children.

Nancy is the owner of New Jersey Pediatric Feeding Associates & Therapy Center, the Clinical Director for Pediatric NMES as well as a certified Guardian Way® course instructor.
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The Participants

The Workshop will be attended by Speech-Language Therapists, Occupational Therapists, Physical Therapists and Doctors associated with Neurogenic Disorders and Dysphagia.

The Participants will receive:

- Workshop’s Notes
- Certificate of Attendance
- Certification to practice The Guardian Way™ (worldwide)
- Aspire 2 NMES/sEMG Device (depends on the registration type)

The Venue

The Workshop will take place in Filoktitis Rehabilitation Center, Athens, Greece

Information-Registrations

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