



BANGLADESH HEALTH
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OUTCOME OF THERMAL STIMULATION AMONG PATIENTS WITH OROPHARYNGEAL DYSPAGIA

By

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Title: “Outcome of Thermal stimulation among Patients with Oropharyngeal Dysphagia”

Aim of the study: To measure the outcome of thermal stimulation among patient with oropharyngeal dysphagia.

Methodology: This is a quazi experimental one group pretest-posttest study where 30 samples were assigned hospital randomize. The Dysphagia Handicap Index (DHI) was used for the study. Data was analyzed by using descriptive statistical analysis (SPSS= Statistical Package for the Social Sciences) method, Wilcoxon non-parametric test, paired samples t-test.

Result: The Wilcoxon signed ranks test found that the posttest score was significantly lower than the pretest score, rejecting the null hypothesis. It has a significant impact ($r=.629$). Paired samples t-test also showed significant difference between pretest and posttest score, $t= 6.728$. Thermal stimulation is generally beneficial for people with oropharyngeal dysphagia.

Conclusion: One of the most common types of dysphagia is when there is a disruption during the oral preparation phase, as well as throughout the oral and pharyngeal

swallowing phases of the disorder. Oropharyngeal dysphagia is a serious condition that can jeopardize a patient's safety, well-being, and quality of life. It is also potentially fatal. There are many different ways in which oropharyngeal dysphagia presents itself. The primary difference is the pathophysiology of the condition, as well as the way in which the symptoms are manifested. Dysphagia occurs at a considerably higher rate in older people than younger people. Conventional techniques and pharmaceutical therapies are used in the treatment of oropharyngeal dysphagia, which involves swallowing difficulties. Using upper-extremity procedures, keeping the upper torso and neck aligned, adapting the consistency of food, neuromuscular stimulation, performing specific motions, using heat, and using drugs are all examples of traditional strategies. In this study, the patient with oropharyngeal dysphagia found that thermal stimulation was beneficial to her condition. The presence of a p-value less than 0.05 was considered statistically significant. In this investigation, the p-value was .000, and the effect size ($r=.629$) was significant ($p=.000$). The difference in variance between the pretest and posttest groups is provided, along with nonparametric confidence intervals of 68 percent.

Limitation:

- Obviously, research will have some limitations, and this is perfectly acceptable. Even so, there are some limitations to this study that must be addressed.
- The set of data was limited because the research was conducted in a short period of time.
- The researcher analyzed only data from Savar and Mirpur CRP. Consequently, this study did not include any of the other branches or the rehabilitation center.
- It was uncommon to come across patients with oropharyngeal dysphagia.
- One of the most significant limitations of this study was that the results were in some ways skewed because the investigator herself had collected the information from the subjects.

Recommendation:

Some additional suggestions for this thesis are as follows:

- It was an experimental research design based on Quazi. A true experimental design based on a randomized controlled trial (RCT) can be used to obtain a more precise outcome.
- Due to the study's brief duration and budget constraint, longer duration, as well as adequate funding, would result in a more fruitful and comprehensive investigation.

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[N.B. For better understanding of the study, please see hard copy & for any further information please contact: sumaiyachowdhury.slt@gmail.com]