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Kindred delivers interprofessional clinical services to support patients and manage their care across the continuum with over 2,000 locations in 47 states. Whether this treatment takes place in a hospital, rehabilitation unit, or a home health setting, Kindred's clinical care consistently exceeds national benchmarks. The SPOTon newsletter is our way of informing, recognizing and celebrating the students who will form the future healthcare community.

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LIT REV-U

Diagnostic Assessment and Management of Dysphagia in Patients with Alzheimer's Disease



Kailin Leisure, author of the first Spot on LIT REV-U and SP Intern

**Kailin Leisure,
Student Programs
Team Intern
Texas Christian
University, Speech-
Language Pathology**

Boccardi, Virginia, Carmelinda Ruggiero, Alberto Patrini, and Luigi Marano. "Diagnostic Assessment and Management of Dysphagia in Patients with Alzheimer's Disease." Journal of Alzheimer's Disease 50.4 (2016): 947-55. Web. 1 May. 2018.

Alzheimer's disease (AD), a chronic neurodegenerative disorder, represents 60%-70% of all cases of dementia. AD is characterized with progressive cognitive impairment and functional decline. This decline may include difficulty swallowing, which affects an individual's overall quality of life. The purpose of this systematic review was to analyze the recent findings in diagnostic assessment and management of swallowing impairment in patients affected by AD.

The diagnostic assessment of dysphagia in AD patients is imperative in order to develop an effective and efficient dysphagia management technique tailored to the individual's needs. There are currently two standards for assessing dysphagia in AD patients. The first is a clinical evaluation of dysphagia, consisting of the clinical swallow evaluation (CSE) and the comprehensive geriatric assessment (CGA). The second assessment consists of an instrumental swallowing assessment, a videofluoroscopic swallow study (VFSS) and a fiberoptic endoscope evaluation of swallowing (FEES). There is a strong correlation between swallowing ability, nutritional status and health outcomes in AD patients. Management techniques can include modified diet, postural modification, pharmacologic therapy and feeding tubes.

Normal swallowing involves a multitude of muscles and a series of brain-directed processes. This study concluded that there is limited evidence for clinical diagnostic assessment, interventions and medical management of dysphagia in AD patients. However, it has been determined that early identification combined with the correct management tactic represents the best strategy.

Kailin is currently in her first year of graduate school at Saint Louis University and has been working with the Student Programs team as an intern since May 2016. If all goes according to plan, Kailin will graduate with a masters in communication sciences and disorders in May 2020!

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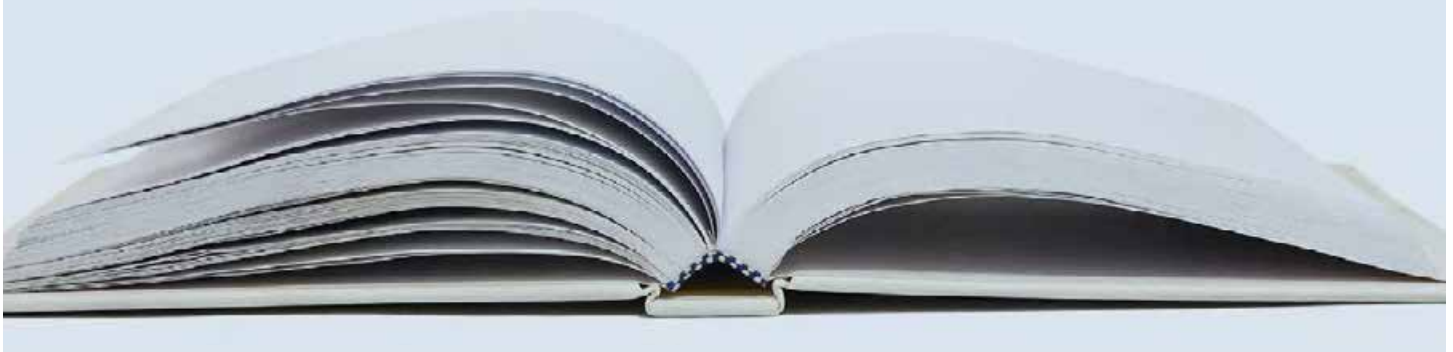
LIT REV-U

Do YOU want to be featured in the next SpotON newsletter? Do you enjoy reading articles and learning about the latest news and findings in your respective career field? If so, we have an exciting new opportunity for you! The Student Programs Team is excited to introduce our latest project: Lit Rev-U. The submission criteria is simple, easy to understand and allows students to delve into the latest literature on their professional field.

We will soon begin posting official submission criteria and guidelines on our social media sites, and sending them to the leaders within

our clinical placement sites and university educational coordinators. All submissions will be evaluated by the Student Programs team before publishing. Contact the Student Programs Intern, Kailin Leisure, with any questions at kailin.leisure@kindred.com. We encourage anyone who is interested in this to submit – who knows, you may be chosen and featured in our next newsletter! Be sure to follow us on Twitter at [@RHBstudents](https://twitter.com/RHBstudents) and like Kindred Student Programs on [Facebook](#) and [Instagram](#)!

#TheFutureLooksBright



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FROM STUDENT TO NEW HIRE WHERE ARE THEY NOW?



Comfort Ahonkhai (front row, center) and team at Kindred Hospital South Philadelphia

Comfort Ahonkhai, PT

Student: Hampton University

Clinical Internship: Kindred Hospital South Philadelphia

Professional: Full-time PT at Bridgepoint Hospital

Words of Advice from Comfort: "Humble yourself. I love being a sense of motivation for patients who come to me at the lowest moments in their lives, then teaching them how to gain back what they lost. I dance with my patients, rap, sing, pray, cry and laugh. Remember that any given situation is a learning experience."

Bogdana Falaleeva, SLP

Student: San Francisco State University

Clinical Internship: Kindred Transitional Care and Rehabilitation in Medical Hill in Oakland, California

Professional: Full-time SLP at The Vineyards Healthcare Center in Livermore, California

Words of Advice from Bogdana:

"Be open-minded and don't forget that you are still learning to be the best therapist that you can be. Stay positive because your patients need you. Enjoy your new chapter in life and the first steps in your career!"



Bogdana Falaleeva at The Vineyards Healthcare Center in Livermore, California

Alyssa Williamson, PT

Student: Des Moines University

Clinical Internship: RehabCare at Samaritan Bethany in Rochester, Minnesota

Professional: Full-time PT at Samaritan

Words of Advice from Alyssa:

"Having completed an internship at the same location that I am now working full-time was a huge benefit to me. I enjoyed working with the therapists who are now my colleagues, and I knew some of my patients already which really helped me hit the ground running. Plus, not having to learn a whole new EMR made the transition easy too!"



Alyssa Williamson on the job at Samaritan Bethany in Rochester, Minnesota

Courtney Poste-Oliver, PTA

Student: Northshore Community College

Clinical Internship: RehabCare at LedgeWood Rehabilitation in Beverly, Massachusetts

Professional: PTA at LedgeWood Rehabilitation

Words of Advice from Courtney: "The therapy world is a close-knit community, so network now!"



Courtney Poste-Oliver (front row, second from right) and team at LedgeWood Rehabilitation in Beverly, Massachusetts

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QUOTES of the QUARTER

"I was placed at **Arkansas Methodist Medical Center in Paragould, Arkansas** with the most wonderful SLP. I learned a tremendous amount about the role of an SLP in rehab, outpatient, and acute care settings. Having the **opportunity to experience SLP firsthand through Kindred** has pushed me to grow in knowledge, leadership and clinical interaction."

Cady
SLP Student, Arkansas State University
Arkansas Methodist Hospital

"I recently completed a clinical at **Kindred Hospital - Indianapolis Central** as a second year PT student. **Kindred and RehabCare are very student-oriented.** I saw a large variety of diagnoses and the rehab team did a great job of making me feel **comfortable treating such complex patients.** I would recommend this location and RehabCare to any student!"

Paige
PT Student, University of Evansville
Kindred Hospital -
Indianapolis Central

"I wanted to **thank you for introducing me to the nurse leader** in town while visiting my campus. This was so helpful! Thanks to this introduction, I am now preparing for an interview with Kindred for my first nursing position!"

BSN Graduate,
Texas Women's University

"I just finished my **PT first-year rotation with Kindred Healthcare in Louisville** at a skilled nursing facility and my experience was wonderful. My clinical instructor was fantastic and the whole therapy team I worked with really **made my experience exceptional.** I would love to go back there to work with that team. Thanks so much, Kindred!"

Emma
PT Student, Nova Southeastern University
Christian Health Center of Louisville

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CATCH US ON THE ROAD



The Student Programs Team is coming to a campus and city near you!
Events are scheduled daily; for a current list of events, visit www.kindredstudents.com.

September 2018

Virtual Career Fair, OT/PT/RN, University of St. Augustine for Health Sciences

October 2018

- 10/5-6 Virginia PT • Virginia
- 10/10 Nursing Career Fair, University of Missouri • St. Louis, MO
- 10/10-12 ASAHP Annual Conference • St. Petersburg, FL
- 10/11-13 APTA National Student Conclave • Providence, RI
- 10/15 Guest Lecture, OT/PT, West Coast University • Los Angeles, CA
- 10/16 Career Fair, OT/PT/SLP, Texas Tech University • Lubbock, TX
- 10/17 Career Fair, Louisiana State University • Baton Rouge, LA
- 10/17-20 ARN Annual Conference • West Palm Beach, FL

10/24

Career Fair, RN/PT/SLP, Marquette University • Milwaukee, WI

10/27

APTA CO PT Expo • Vail, CO

November 2018

- 11/8-11 NSNA MidYear Career Planning Conf. • Louisville, KY
- 11/9-10 AOTA, NSC • Atlantic City, NJ
- 11/9 Career Fair, Creighton University • Omaha, NE
- 11/13 Career Fair, Bradley University • Peoria, IL
- 11/15-17 ASHA Annual Conference • Boston, MA
- 11/15 OT Guest Lecture, Dominican University • San Rafael, CA
- 11/15-16 SNAP Nursing Convention • Harrisburg, PA

December 2018

12/6

DPT Student Geriatric Capstone Event, Marquette University • Wauwatosa, WI

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