

## AN APLICATION TO IMPROVE SWALLOWING IN PEOPLE WHITH OROPHARYNGEAL DYSPHAGIA

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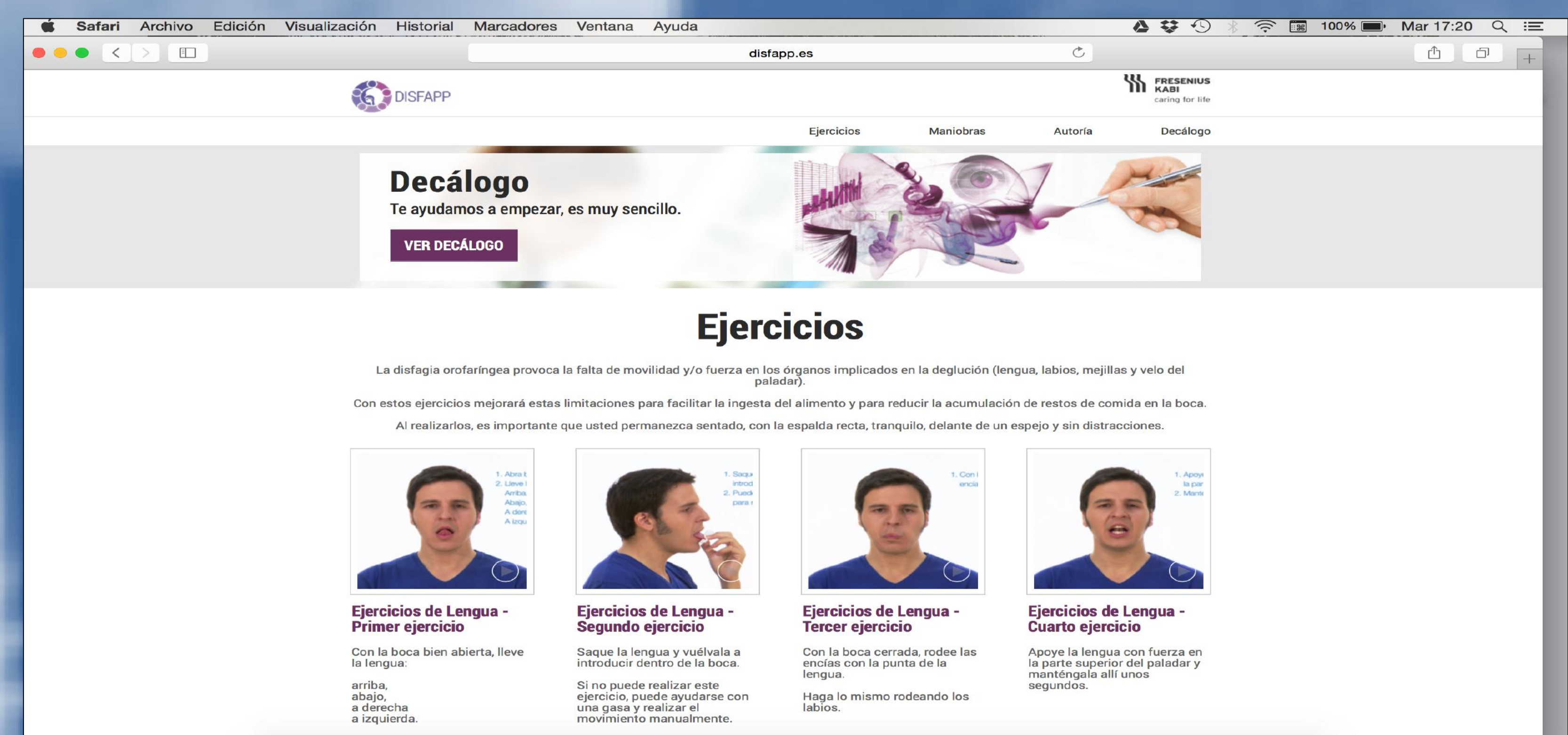
**INTRODUCTION:** With steady increase, technology is becoming more important in our day to day, being present in our homes as leisure, working and information tool.

In Health ,more specifically in Rehabilitation, it can be very helpful in the treatment of our patients. There are publications where it is shown how home treatment in certain areas, supervised by a profesional, has similar effects on the functional recovery of the patient as the on-site assistance in hospitals or clinics, with the added confort for the patient, transport expenses, as well as a reduction of the costs of the entire treatment process.

### MATERIAL AND METHODS:

disfapp.es is a website with a very simple operation aimed at professionals in Oropharyngeal Dysphagia (OPD) and the patients suffering from this pathology, including their relatives. It comprises multimedia material: video and audio files together with described exercises and maneuvers used in OPD rehabilitation and a decalogue that includes ten recommendations related to this application.

To access this application you simply need to introduce the link, <http://disfapp.es>. The reading of an advance warning before entering the menu is required in order to prevent improper or dangerous use of it.



**RESULTS AND CONCLUSIONS:** The precise exercises in which the oropharyngeal is involved help increase the mobility and strength of the organs involved in swallowing. Likewise, the postural changes and the specific maneuvers help modify the swallowing physiology by redirecting the bolus and eliminating the dysphagia symptoms.

Developed by us, this website can help the professionals involved in the OPD treatment with an easy access and management of multimedia material for the dysphagic treatment as well as their families and caregivers.

#### BIBLIOGRAFIA:

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