



ESSD Videofluoroscopic Swallowing Study (VFSS)

Pre-congress course Leiden 2026

Faculty:

Stefanie Duchac
Andrea Hofmayer
Loukas Dagdilelis
Virginie Woisard

Who is the course suitable for?

Health care professionals from the multi-disciplinary team of dysphagia management with interest in the execution, interpretation and reporting of videofluoroscopic swallowing studies.

Format: Lectures, workshop, case presentations

Learning Outcomes

At the end of this course, participants will be able to

- Identify the anatomical structures and the signs and symptoms of dysphagia using VFSS in the adult population
- Recognize and understand the roles of MDT professionals in the conduct and analysis of VFSS
- Be aware of the technical basics, safety procedures and the requirements for performing VFSS in the adult population
- Interpret the normal and abnormal swallow response in VFSS and plan management accordingly
- Utilize VFSS assessment findings to inform clinical decision making.

The course is not intended to authorize participants to perform VFSS independently.

Program:

MONDAY 19.10.2026			
TIME	CONTENT	CONTENT DETAILS	WHO?
08.45 -09.15	Welcome & Introduction	Introduction of participants	Stefanie Duchac Andrea Hofmayer
09.15-10.00	General basics	Scope of VFSS; Indications + contraindications for VFSS, history taking in the MDT	Andrea Hofmayer
10.00-10.30	Technical basics	Radiation safety, protection	Loukas Dagdilelis
10.30-11.00	COFFEE		
11.00-12.30	Normal I	Oral, pharyngeal, oesophageal (including ageing)	Loukas Dagdilelis, Stefanie Duchac, Virginie Woisard
12.30-13.00	Tailored examination	Using protocols: pros and cons	Andrea Hofmayer
13.00-14.00	LUNCH		
14.00 14.15	Tailored examination	Using protocols: pros and cons	Andrea Hofmayer
14.15-15.15	How I do it	How to do the investigation: the VFSS environment (Volumes, number of trials, consistencies, position of patient, measures)	Andrea Hofmayer Stefanie Duchac
15.15-16.00	Normal II	Normal variants (morphology)	Loukas Dagdilelis, Virginie Woisard
16.00-16.30	COFFEE		
16.30-17.30	HANDS-ON I	Normal VFSS – three cases	Faculty
17.30-17.45	End of Day	Discussion, concluding remarks	Stefanie Duchac Andrea Hofmayer

TUESDAY 20.10.2026			
TIME	CONTENT	CONTENT DETAILS	WHO?
08.45-10.00	VFSS Online	Pathology I: Oral, pharyngeal and oesophageal phase	Loukas Dagdilelis, Andrea Hofmayer, Virginie Woisard
10.00-10.30	Therapeutic strategies	Compensatory therapeutic strategies during VFSS	Andrea Hofmayer
10.30-11.00	COFFEE		
11.00-11.45	VFSS Offline I	Pathology II: from symptom to biomechanics	Andrea Hofmayer
11.45-12.15	VFSS Offline II	Qualitative vs quantitative analysis pros and cons	Loukas Dagdilelis Stefanie Duchac
12.15-13.00	VFSS report	How to build a patient report based on VFSS (SLP & other health professionals)	Loukas Dagdilelis, Andrea Hofmayer
13.00-14.00	LUNCH		
14.00-16.00	HANDS-ON II	Analysis of VFSS videos and therapeutic recommendations in small groups	Faculty
16.00-16.30	COFFEE		
16.30-17.00	Clinical case	One clinical case as appetizer for the real world	Andrea Hofmayer
17.00-17.30	Conclusion	How to implement or improve VFSS in your department	Stefanie Duchac
17.30-17:45	End of Day	Feedback	Stefanie Duchac Andrea Hofmayer

Suggested literature

This list includes backup reading material references and links for open and non-open access papers.

Recommended books

- Videofluoroscopy: a multidisciplinary team approach. Plural Publishing. San Diego. Newman, R & Nightingale J.
- Dysphagia: diagnosis and treatment, 2nd edition. Springer. Ekberg O
- Evaluation and treatment of swallowing disorders. 2nd Edition. Austin, TX: Pro-Ed Inc; 1997. Logemann JA

Additional books for introduction into the topic:

- Dysphagia Assessment and Treatment Planning: a Team Approach, 4th edition Plural Publishing. Rebecca Leonard, Katharine Kendall.
- Dysphagia. Clinical management in adults and children, 3rd edition. Elsevier. Michael E. Groher and Michael M. Crary
- Daniels, S. K., Huckabee, M. L. & Gozdzikowska, K. (2019). Dysphagia Following Stroke (3. Auflage). San Diego: Plural Publishing

General VFSS literatur

- Scharitzer, M., Schima, W., Walshe, M. et al. ESSD–ESGAR best practice position statements on the technical performance of videofluoroscopic swallowing studies in adult patients with swallowing disorders. Eur Radiol 35, 3169–3180 (2025). <https://doi.org/10.1007/s00330-024-11241-1>
- American Speech-Language-Hearing Association (1992), Instrumental Diagnostic Procedures for Swallowing. Asha, 34 (March, Suppl.7). 25-33
- American Speech-Language-Hearing Association. (2004). Knowledge and skills needed by speech-language pathologists performing videofluoroscopic swallowing studies [Knowledge and Skills] www.asha.org/policy.
- Daniels SK & Easterling CS (2017). Continued Relevance of Videofluoroscopy in the Evaluation of Oropharyngeal Dysphagia. Curr Radiol Rep 5:6 DOI 10.1007/s40134-017-0201-4
- Daniels, S. K., Schroeder, M. F., DeGeorge, P. C., Corey, D. M., & Rosenbek, J. C. (2007). Effects of verbal cue on bolus flow during swallowing. Am J Speech Lang Pathol 16(2): 140-147. doi:10.1044/1058-0360(2007/018)
- Martin-Harris B., Canon, L. C., Bonilha, H. S., Murray, J., Davidson, K., Lefton-greif, A. (2020). Best Practices in Modified Barium Swallow Studies. American Journal of Speech-Language Pathology. 29, 1078–1093

1) **Basics - Oropharyngeal dysphagia. Theoretical background.**

- Speyer R, Cordier R, Farneti D et al. White Paper by the European Society for Swallowing Disorders: Screening and Non-instrumental Assessment for Dysphagia in Adults. Dysphagia (2022) 333-349
- Matsuo K, Palmer JB. Anatomy and physiology of feeding and swallowing: normal and abnormal. Phys Med Rehabil Clin N Am. 2008 Nov;19(4):691-707
- Souza LR, Oliveira MVM, Basile JR, et al. Anatomical and Physiopathological Aspects of Oral Cavity and Oropharynx Components Related to Oropharyngeal Dysphagia. <https://www.intechopen.com/books/4545>
- Costa MMB. Neural control of swallowing. Arq Gastroenterol. 2018 Nov;55Suppl 1(Suppl 1):61-75.

- Baijens et al, 2016. European Society for Swallowing Disorders – European Union Geriatric Medicine Society white paper: oropharyngeal dysphagia as a geriatric syndrome. Baijens LW, Clavé P, Cras P, et al. Clin Interv Aging. 2016; 11: 1403–1428.
- Newman et al, 2016. Effect of Bolus Viscosity on the Safety and Efficacy of Swallowing and the Kinematics of the Swallow Response in Patients with Oropharyngeal Dysphagia: White Paper by the European Society for Swallowing Disorders (ESSD). R. Newman, N. Vilardell, P. Clavé, and R. Speyer Dysphagia. 2016; 31: 232–249.
- Dua, K. S., Ren, J., Bardan, E., Xie, P. & Shaker, R. (1997). Coordination of deglutitive glottal function and pharyngeal bolus transit during normal eating. Gastroenterology 112(1): 73–83
- Robbins, J., Butler, S. G., Daniels, S. K., Gross, R. D., Langmore, S., Lazarus, C. L., Martin-Harris, B., McCabe, D., Musson, N., Rosenbek, J. C. (2008). Swallowing and Dysphagia Rehabilitation: Translating Principles of Neural Plasticity Into Clinically Oriented Evidence. Journal of Speech, Language, and Hearing Research 51, 276-300

2) VFSS – Background, complementary instrumental assessment

- Jones J. Collaboration Comes Standard. ACR Imaging 3. [https://www.acr.org/-/media/ACR/Files/Case-Studies/Quality-and-Safety/CollaborationComesStandard/Imaging3_CollaborationComesStandard_March2018-\(1\).pdf](https://www.acr.org/-/media/ACR/Files/Case-Studies/Quality-and-Safety/CollaborationComesStandard/Imaging3_CollaborationComesStandard_March2018-(1).pdf)

3) Procedure of VFSS

- A. Equipment, technical requirements and radiation aspects
 - Peladeau-Pigeon M, Steele CM. Technical Aspects of a Videofluoroscopic Swallowing Study. Canadian Journal of Speech-Language Pathology and Audiology. 37: 216-226
 - Earl VJ, Badawy MK. Radiation Exposure to Staff and Patient During Videofluoroscopic Swallowing Studies and Recommended Protection Strategies:290-297
 - Bonilha HS, Humphries K, Blair J, et al. Radiation exposure time during MBSS: influence of swallowing impairment severity, medical diagnosis, clinician experience and standardized protocol use. Dysphagia 2013; 28:77-85
 - ALARA principle: further information on link www.eu-alara.net
- B. Specific published VFSS protocols for conducting and interpretation of the examination.
 - Martin-Harris B, Brodsky MB, Michel Y, et al. MBS measurement tool for swallow-impairment—MBSImp: establishing a standard
 - Hutcheson KA, Barrow MP, Barringer DA, et al. Dynamic Imaging Grade of Swallowing Toxicity (DIGEST): Scale development and validation. Cancer 2017. 123:62-70
 - Huckabee ML. New Zealand Index for Multidisciplinary Evaluation of swallowing. <http://fliphtml5.com/nfqj/zyar>
 - Steele CM, Peladeau-Pigeon M, Barbon CAE, et al. Reference Values for Healthy Swallowing Across the Range from Thin to Extremely Thick Liquids. J Speech Lang Hear Res 2019. 21:1338-1363
 - Benfield JK, Michou E, Everton LF, et al. The Landscape of Videofluoroscopy in the UK: A Web-based Survey. Dysphagia 2021. 36:250-258
- C. Compensatory strategies
 - Nagy A, Peladeau-Pigeon M, Valenzano T, et al. The Effectiveness of the Head-Turn-Plus-Chin-Down Maneuver for Eliminating Vallecular Residue. Cogas 2016; 28:113-117
 - Gramigna GD. How to perform video-fluoroscopic swallowing studies. GI Motility online 2006; <https://www.nature.com/gimo/contents/pt1/full/gimo95.html>
 - Logemann, J. A., Kahrilas, P. J., Kobara, M., Vakil, N. B. (1989). The benefit of head rotation on pharyngoesophageal dysphagia. Archives of Physical Medicine and Rehabilitation 70 (10): 767-771

- Kuhlemeier, K. V., Palmer, J. B., & Rosenberg, D. (2001). Effect of Liquid Bolus Consistency and Delivery Method on Aspiration and Pharyngeal Retention in Dysphagia Patients. *Dysphagia*: 16, 119-122
 - McCulloch, T. M., Hofmann, M. R., Ciucci, M. R. (2010). High-Resolution Manometry of Pharyngeal Swallow Pressure Events Associated with Head Turn and Chin Tuck. *Ann Otol Rhinol Laryngol*. 119, 369-376
 - Ohmae, Y., Logemann, J. A., Kaiser, P., Hanson, D. G., Kahrilas, P. J. (1996). Effects of two breath-holding maneuvers on oropharyngeal swallow. *Annals of Otology, Rhinology, and Laryngology* 105 (2): 123-131.
 - Shanahan, T. K., Logemann, J. A., Rademaker, A.W., Pauloski, B. R., Kahrilas, P. J. (1993). Chin-down posture effect on aspiration in dysphagic patients. *Arch Phys Med Rehabil* 74 (7): 736-39
 - Welch, M. V., Logemann, J. A., Rademaker, A.W., Kahrilas, P. J. (1993): Changes in pharyngeal dimensions effected by chin tuck. *Archives of Physical Medicine and Rehabilitation* 74 (2): 178-181
- D. Processing the information of the VFSS study. The report (*not open access*)
- Schoeppe F, Sommer WH, Haack M, et al. Structured reports of videofluoroscopic swallowing studies have the potential to improve overall report quality compared to free text reports. *Eur Radiol* 2018. 28:308-315
 - Cocks N, Ferreira H. What information do UK speech and language therapists use when making oral versus nonoral feeding recommendations for adults with oropharyngeal dysphagia? *Dysphagia* 2013.28:43-57
 - Brodsky, M. A. (2012). Standardized Clinical reporting: Writing for the Reader. In: *Videofluoroscopy. A multidisciplinary Team Approach*. Newman, R. D. & Nightingale, J. M. (ed). Plural Publishing. San Diego