



University of Texas MD
Anderson Cancer Center

Intermediate Level

.15 ASHA CEUs

Interdisciplinary Protocols for Complete Stricture

Available until 12/31/2025

Level: Intermediate

Course Structure:

This course is an asynchronous course, available on-demand. Participants will have the opportunity to complete course requirements via recorded webinar.

Course Description:

This course describes interdisciplinary models for management of complete stricture in HNC survivors. Speech pathologists and gastroenterologists describe their protocols including swallowing diagnostics, endoscopic technique, cadence of serial dilations, harmonization with behavioral and exercise-based swallowing therapy. Considerations and protocol modifications for patients with and without larynx (total laryngectomy) are included. Evidence-based and practical aspects of each model are addressed as well as interdisciplinary integration insights.

Course Objectives:

1. Describe key components of swallowing diagnostics to evaluate in patients with known or suspected complete pharyngoesophageal stricture.
2. Discuss endoscopic techniques including the schedule and timing for serial dilation to manage complete stricture.
3. Describe steps for integrating behavioral swallowing therapy by the speech pathologist before and after dilation to optimize functional recovery.

Agenda:

- 0-5 Introduction (Hutcheson)
- 5-20 MDACC rendezvous dilation pathway – SLP perspective (Savage)
- 20-35 MDACC rendezvous dilation pathway – GI perspective (Richards)
- 35-50 MCW self-dilation protocol – SLP perspective (Stephens)
- 50-65 MCW refractory stricture pathway – GI perspective (Dua)
- 65-90 Moderated participant Q&A with panelists (Hutcheson, Savage, Richards, Stephens, Dua)

No partial credit will be given for this course.

Completion Requirements:

In order to receive ASHA CEUs, you must complete the following—

1. Watch the webinar in full, which will be monitored through the website.
2. Complete a post-course evaluation and survey within 48 hours of watching the webinar in full.
3. The post-course assessment will include a multiple-choice test, which must be completed with 100% accuracy. The learner will have unlimited attempts.

[Link to Post-Course Evaluation](#)

Policies: Please see home page

Bios/Disclosures:

Dr. Kate Hutcheson, Ph.D.

Dr. Kate Hutcheson is a tenured Professor and Deputy Director of Clinical Research in the Department of Head and Neck Surgery with dual appointment in the Division of Radiation Oncology at the University of Texas MD Anderson Cancer Center. She serves as Section Chief and Research Director for the Section of Speech Pathology and Audiology. Dr. Hutcheson is a certified speech-language pathologist practicing in oncology for 19 years, a Board-Certified Specialist in Swallowing and Swallowing Disorders (BCS-S) and holds a Doctorate Degree in Epidemiology. She leads an internationally recognized, extramurally funded clinical research program. She has authored over 175 journal articles with funding support from the National Institutes of Health, Patient Centered Outcomes Research Institute, the MD Anderson Institutional Research Grant Award program, and the CPRIT UT Health Innovation Training Program. She is an Associated Editor for the Head and Neck and Dysphagia journals. She is a passionate clinician and educator who lectures nationally and internationally on radiation associated dysphagia and head and neck cancer rehabilitation.

Disclosures: Dr. Hutcheson receives research funding from the National Institutes of Health/National Cancer Institute (R01CA271223, R01CA273984), Patient Centered Outcomes Research Institute (PCORI 1609-36195), the MD Anderson Institutional Research Grant Program, and Atos Medical. Unrestricted Educational Grant outside this Program from Atos Medical. Developer and PI of the DIGEST method. Dr. Hutcheson receives no royalties or personal fees related to this DIGEST content.

Kiara Savage, MS, CCC-SLP

Ms. Savage is a senior healthcare consultant at Aptive Resources, LLC, leveraging her experience as a speech pathologist to influence healthcare transformation for Veterans. Prior to her current role, Ms. Savage was a senior speech pathologist at M.D. Anderson Cancer Center in Houston, Texas. She provided care for individuals with complex swallowing, voice, and communication impairments, primarily related to head and neck cancer diagnoses. As a senior clinician, her administrative role included management of the swallowing rehabilitative program.

Disclosures: Ms. Savage is employed by Aptive Resources and receives a salary. She has no relevant non-financial relationships to disclose.

Dr. David Richards, MD

Dr. Richards is an Assistant Professor in the Department of Gastroenterology, Hepatology & Nutrition at The University of Texas MD Anderson Cancer Center in Houston, TX. His interests include the management of complex strictures, dysphagia, GI motility disorders, and the application of novel technologies like EndoFlip and high-resolution manometry. He believes optimal clinical management and study of dysphagia/motility disorders requires a multidisciplinary and collaborative approach.

Disclosures: Dr. Richards is employed by MD Anderson Cancer Center and receives a salary. He has no relevant non-financial relationships to disclose.

Stephanie Stevens, MS, CCC-SLP

Ms. Stevens has been the lead Head & Neck Cancer Specialist at Froedtert and the Medical College of Wisconsin in Milwaukee, Wisconsin since July 2013. She graduated from the University of Wisconsin-Madison in 2012 with her Masters in Speech Language Pathology. She then completed her clinical fellowship at the Minneapolis VA with emphasis on H&N Cancer. Her clinical practice focuses on dysphagia management secondary to cancer treatment side effects and laryngeal restoration post laryngectomy.

Stephanie's caseload consists of both inpatient and outpatient caseload. She is an active member of Froedtert & MCW's Head & Neck Cancer Research Team with numerous open research studies looking at dysphagia management in the H&N cancer population, including using a self-dilation protocol to optimize swallow and neophonation in the total laryngectomy population. She is trained in McNeil Dysphagia Therapy Program (MDTP), Lee Silverman Voice Therapy (LSVT), as well as myofascial release. She was awarded WHSA's Speech Language Pathologist of the Year in 2014.

Disclosures: Ms. Stevens is employed by Froedtert and the Medical College of Wisconsin and receives a salary. She has no relevant non-financial relationships to disclose.

Dr. Kulwinder Dua, MD

Dr. Dua completed his medical training/post-graduation in India (MBBS, DMSc Internal Medicine) and fellowship in Gastroenterology and Hepatology in the UK. He passed the British MRCP examination and subsequently was elected as the Fellow of the Royal College of Physicians of both, the London, and the Edinburgh colleges. In 1992 he moved to the US and joined the faculty at the Division of Gastroenterology and Hepatology, Medical College of Wisconsin, Milwaukee. He is currently a Professor in the Department of Medicine and Pediatric and is Professor of Graduate School of Biomedical Sciences. He is US board certified in Internal Medicine and Gastroenterology. Dr. Dua's primary interest has been in advanced interventional endoscopy. He is an inventor and has several patents and FDA cleared devices. His other area of interest is studying aero-digestive tract physiology and pathophysiology including airway defense mechanisms against aspiration (was recipient of 2 million dollars NIH Program Project Grant: PI on sub-project II). Dr. Dua has over 150 publications in peer-reviewed journal and is on the editorial board of several journals. He has been invited as faculty to participate in GI conferences worldwide (such as in USA, Canada, Brazil, UK, Netherlands, Austria, Italy, France, Poland, Switzerland, Sweden, Israel, Oman, Sudan, Nigeria, Egypt, India, Spain, South Africa, Ethiopia, Kenya, Japan, Malaysia, South Korea, China, etc.). He is actively involved with the American Society of Gastrointestinal Endoscopy (ASGE Training Committee, Vice-Chair ASGE International Committee, ASGE ambassador to Ecuador and ASGE Consultant Expert). He has been a faculty and director of several ASGE courses including First Year Fellow Endoscopy course, ASGE Stent course, ASGE Hands-on courses and ASGE combined symposia with other countries at DDW. Some of Dr. Dua's awards include the prestigious ASGE Master of Endoscopy award, the B.J. Vakil Memorial gold medal, the Poona Oration Gold Medal, and the 2017 USA Healthcare Hero award. He has continuously been on America's Best Doctor's list since 2002. He was the President of the International Dysphagia Research Society and the Milwaukee GI Society and is currently the Co-President of the Midwest Endoscopy Society. Dr. Dua currently is actively involved with several philanthropic works in countries such as Ethiopia, Sudan, Nigeria, India and

Ecuador in training local doctors in clinical gastroenterology and endoscopy including ERCPs and EUS. Recently Dr. Dua was recognized in the scientific community for having re-grown the first human esophagus in-vivo using the principles of regenerative medicine (Dua et al, The Lancet, 2016). This achievement was also heavily covered by several media outlets and TV. He was awarded the USA Healthcare Hero award for this accomplishment. For his services and longitudinal contributions to the field of GI Endoscopy, he was recently honored by being inducted in the first batch of top 50 endoscopists in the world: Master of the American Society of Gastrointestinal Endoscopy. His hobbies include flying, and he currently holds a private pilot's license.

Disclosures: Dr. Dua is employed by Froedtert and the Medical College of Wisconsin and receives a salary. He has no relevant non-financial relationships to disclose.