

The role of Occupational Therapy with head and neck patients

The initial role of the Occupational Therapist is to assess your performance in the required skills for functional independence in self-care and productivity. As a member of the multidisciplinary team, the Occupational Therapist aims at preventing loss of and maintaining, restoring and promoting function through the use of therapeutic activities.

One of the many functions assessed by the Occupational Therapist includes dysphagia. Dysphagia can be defined as any difficulty pertaining to the ability to

bring food to the mouth and/or to swallow the food. Dysphagia can be assessed at bedside or with a radiographic study. Should you have a difficulty swallowing, the Occupational Therapist may suggest changes to the types of food consistencies you can eat or drink, changes to your position, adaptations and may give you exercises to perform to improve swallowing. Should you have dysphagia upon your discharge, the Speech Language Pathologist will follow you as an outpatient.

Special thanks

We would like to acknowledge the time and efforts of Sarah Gravel who volunteered to write this document to better inform our patients.

Thank you Sarah Gravel



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IMPORTANT : PLEASE READ

Information provided in this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.