

Pengaruh manuver mendelsohn sebagai terapi latihan terhadap disfagia fase faring pada penderita karsinoma nasofaring pasca-kemoradiasi = The Influence of swallowing exercise with mendelsohn manuever on pharyngeal phase dysphagia in post chemoradiation nasopharyngeal carcinoma patients

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Abstrak

ABSTRAK

Latar Belakang: Disfagia fase faring ditemukan pada sebagian besar pasien karsinoma nasofaring (KNF) pasca-kemoradiasi. Manuver Mendelsohn bertujuan untuk meningkatkan durasi elevasi kompleks hyolaringeal, telah digunakan dalam penatalaksanaan disfagia dengan berbagai penyebab. Penelitian ini menilai pengaruh latihan manuver Mendelsohn pada penderita KNF pasca-kemoradiasi dengan disfagia fase faring.

Metode: Desain kuasi eksperimen dengan penilaian sebelum dan sesudah latihan menelan dengan manuver Mendelsohn selama 6 minggu. Penelitian dilakukan pada 20 pasien KNF yang memenuhi kriteria penelitian. Sampel didapat secara konsekutif. Penilaian dilakukan dengan flexible endoscopic swallowing study (FEES) terhadap standing secretion, residu, penetrasi, dan aspirasi menggunakan konsistensi pure, thick liquid dan thin liquid.

Hasil: Terdapat perbedaan bermakna pada penilaian standing secretion ($p=0,034$). Penilaian terhadap residu mendapatkan perbedaan bermakna pada pemberian pure dan thick liquid ($p=0,021$ dan $p=0,008$), sedangkan pada pemberian thin liquid tidak didapatkan perbedaan bermakna ($p=0,129$). Penilaian terhadap penetrasi mendapatkan perbedaan bermakna pada pemberian pure dan thick liquid ($p=0,034$ dan $p=0,008$), pada pemberian thin liquid tidak didapatkan perbedaan bermakna ($p=0,059$). Penilaian terhadap aspirasi tidak mendapatkan perbedaan bermakna pada pemberian ketiga konsistensi ($p=>0,05$).

Kesimpulan: Latihan menelan dengan manuver Mendelsohn selama 6 minggu memperbaiki standing secretion, residu pada pemberian pure dan thick liquid, penetrasi pada pemberian pure dan thick liquid. Latihan ini tidak memperbaiki aspirasi secara bermakna pada pemberian ketiga konsistensi.

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ABSTRACT

Background: Dysphagia is commonly seen in patients with nasopharyngeal carcinoma (NPC) post chemoradiation. The Mendelsohn maneuver which promotes a prolonged voluntary of hyolaryngeal elevation at the peak of swallowing process has been used to treat various causes of pharyngeal dysphagia. The aim of the study was to see of the influence of swallowing exercise with Mendelsohn manuever in post-chemoradiation NPC patients with pharyngeal phase dysphagia.

Methods: A quasi experimental with pre and post-test assessment at before and after six weeks exercise of Mendelsohn manuever. The study was conducted on 20 NPC patients who met the study criteria. Flexible endoscopic of swallowing study (FEES) was used to ases standing secretion, residue, penetration, and

aspiration by giving 3 consistency of food/fluid (pure, thick liquid and thin liquid).

Results: There was a significant difference in standing secretion assesment ($p=0,034$). Significant differences were found in residue assesment of pure and thick liquid, although no significant difference was found in thin liquid ($p=0,129$). There were also significant differences in penetration assesment of pure and thick liquid ($p=0.034$ and $p = 0.008$), but no significant difference in thin liquid ($p = 0.059$). The study did not find significant differences in assesment of aspiration in all kind of consistencies ($p > 0.05$).

Conclusion: Six weeks swallowing exercise with Mendelsohn manuever can reduce severity of standing secretion, residue and penetration of pure and thick liquid. However the exercise improve aspiration status but did not reach significant difference at all consistencies. ;Background: Dysphagia is commonly seen in patients with nasopharyngeal carcinoma (NPC) post chemoradiation. The Mendelsohn maneuver which promotes a prolonged voluntary of hyolaryngeal elevation at the peak of swallowing process has been used to treat various causes of pharyngeal dysphagia. The aim of the study was to see of the influence of swallowing exercise with Mendelsohn manuever in post-chemoradiation NPC patients with pharyngeal phase dysphagia.

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