

Multidisciplinary collaboration efforts to enable local caregivers to appropriately deal with dysphagia cases.

---Cooperation between district administrative agencies and professionals---

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# COI Disclosure

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The author have no financial conflicts of interest to disclose concerning the presentation.

# Eating

- One of life's most important pleasures
  - The pleasure of eating itself
  - Outings and gatherings, a major element of fellowship
- Health barometer
  - Lack of appetite... lack of appetite...
- Sustaining Life
  - Health maintenance and disease prevention functions

# Rehabilitation of dysphagia

- Frequently needed in community-based care settings.
- Significantly affects QOL
- INTERDISCIPLINARY TOPICS.
  - A place where various professions and families can demonstrate their respective expertise in a fairly equal manner.
  - A place to experience the joys and benefits of multidisciplinary collaboration

# Shinjuku Gokkun Project

Cooperation between  
district administrative agencies and  
professionals

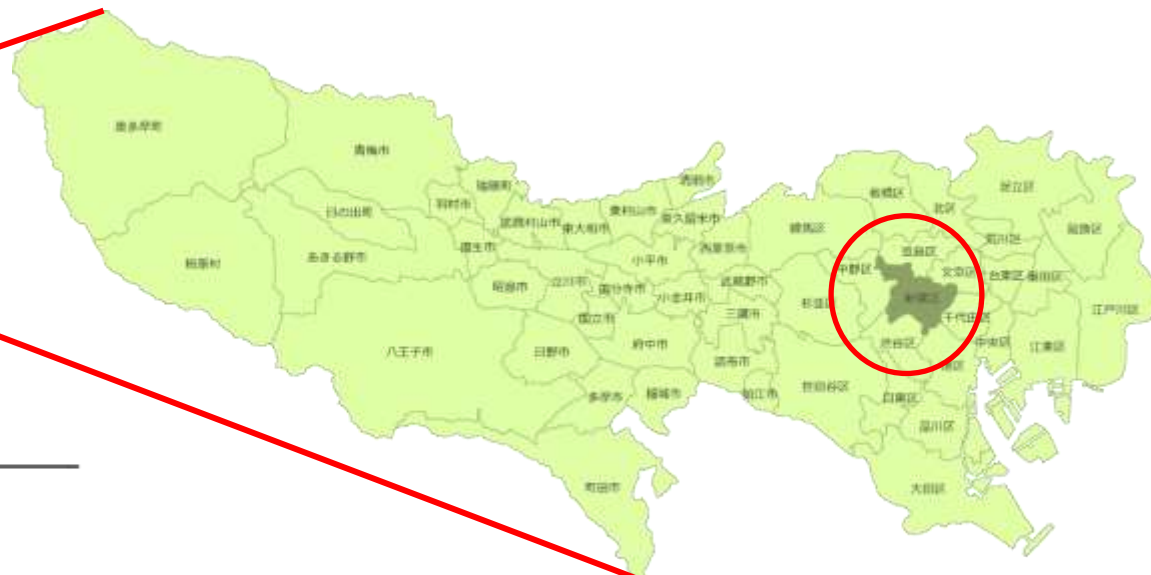
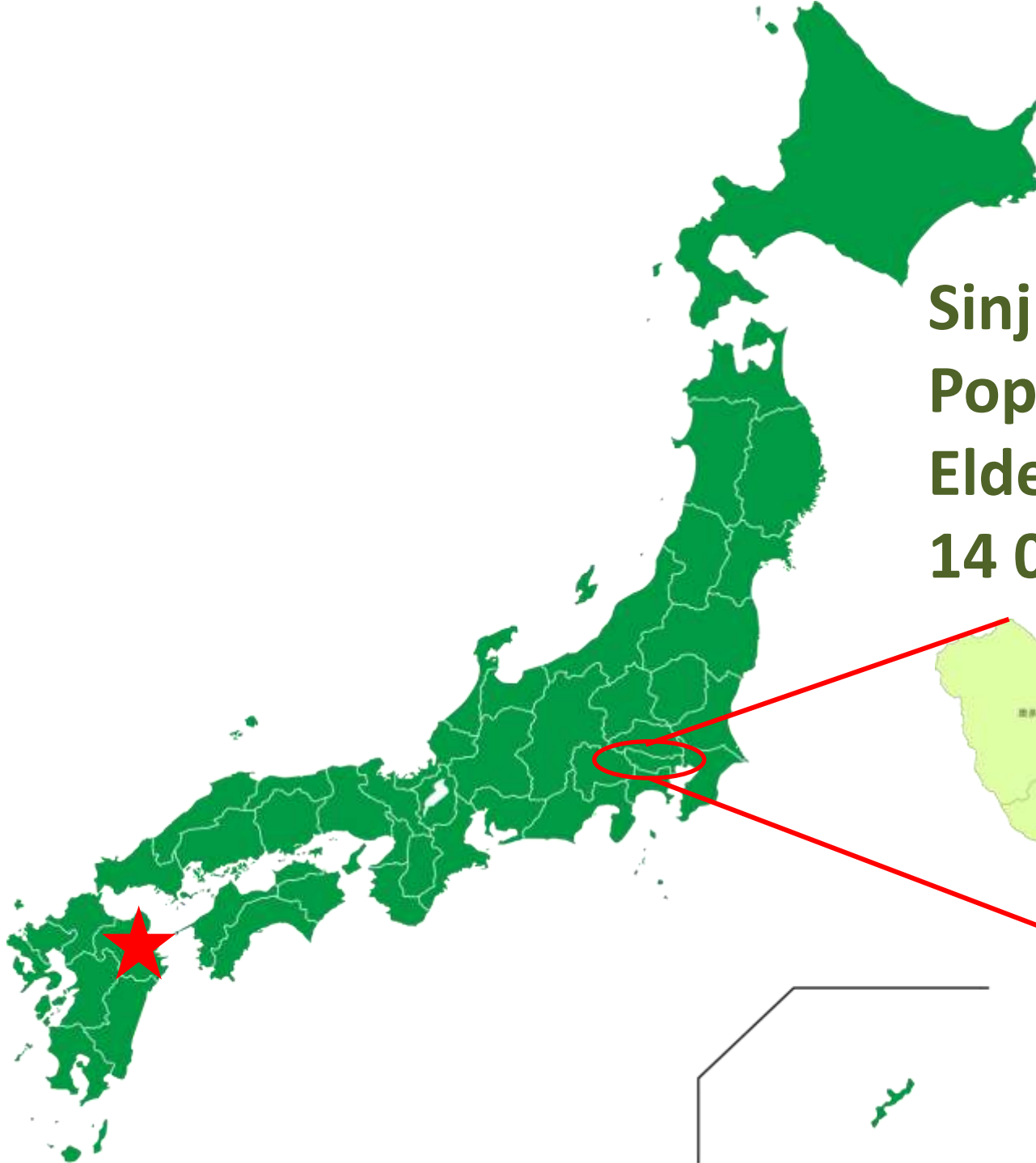


## Sinjuku-city

Population: 340,000

Elderly population (65+):19.1%

14 000 people are in need of care.



# History of Shinjuku City policies related to dysphagia

- 2006- 'Improving oral function' in care prevention classes.  
180 times/year, 1500-1800 participants/year
- 2009- The **Advisory Council for Community Rehabilitation Cooperation** was established as an advisory body to Shinjuku City.
- 2011- "Feeding and **Swallowing** Function Support". was chosen as the theme for the Council meeting.

Treatment of dysphagia is a good model of multidisciplinary collaboration.

The experience of being able to cooperate on dysphagia can be used in other practices.

# History of Shinjuku City policies related to dysphagia

- 2012- "Eating function support" was also specified in **Shinjuku City's welfare plan** for the elderly. Shinjuku City named this activity the "Gokkun Project".
- 2014- The name of the Council has been changed to the "Committee for Support of Eating and Swallowing Functions". Promotion of **early detection of Dysphagia**, **cooperation** between other professions and between facilities for medical and nursing care professionals.



# Members of the Committee for Support of Eating and Swallowing Functions

- **Shinjuku City Officials** (City Health Department, Public Health Center, Long-Term Care Insurance, and Comprehensive Support Center)
- **Director of Regional Rehabilitation Support Center** as a Chair
- Representative of the Local **Physician** Associations
- Representative of the Local **Dentist** Associations
- Representative of the Local **Pharmacists** Associations
- Representative of the Local **Visiting Nurse** Associations
- Representative of Shinjuku Caremanet (**Caremanager** association)
- Specialists
  - **Physical therapist** for the aged
  - **Visiting speech-language pathologist**
  - **Rehab** Specialist

# Discussion in defining the goals of the project

- There are several medical facilities that can help with dysphagia.
- However, in the caregiver survey, many caregivers responded that they do not know what to do when they find dysphagia.



- ① Dissemination of knowledge about swallowing to caregivers who are close to the elderly and
- ② establishment of a system that facilitates collaboration.

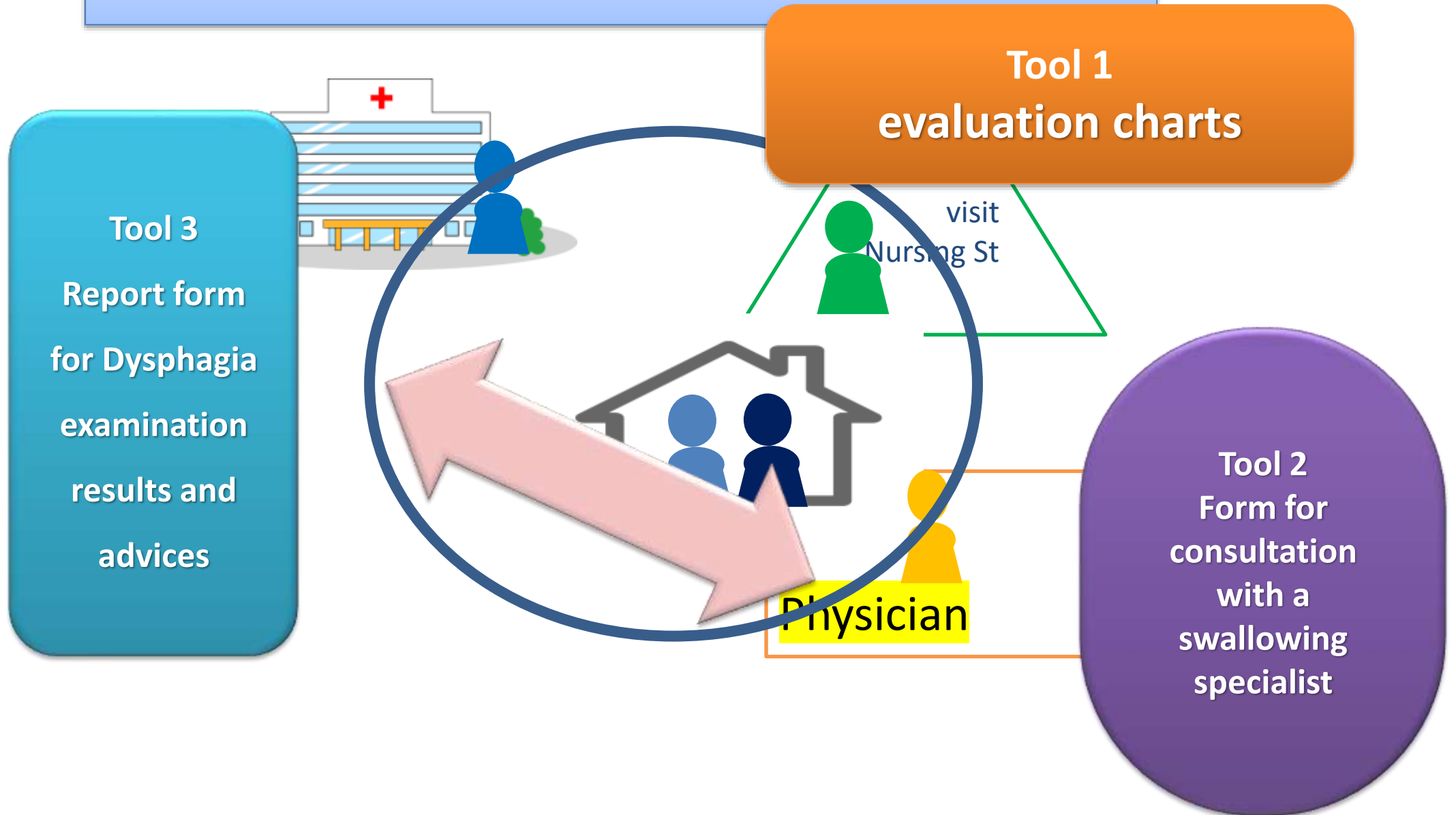
# Shinjuku Gokkun Project



- Annual training sessions
- Collaboration support tools (forms, evaluation charts and explanations)
- A list of specialists in dysphagia has been compiled
- Educational leaflets and their dissemination
- Telephone consulting service



# Collaborative Support Tools for Home Cases



# Annual training sessions **Group Work Style**



A total of 1,016 participated on 6 occasions.

Theme of each session.

1<sup>st</sup> : Introduction to collaborative tools,  
watch video and fill in the form.

2<sup>nd</sup> : Downhill cases

3<sup>rd</sup> : Cases of dysphagia and low nutrition

4<sup>th</sup> : Support for dysphagia in day care  
centers

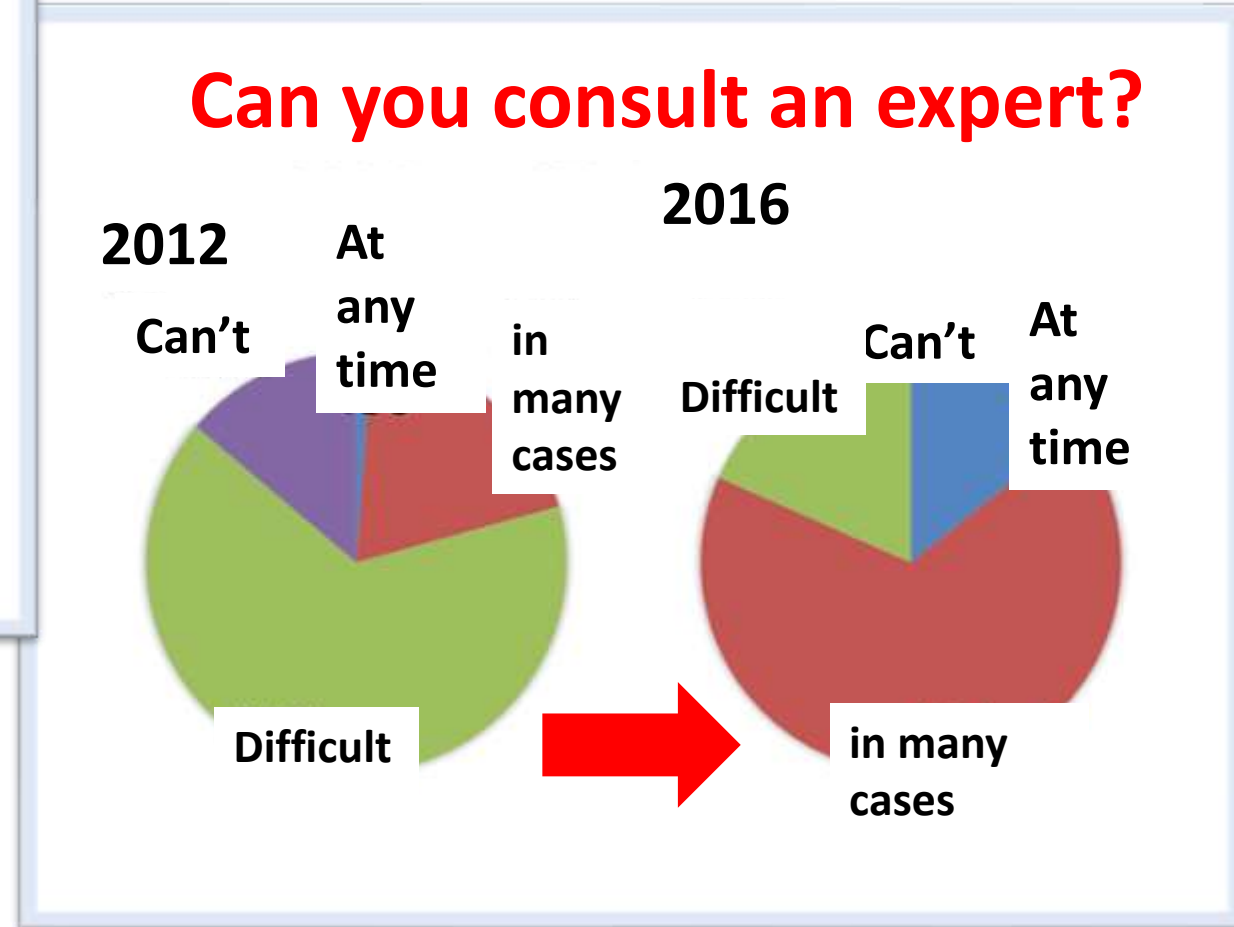
5<sup>th</sup> : Pre- and post-hospitalization  
collaboration

# Changes in survey results for care managers

## Do you understand how to assess dysphagia?



## Can you consult an expert?



# 2017-More preventive activities

- Cooperation with a NPO
- Development of swallowing exercises

## Original Song & Exercise

- Training of swallowing exercises instructors
- Held events at 53 locations over 3 years with 2,600 participants

Provided via YouTube video from the official Shinjuku City website



Currently, Shinjuku is developing  
a new regional promotional initiative  
combining eating and exercise.



# Shinjuku Flail Prevention Project 2022~

exercise



nutrition

food choices &  
maintaining oral  
function

social participation



**Thank You!!**



I express my gratitude to the Shinjuku City Government and related professionals.

I am a hospital doctor who usually treats patients, but I am honored to be able to cooperate with such preventive activities in Shinjuku City as a specialist.