About the Rose Rehabilitation Clinics

The Rose Rehabilitation Clinics are a specialty evaluation and treatment clinics headed by Professor Maggie-Lee Huckabee and clinical director Lucy Greig.

We offer specific, effective, and innovative diagnostic and rehabilitative procedures that are driven by the latest research and physiological needs of our patients. We specialise in intensive rehabilitation programmes that maximize recovery of function in both the post-acute and chronic patients. Although we have a particular interest in stroke rehabilitation, our clinical services extend to all patients with swallowing impairment.

We are the only private clinic in New Zealand to offer videofluroscopic swallowing studies. We have our own Flurostar system on-site and all of our therapists are trained in Radiation Safety. In addition, a consulting radiologist is available.

Our Clinical Team

Centre Director Professor Maggie-Lee Huckabee	**Clinical Director** Lucy Greig
Radiology Consultant Dr Ian Cowan	**Neurology Consultant** Dr John Fink

Physical Address

Rose Centre of Stroke Recovery and Research
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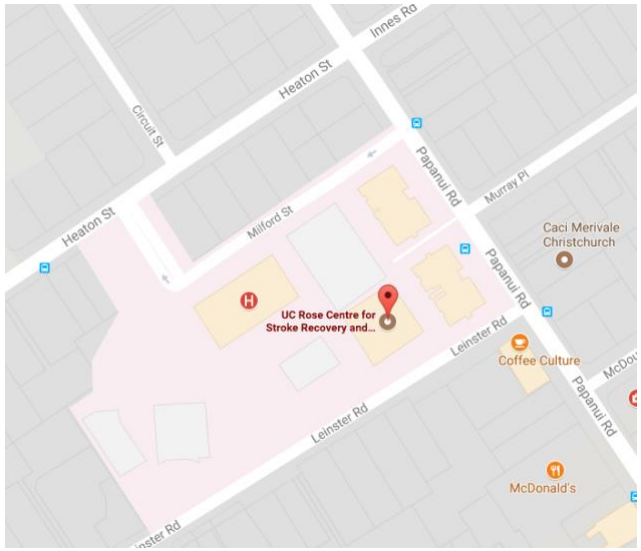
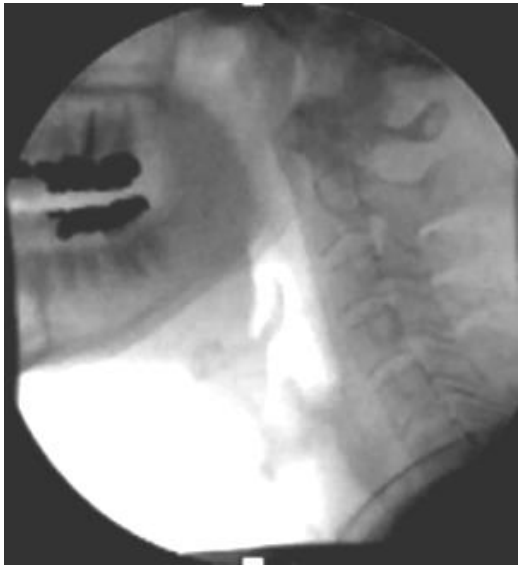
Facebook:

http://www.facebook.com/SwallowALot



THE UNIVERSITY OF CANTERBURY
Te Whare Wānanga o Waitaha
ROSE CENTRE
FOR STROKE RECOVERY & RESEARCH
Te Puna Whakaora Rehu Ohotata
AT ST. GEORGE'S MEDICAL CENTRE
Ki te Whare Hauora o St.George

Videofluoroscopic Swallowing Study (VFSS)



What is a VFSS?

A VFSS, also known as a Modified Barium Swallow is a **moving x-ray of swallowing**. It enables the speech-language therapist (SLT) to **assess** the **physiology** of your swallowing, swallowing **safety**, and **guides management** and treatment of your swallowing disorder.

Who may benefit from a VFSS?

Anyone who has had a **recent change or deterioration** in **swallowing** such as:

- Food/liquid spilling out of the mouth;
- Difficulty moving food around in the mouth;
- Difficulty starting a swallow;
- Food/liquid going into the nose during/after swallowing;
- Feeling of food/liquid remaining in the throat after swallowing;
- Coughing or choking when eating and drinking;
- Pain on swallowing;
- Sensation of lump in the throat;
- Difficulty swallowing pills.
- Change in voice quality during/after meals;

These symptoms may be due to an acute neurological event (e.g. stroke), a progressive neurological condition (e.g. Parkinson's disease), head and neck cancer treatment, or be of unknown cause.

What will happen?

The SLT will first conduct a case history to gain more information about your medical and swallowing history.
You will then **sit** in a special chair and be given different **liquids and foods to swallow** whilst the x-ray is on.
The food/drink is mixed with a substance called **barium**. This is safe to ingest and allows the food/fluid to be seen on the x-ray.

At the end of the study, your therapist will discuss their initial findings with you and provide **recommendations or discuss treatment options** if applicable. You will also be sent a **detailed diagnostic report** with management recommendations based on the findings of the assessment.

Frequently Asked Questions

How long will the study take?
The appointment will take approximately **45 minutes,** however, radiation exposure time is usually between **1 – 4 minutes**.

Is there any special preparation required for the study?
No. You can continue to eat/drink or if applicable, have alternative feeding, as normal prior to the study.

Can a family member/carer/support person come with me?
Yes. The room can accommodate one or two extra people. However, when the x-ray machine is on, they may be asked to step outside if radiation exposure may place them at risk e.g. they are pregnant.

Can I bring my own food?
Yes. It is particularly beneficial to bring foods you are having difficulty with. Please discuss this with your therapist when you book your appointment.

How much does the study cost?
$550.00 inclusive of GST
Some insurance companies will cover the cost of Radiological procedures such as VFSS. Please contact your insurer.