

Effect of transcutaneous electrical nerve stimulation and conventional therapy in post-stroke dysphagic patients: A randomized controlled trial

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Background: Post stroke dysphagia (PSD) can decrease the quality of life, increase the risk of medical complications and mortality. So, it is a great concern for patients and a tough problem for clinicians.

Purpose: The current study was conducted to investigate the effect of adding TENS to the conventional therapy of treating PSD.

Methods: Thirty patients' complaint from post stroke dysphagia were participated in this study, their ages were ranged from 45 to 85 years. They were randomly divided into two equal groups. Group (A): Received 3 weeks of treatment with Transcutaneous Electrical Nerve Stimulation (TENS), frequency 80 HZ, pulse duration of 300 μ sec, intensity according to the patient's tolerance ranging from 2.5 to 25 mA, duration of treatment 30 min three times/week in addition to the conventional therapy. While Group (B): Received 3 weeks of treatment with conventional therapy and placebo TENS, duration of treatment 30 min three times/ week.

Results: Both treatment protocols are effective, minimally invasive option for treatment of patients complaining of post stroke dysphagia, both groups produced subjective improvement and there is a significant increase in both The Functional Oral Intake Scale (FOIS) and The Mann Assessment of Swallowing Ability (MASA) of group A compared with that of group B post treatment.

Conclusion: There was significant increase in the MASA of group A compared with that of group B post treatment. Moreover, there was a significant increase in the median values of FOIS of group A post treatment compared with that of group B.

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