Thickening in Pediatrics: When, Why & How

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Session # 53
February 8, 2019; 3:30-5:30

When the use of thickened liquids is required, pediatric therapists are often left with few options. With high rates of silent aspiration and inconsistent thickening products and practices, it is imperative that therapists and families can feel confident that their method of thickening is safe and palatable.

**Objective 1:** Participants will be able to identify and discuss clinical rationale for thickening liquids in the pediatric population.

**Objective 2:** Participants will be able to identify and discuss two conditions where thickening may be contraindicated.

**Objective 3:** Participants will be able to explain the use of a testing modality (i.e. IDDSI) and how it may be used in their practice when managing thickening.


