



# FEES WALK IN CLINIC

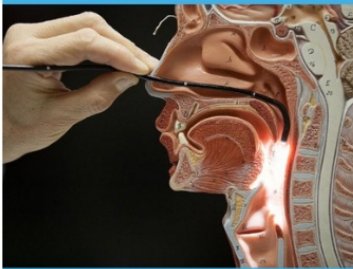


## What is FEES (Flexible Endoscopic Evaluation of Swallowing)?

FEES is one of two gold-standard evaluations of swallowing completed to assess for dysphagia and aspiration. An endoscope is inserted into the nose and throat to obtain direct visualization of anatomical structures, including the vocal folds. Typically no topical anesthetic is needed, as most patients tolerate the presence of the endoscope without difficulty. During the assessment, patients are asked to swallow saliva, liquid, and food while the camera is in place. The Speech-Language Pathologist (SLP) is able to observe aspiration or swallow inefficiencies. During the assessment patients may be asked to say certain sounds allowing the voice box to also be examined.

## What to Expect?

Mountain Region Speech & Hearing Center performs FEES studies for patients who are ambulatory on site at the center. Patients do not need to fast or do anything special to prepare for the study. Patients consume real foods of different textures and thicknesses during the study. FEES assessments are fast and efficient - it takes approximately 20 minutes to complete the typical study. The completed FEES study report with images will be delivered by email or fax to the referring provider within **1 business day**.



## Who Can Perform a FEES?

SLPs are trained dysphagia specialists. An SLP fully trained in FEES may earn Endoscopy Certification and perform FEES studies in the office setting in the state of Tennessee.

## How does FEES compare to MBSS/OPMS?

During a FEES study the swallow physiology is evaluated and aspiration or bolus inefficiency can be detected. FEES allows direct visualization of the pharynx, vocal cords and swallowing mechanism. The patient does not consume barium and is not exposed to radiation for the FEES study. FEES can also accommodate bariatric patients. A FEES study is approximately **1/3 the cost of a Modified Barium Swallow Study** and does not include a hospital visit.

## Who is Mountain Region?

Mountain Region Speech & Hearing Center is a non-profit agency located in Kingsport, TN that specializes in the evaluation and treatment of speech, hearing and swallowing disorders. Our licensed and insured SLPs that perform FEES studies have received their Certificate of Clinical Competence (CCC) from ASHA, are fully trained in the FEES procedure and have received Endoscopy Certification. Our Mobile FEES Clinic also has the ability to travel to nursing facilities, rehabilitation facilities, medical centers and hospitals to perform FEES studies at patients' bedside, so that patients do not need to be moved out of their facility for a swallowing assessment. We are excited to bring this much needed service to our region!



**Mountain Region Speech & Hearing Center**  
301 Louis Street, Suite 101  
Kingsport, TN 37660  
Phone: 423-246-4600 Fax: 423-246-3311