



## Ampcare Effective Swallowing Protocol (ESP™)

### Therapeutic Neuromuscular Electrical Stimulation (NMES) technology for Dysphagia

Ampcare ESP™ is a non-invasive, FDA-cleared treatment for dysphagia that combines electrical stimulation parameters with specially selected resistance exercises to help rehabilitate swallow function.

Two systematic reviews investigating non-invasive neurostimulation therapies reported positive effects on swallowing function and quality of life when using NMES (*Li et al, 2021; Wang et al, 2021*). Other research using Ampcare ESP has demonstrated that providing intensive dysphagia therapy (30 minutes) is possible within inpatient, outpatient, and/or domiciliary settings. This results in significant and functional improvements in swallow safety and an increase in swallow-related quality of life, particularly in dysphagia following stroke (*Sproson et al 2018, Martindale et al 2019*).

NMES is a recommendation in the 2023 National Stroke Guidelines. It states:

*'People with dysphagia after stroke may be considered for neuromuscular electrical stimulation as an adjunct to behavioural rehabilitation where the device is available, and it can be delivered by a trained healthcare professional'.*

### What is covered by Ampcare's training?

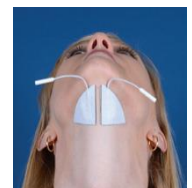
Ampcare's training options will guide clinicians through the latest clinical approach to treat dysphagia. Ampcare's ESP combines NMES with specifically designed electrodes to fit the submental and facial areas and works in conjunction with indirect techniques and therapeutic exercises. This systematic rehabilitation approach works to improve hyo-laryngeal excursion, speed up laryngeal vestibule closure reaction times, and enhance swallowing posture by providing the tools to accelerate swallowing function.

Each course will teach participants the specific rationale behind the parameters best suited for small muscle rehabilitation and review the anatomy of the muscle groups and the cranial nerves associated with swallowing.

### Training Options

Three training options are available:

- In person UK based training events (*Tuesday 4<sup>th</sup> June and Thursday 6<sup>th</sup> June 2024*) £300.00
- Online self-directed learning modules £200.00
- Hybrid training (a mix of 4 hours of online pre-course work followed by 2 days of 2 hours of live webinars) £250.00
  - *Wednesday 6<sup>th</sup> and Thursday 7<sup>th</sup> March 2024*
  - *Wednesday 18<sup>th</sup> and Thursday 19<sup>th</sup> September 2024*



### How do I enrol for a course?

Registration is very simple:

1. Email [info@ampcarellc.com](mailto:info@ampcarellc.com) detailing which course you wish to register for and any equipment you wish to purchase.
2. You will be sent a quote that details how to pay.
3. Once payment is received you will be sent a link to register for your training.