

**Critical Review: Effectiveness of FEES in comparison to VFSS at identifying aspiration**

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This critical review examines whether the videofluoroscopy swallowing study (VFSS) is more effective than the fiberoptic endoscopic examination of swallowing (FEES) at identifying aspiration. Overall, research suggests that these two examinations are both fair!

## **Selection Criteria**



terms of the patient's swallowing ability. In sum, at the current time, research in this area supports the use of both VFSS and FEES in the assessment of aspiration in patients who are at risk of developing aspiration pneumonia. It is recommended that more research be conducted in this area. In addition, researchers should attempt to incorporate the following when conducting studies in this area:

1. Larger sample sizes.
2. Same food and liquid consistencies and volumes for both studies.
3. Studies (VFSS and FEES) should be conducted within the shortest possible time period (e.g., 24 hours).
4. Cohort of patients with the same diagnoses (e.g., stroke) should be included.
5. Experimenter blinding when possible.
6. Prospective studies rather than retrospective.

### *Conclusions*

Aspiration can often lead to aspiration pneumonia, which can be fatal in many cases. As such, the accurate assessment and identification of aspiration is essential. As previously mentioned the two main diagnostic measures of aspiration are the FEES and the VFSS. Overall, rese  
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