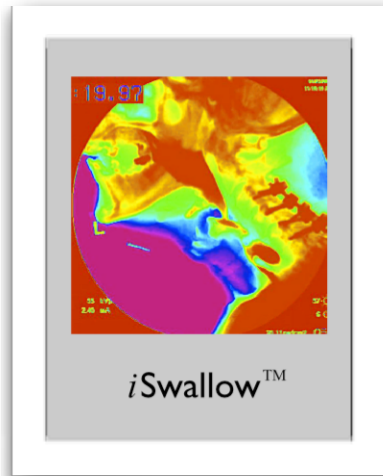


# *iSwallow*

Clinician Setup Instructions

[www.ucdvoice.org](http://www.ucdvoice.org)

**UNIVERSITY OF CALIFORNIA, DAVIS**  
CENTER FOR VOICE & SWALLOWING



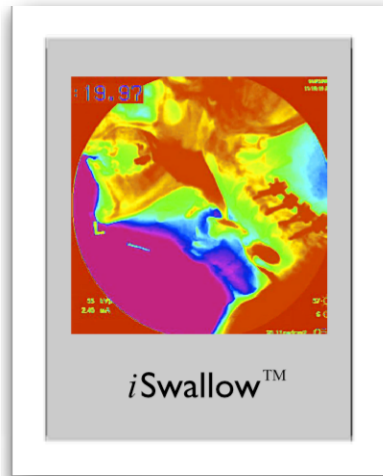
# *iSwallow*

UCDavis

*iSwallow* is a personal rehabilitation assistant (PRA). Preliminary experience suggests that *iSwallow*, when used under the supervision of a swallowing therapist, may improve patient compliance and swallowing outcomes. The purpose of this primer is to educate the clinician on the use of *iSwallow*.

# Obtain the Password

- iSwallow is meant to be utilized under the supervision of a swallowing clinician. Before you continue, please obtain the password to unlock the app by emailing your name, hospital or institution affiliation, and degree to [iswallow@ucdvoice.org](mailto:iswallow@ucdvoice.org).



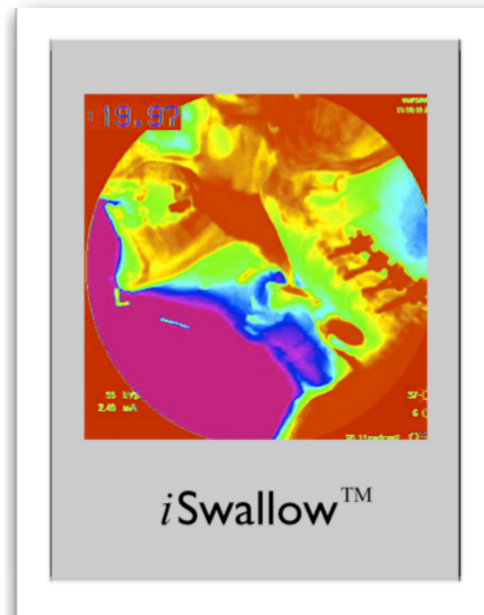
# *iSwallow*

UCDavis

*iSwallow* is meant to be downloaded onto a patient's mobile device and then programmed by a clinician.

Alternatively *iSwallow* may be downloaded onto a clinician's device who then loans the device to the patient.

# *iSwallow*

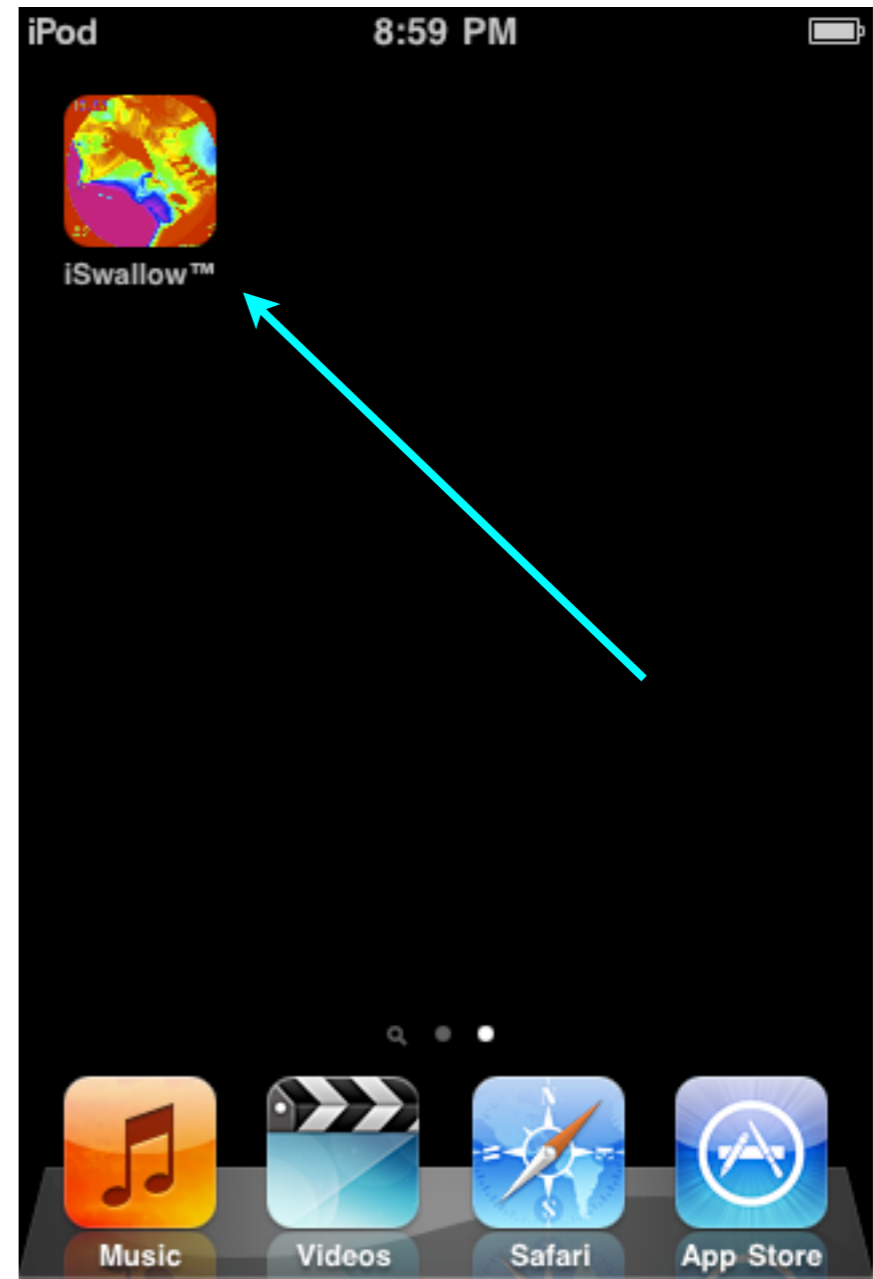


## ***GETTING STARTED***

UCDavis

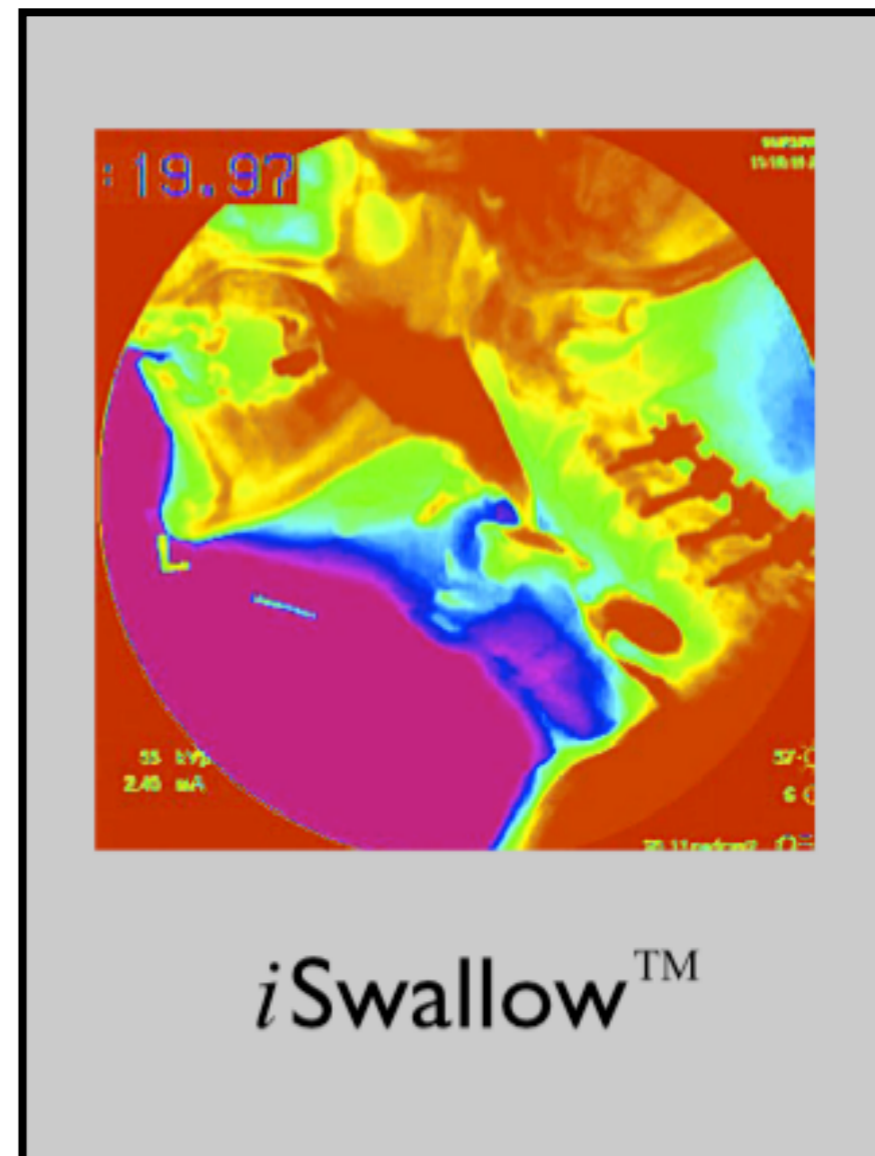
# Step - 1 Open the App

- Click on the *iSwallow* icon to open the application



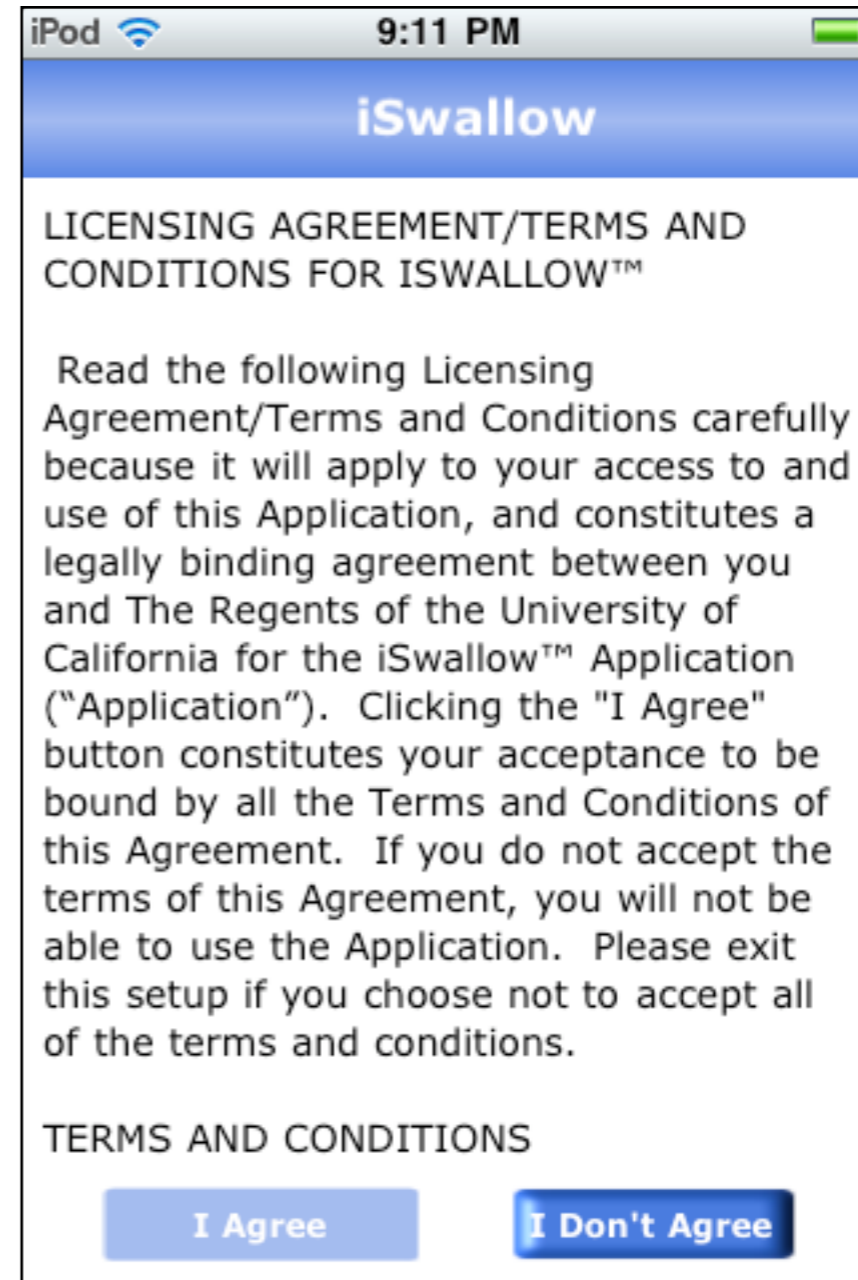
# Wait for the App to open

- You will see the *iSwallow* splash screen as the application opens



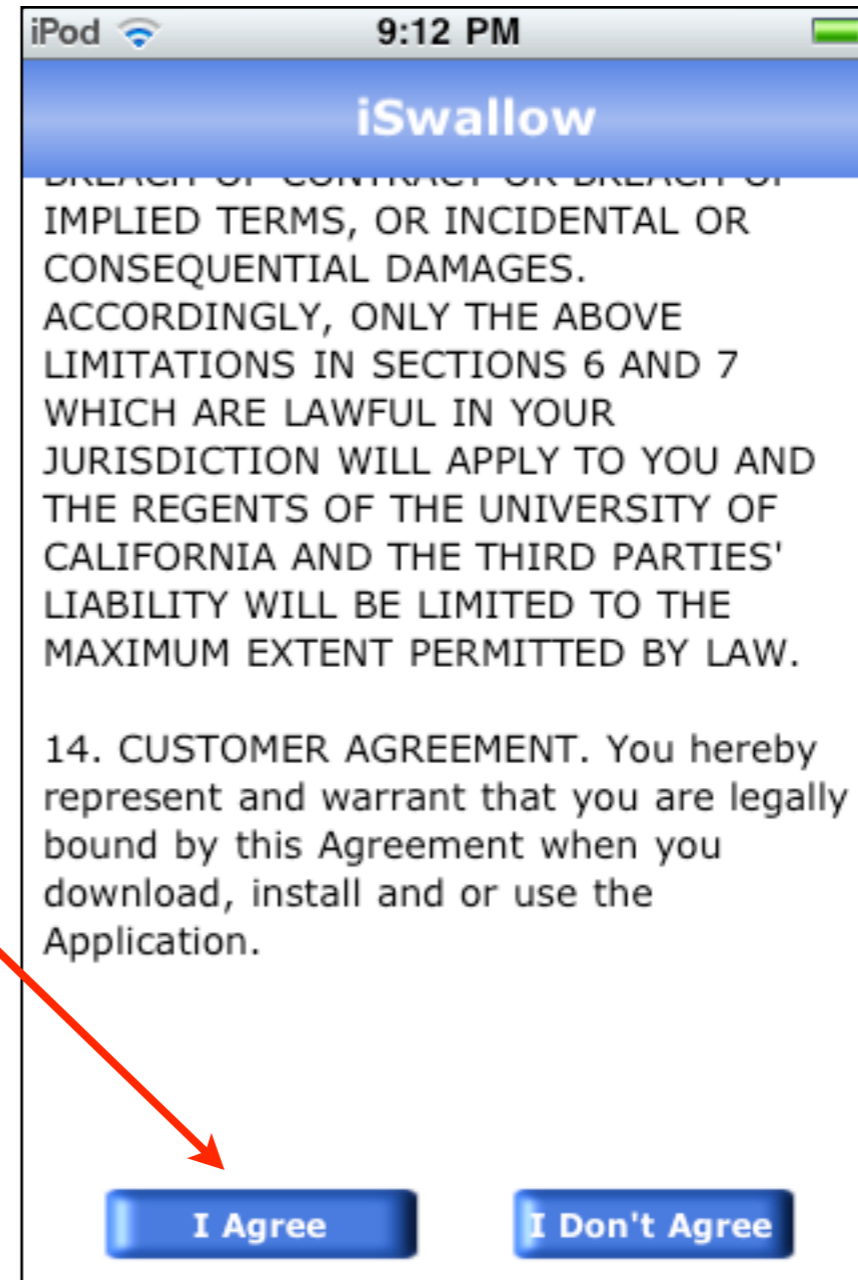
# Read the Licensing Agreement

- Scroll down to read the licensing agreement.



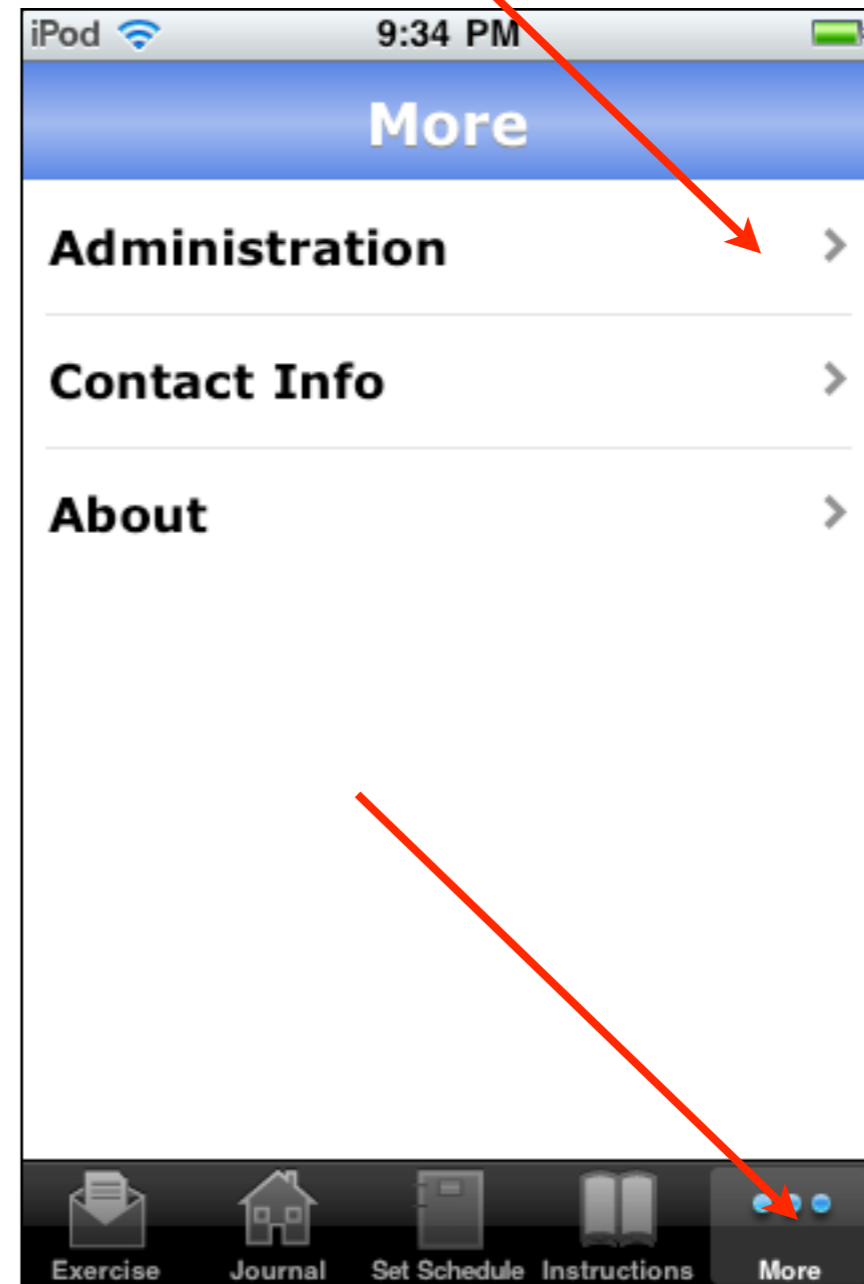
# Read the Licensing Agreement

- After reading the agreement, click on the “I Agree” button to continue. You must scroll down to the end before you can continue.



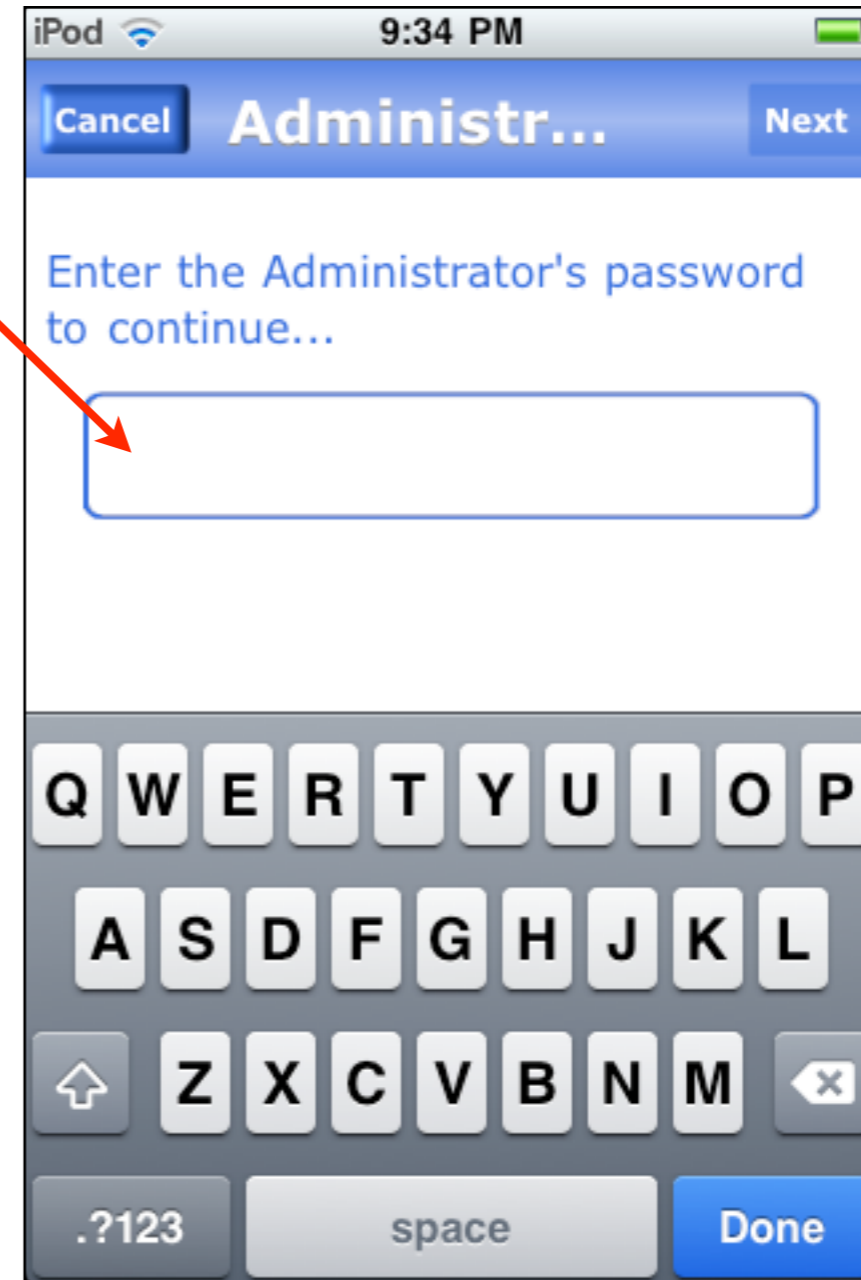
# Enter the Administration Password

- Touch the More tab at the bottom toolbar and then touch the Administration button to enter the password.



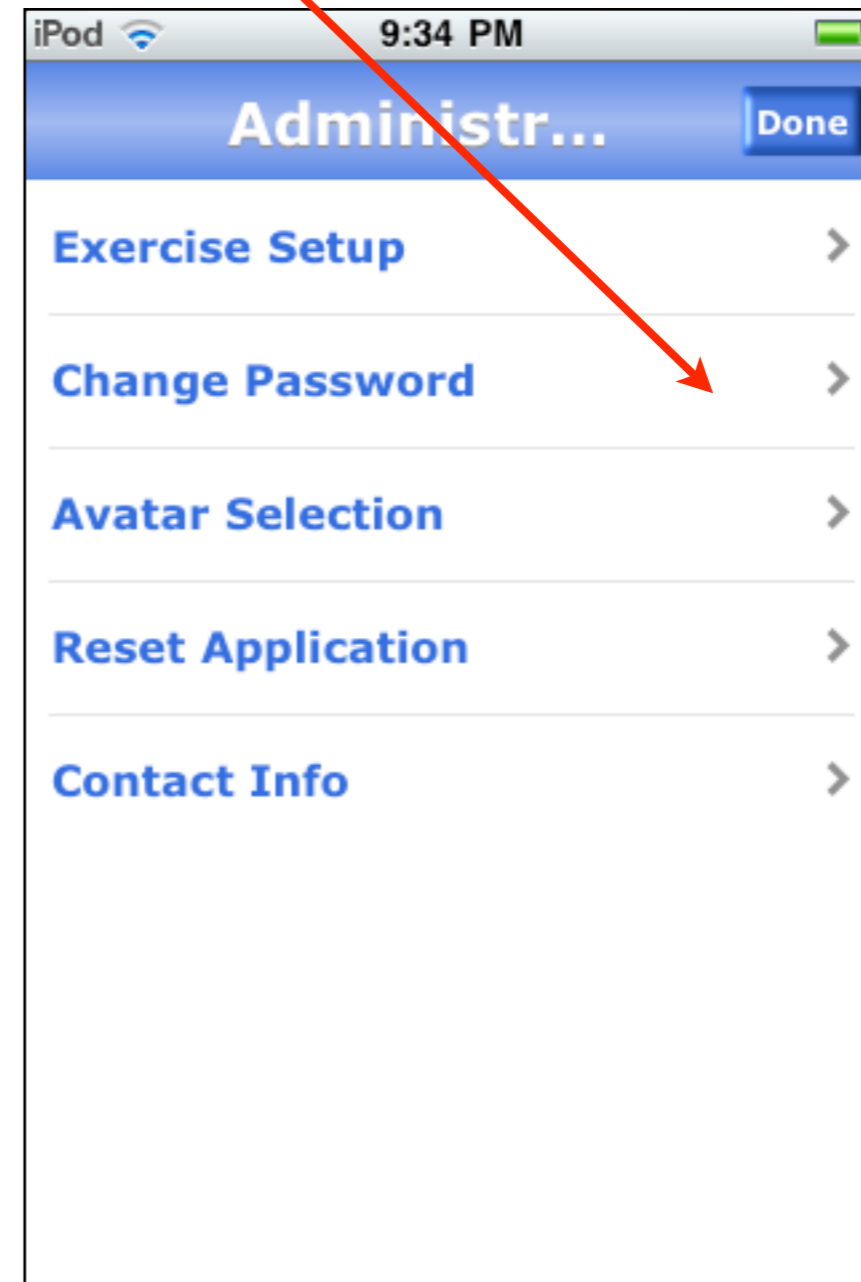
# Enter the Administration Password

- Enter the administration password you obtained from the UC Davis Swallow Team.



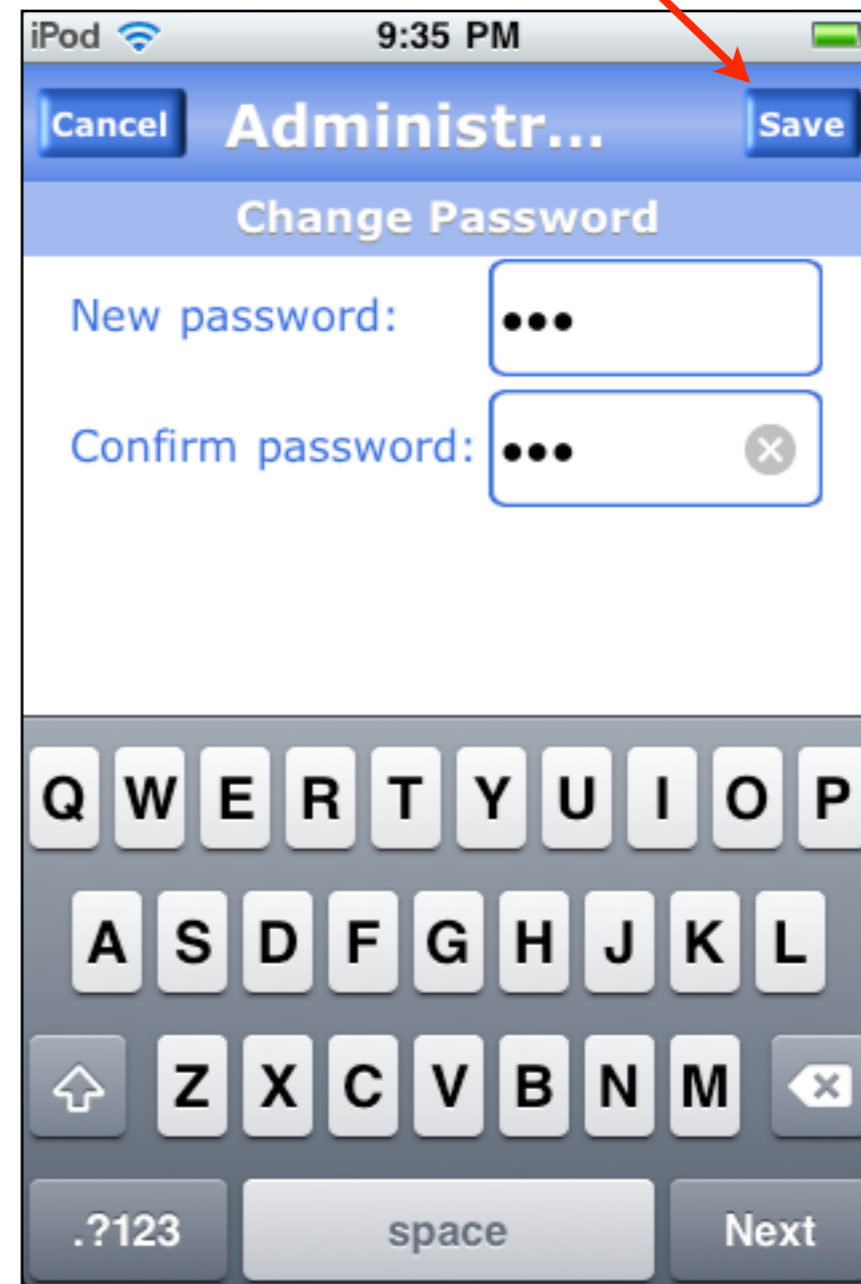
# Change the Administration Password

- Touch the Change Password button to create your own administration password.



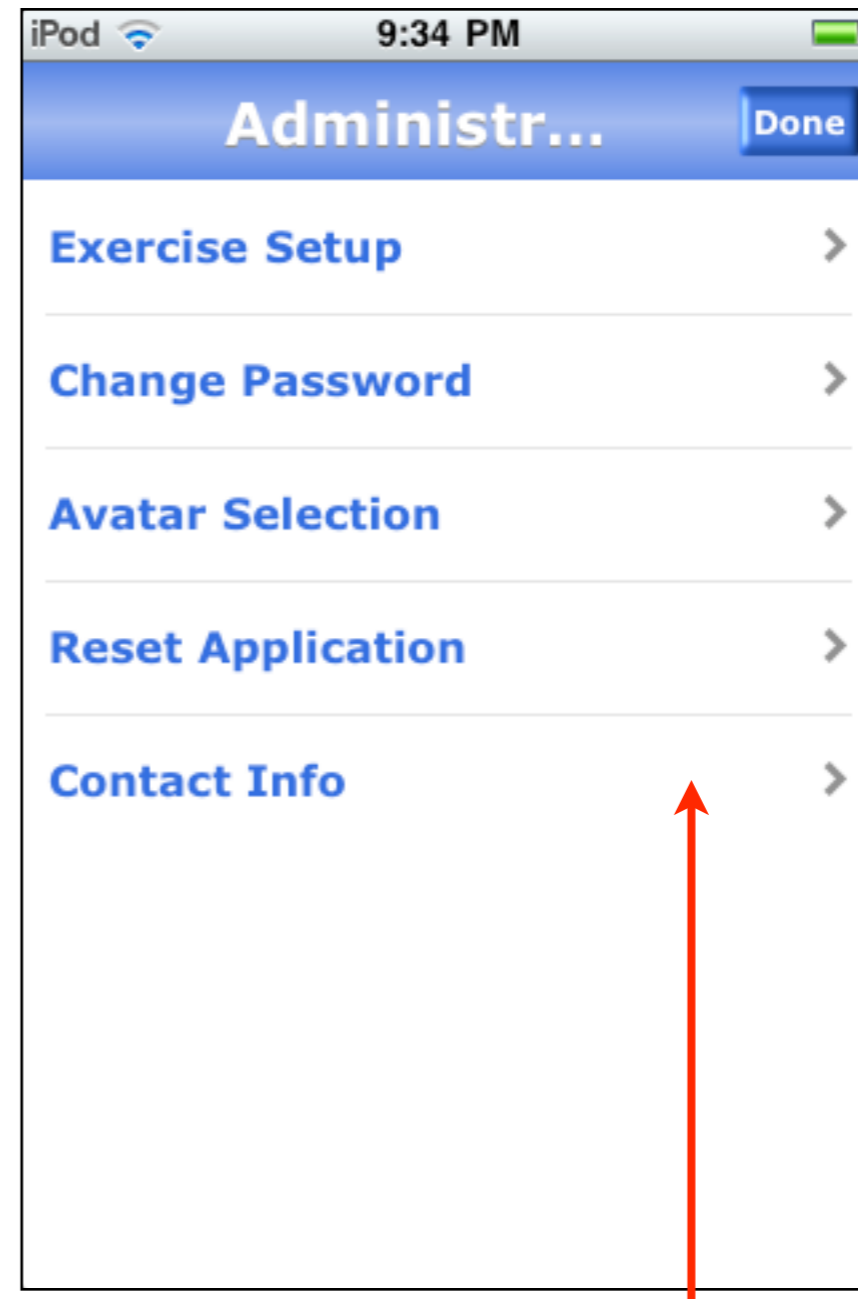
# Change the Administration Password

- Enter your own password and then click the save button. Choose a short password that you will remember. Write down the password and store it in a safe place. You will need the password to program the exercise and access other administration functions.



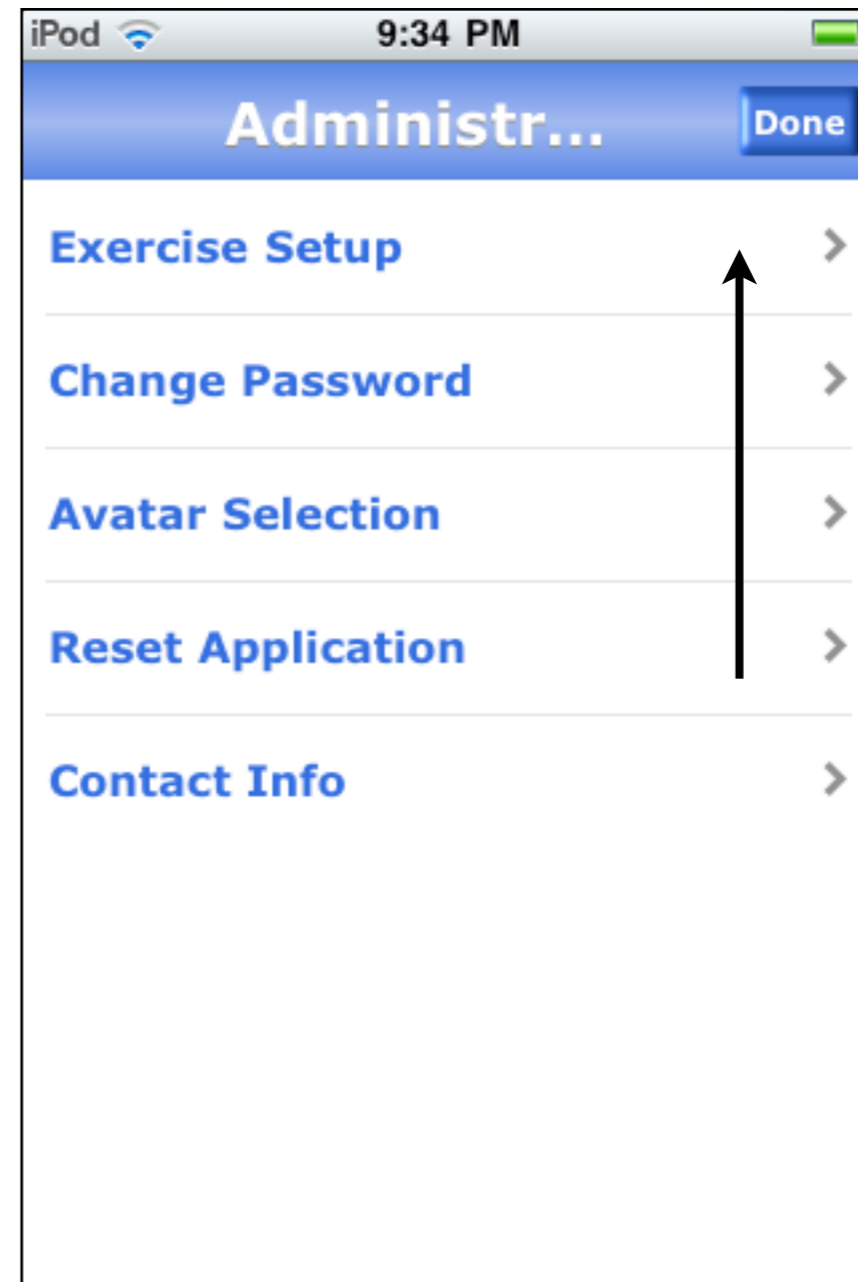
# Enter Clinician Contact Information

- Enter the clinician contact information. This will allow the patient to access the clinician contact information to report any problems or questions or to make an appointment.



# Setup Patient Exercise Program

- Click on the Exercise Setup tab to setup the personalized exercise program for your patient.



# Choose From the Exercise Menu

- Choose the exercises from the menu that you want the patient to perform.
- In this example lets choose the Massako Maneuver. Click on the Massako Maneuver tab to turn on the exercise.



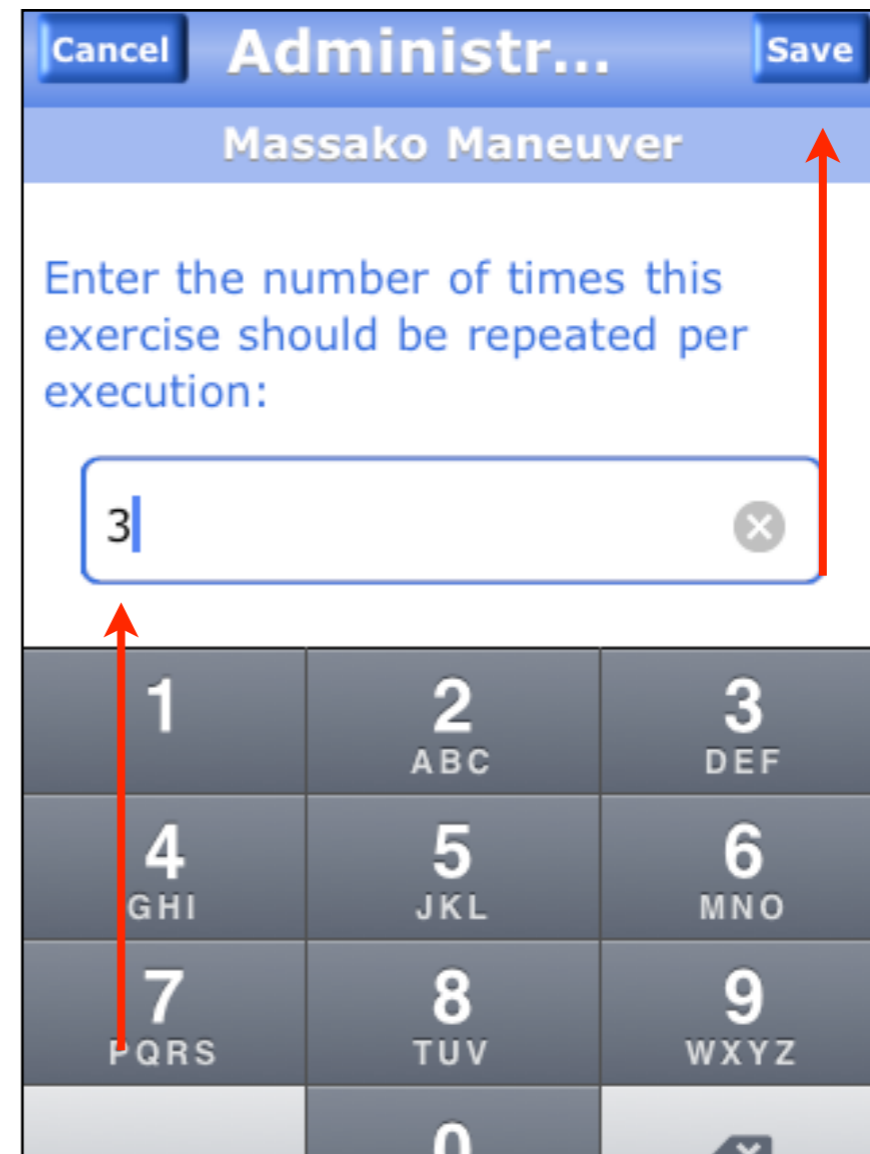
# Enable the exercise

- Click the ON button to enable this exercise and then click the Next tab to continue.



# Enter the number of repetitions

- Enter the number of repetitions that you want the patient to perform the exercise.
- The default number of repetitions is 3.
- Click the Save tab to continue.

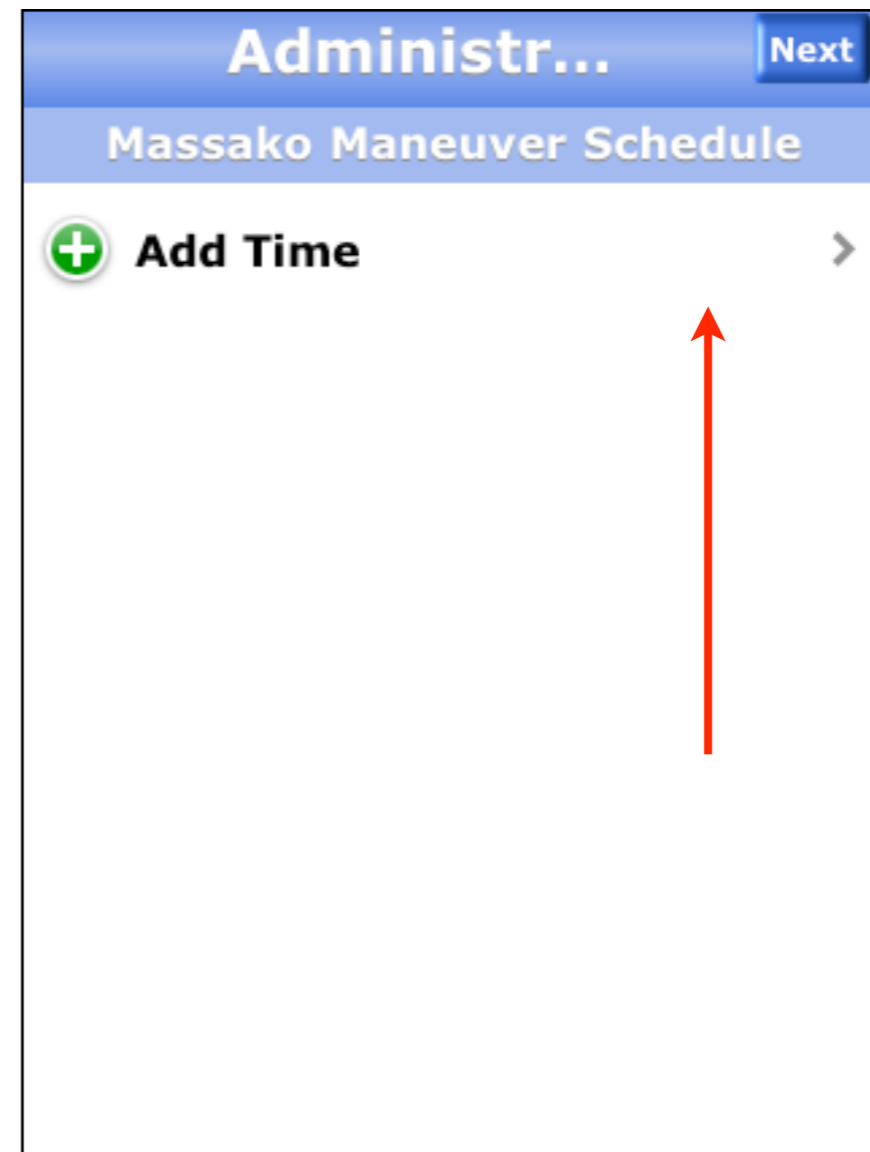


The screenshot shows a mobile application interface for 'Massako Maneuver'. At the top, there are 'Cancel' and 'Save' buttons. Below the title, the instruction reads: 'Enter the number of times this exercise should be repeated per execution:'. A text input field contains the number '3'. Below the input field is a numeric keypad with buttons for digits 1-9, 0, and a backspace key. Red arrows point from the '3' on the keypad to the input field, and from the 'Save' button to the top right corner of the screen.

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	

# Add the Time

- Add the time that you would like the patient to perform the exercise.
- Click on the Add Time tab.
- In this example, lets choose 8am, 12pm, 4pm, and 8pm.



# Choose the 1st time

- Scroll the time to 800am and then click the Save tab.

Cancel Administr... Save

Massako Maneuver Schedule

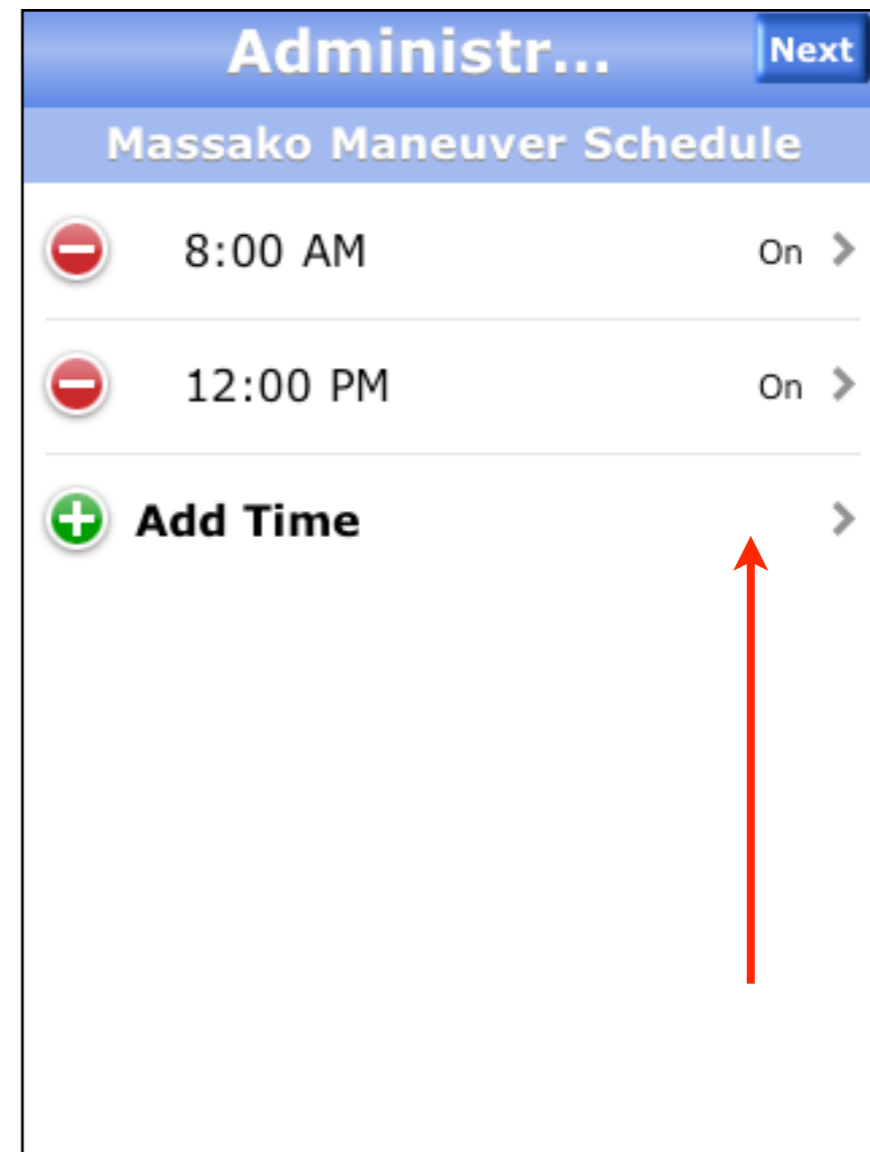
On Off

8:00 AM

6	30	
7	45	
8	00	AM
9	15	PM

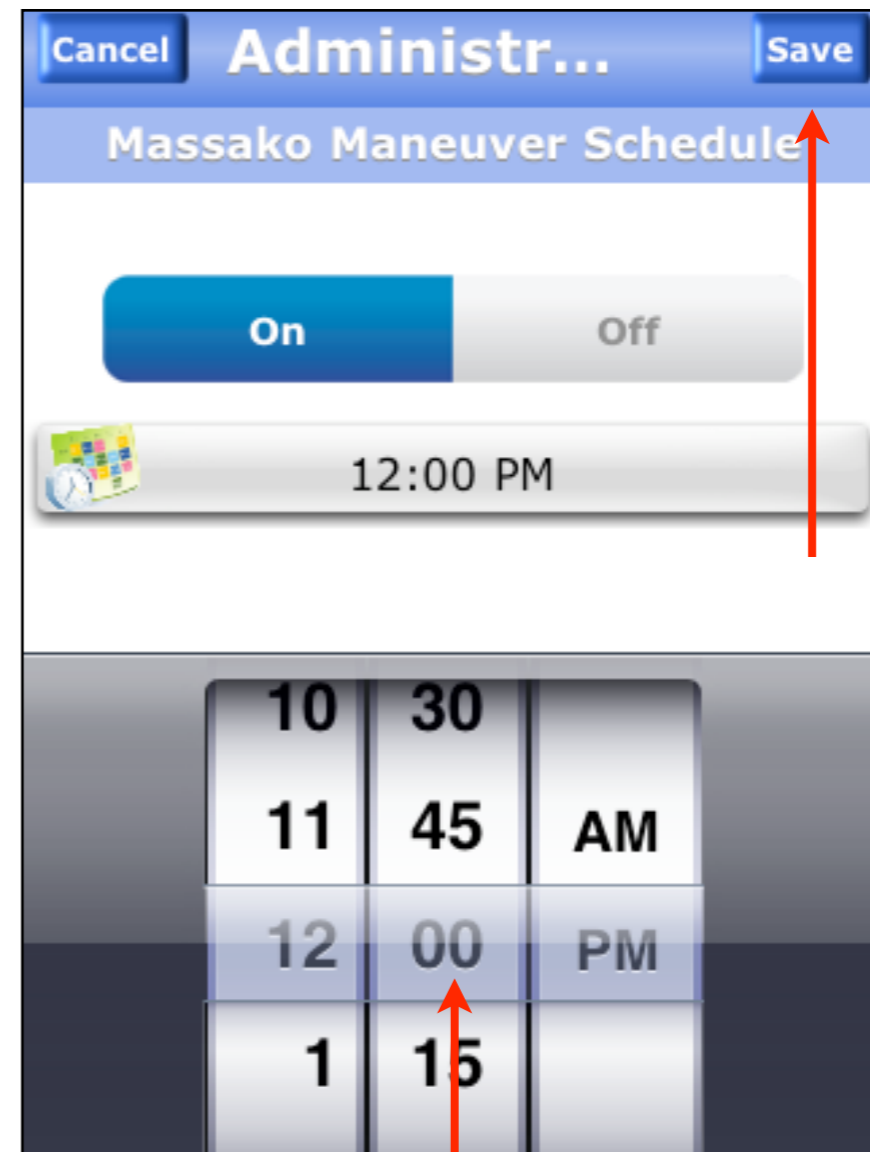
# Add the 2nd time

- Add the 2nd time that you would like the patient to perform the exercise.
- Click on the Add Time tab.



# Choose the 2nd time

- Scroll the time to 12:00pm and then click the Save tab.

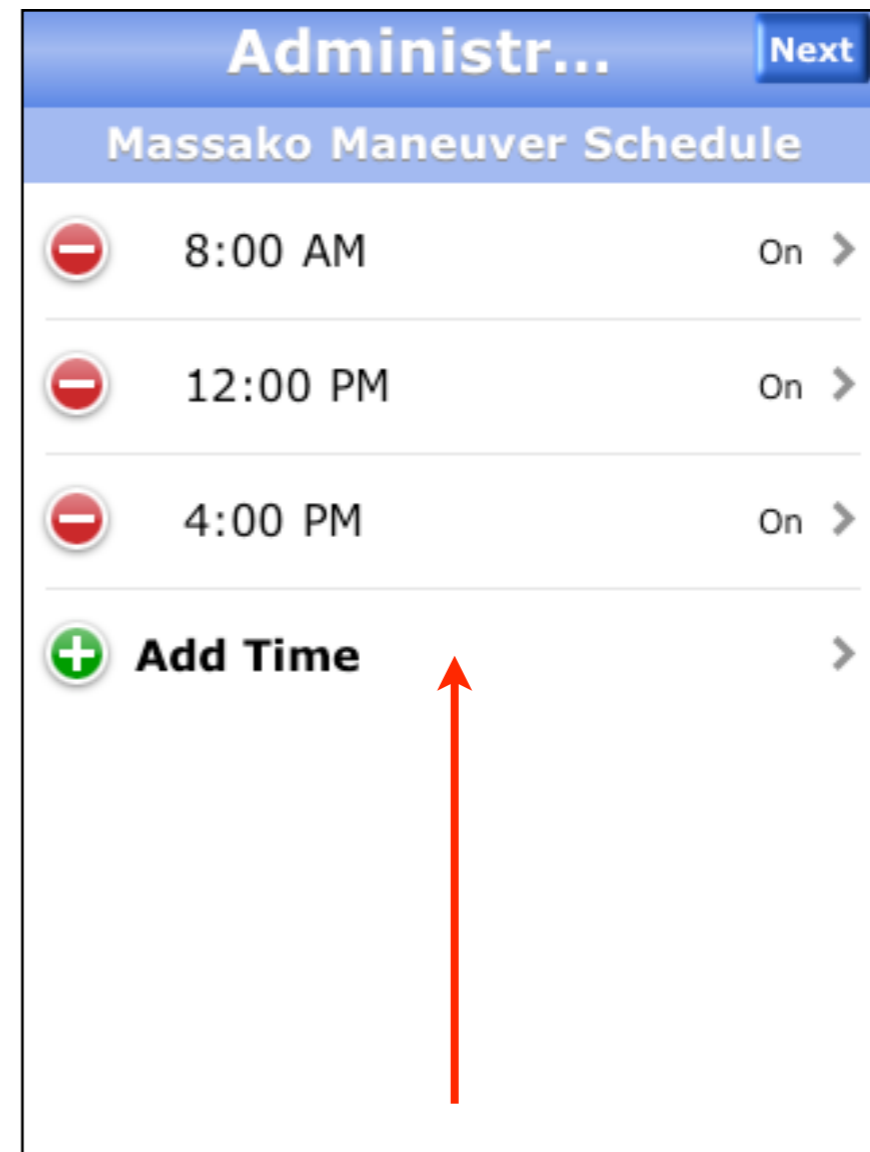


The screenshot shows a mobile application interface for 'Massako Maneuver Schedule'. At the top, there are 'Cancel' and 'Save' buttons. Below the title, there is a toggle switch for 'On' (selected) and 'Off'. A time selection field shows '12:00 PM'. Below this is a time picker grid with columns for hours, minutes, and AM/PM. The '12:00 PM' option is highlighted, and a red arrow points to it from below. Another red arrow points to the 'Save' button from the right.

10	30	
11	45	AM
12	00	PM
1	15	

# Add the 3rd time

- Add the 3rd time that you would like the patient to perform the exercise.
- Click on the Add Time tab.



# Choose the 3rd time

- Scroll the time to 4pm and then click the Save tab.

Cancel Administr... Save

Massako Maneuver Schedule

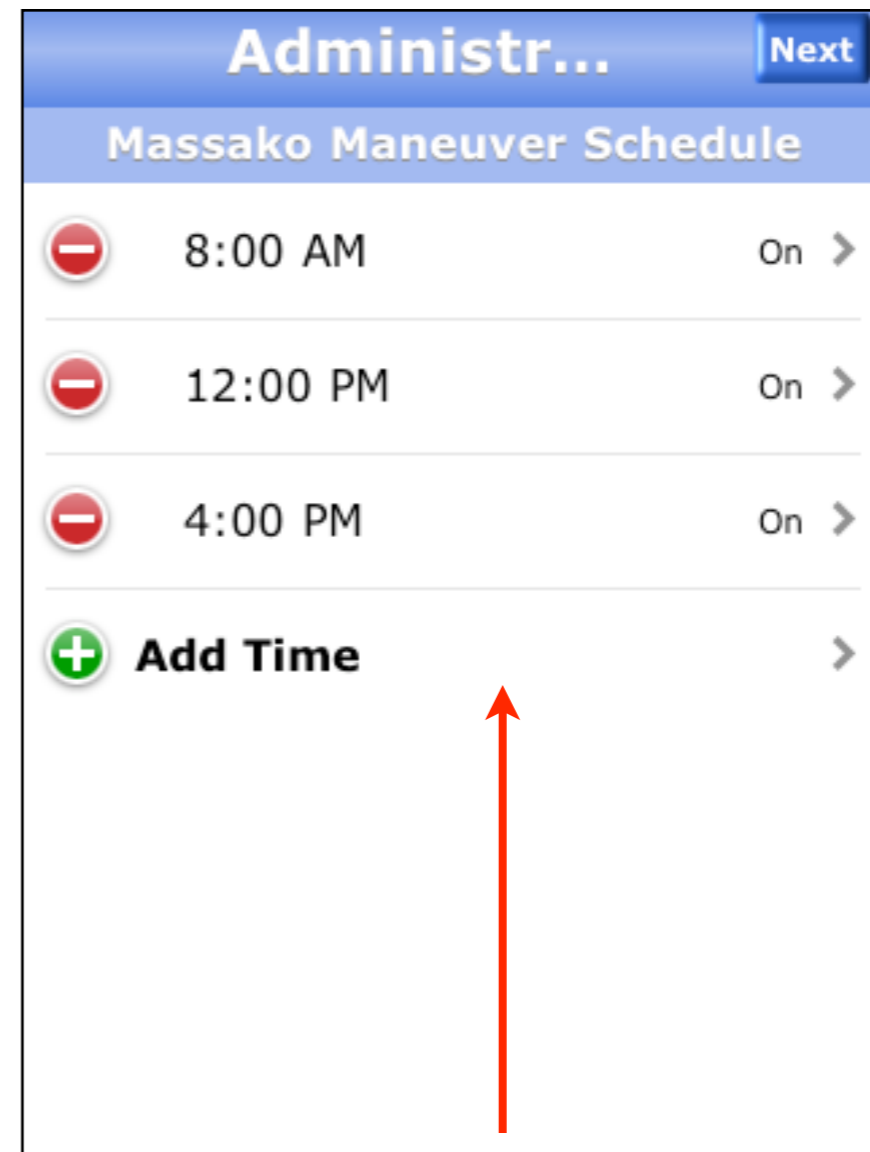
On Off

4:00 PM

2	30	
3	45	AM
4	00	PM
5	15	

# Add the 4th time

- Add the 4th time that you would like the patient to perform the exercise. In this example, let's choose 8am, 12pm, 4pm, and 8pm.
- Click on the Add Time tab.



# Choose the 4th time

- Scroll the time to 8pm and then click the Save tab.

Cancel Administr... Save

Massako Maneuver Schedule

On Off

8:00 PM

6	30	
7	45	AM
8	00	PM
9	15	

# Click Next

- Click Next to continue and program the next exercise.

The screenshot shows a mobile application interface with a blue header bar. The header bar contains the text "Administr..." on the left and a blue button labeled "Next" on the right. Below the header bar is a section titled "Massako Maneuver Schedule". This section contains a list of items, each with a red minus sign icon on the left, a time in the middle, and the text "On" followed by a right-pointing chevron icon on the right. The items are: "8:00 AM", "12:00 PM", "4:00 PM", and "8:00 PM". Below these items is a green plus sign icon followed by the text "Add Time" and a right-pointing chevron icon. A red arrow points from the "Next" button in the header bar down to the "Add Time" item in the list.

Administr...		Next
Massako Maneuver Schedule		
⊖	8:00 AM	On >
⊖	12:00 PM	On >
⊖	4:00 PM	On >
⊖	8:00 PM	On >
⊕	<b>Add Time</b>	>

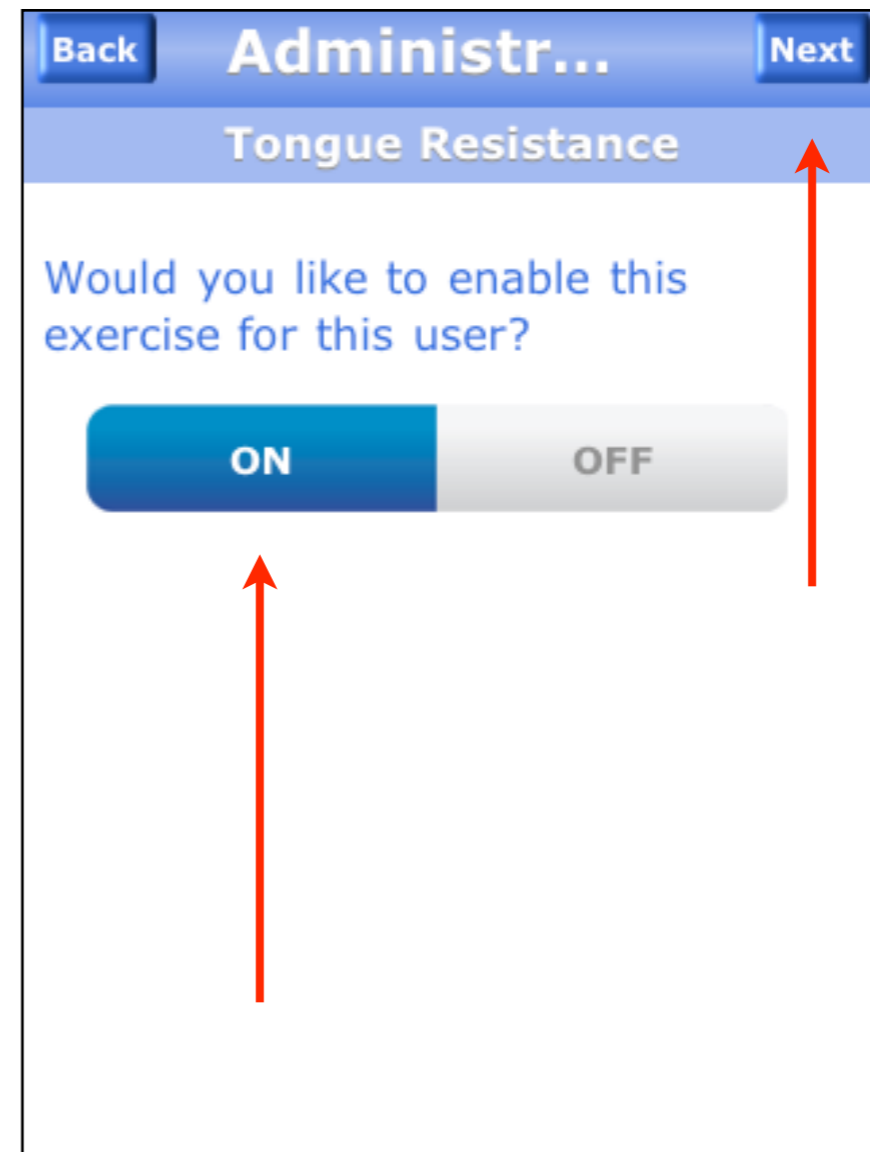
# Turn on the next desired exercise

- In this example, lets choose the Tongue Resistance Exercise.
- Click on the Tongue Resistance tab.



# Enable the exercise

- Click the ON tab to enable the exercise and then click the Next tab to continue



# Setup the Tongue Resistance Exercise

- Enter the number of seconds that the patient should perform each resistance exercise. The default is 5 seconds. Click the Save tab to continue

Cancel Administr... Save

Tongue Resistance

Enter the number of seconds that each part of Tongue Resistance should last:

# Enter the Number of Repetitions

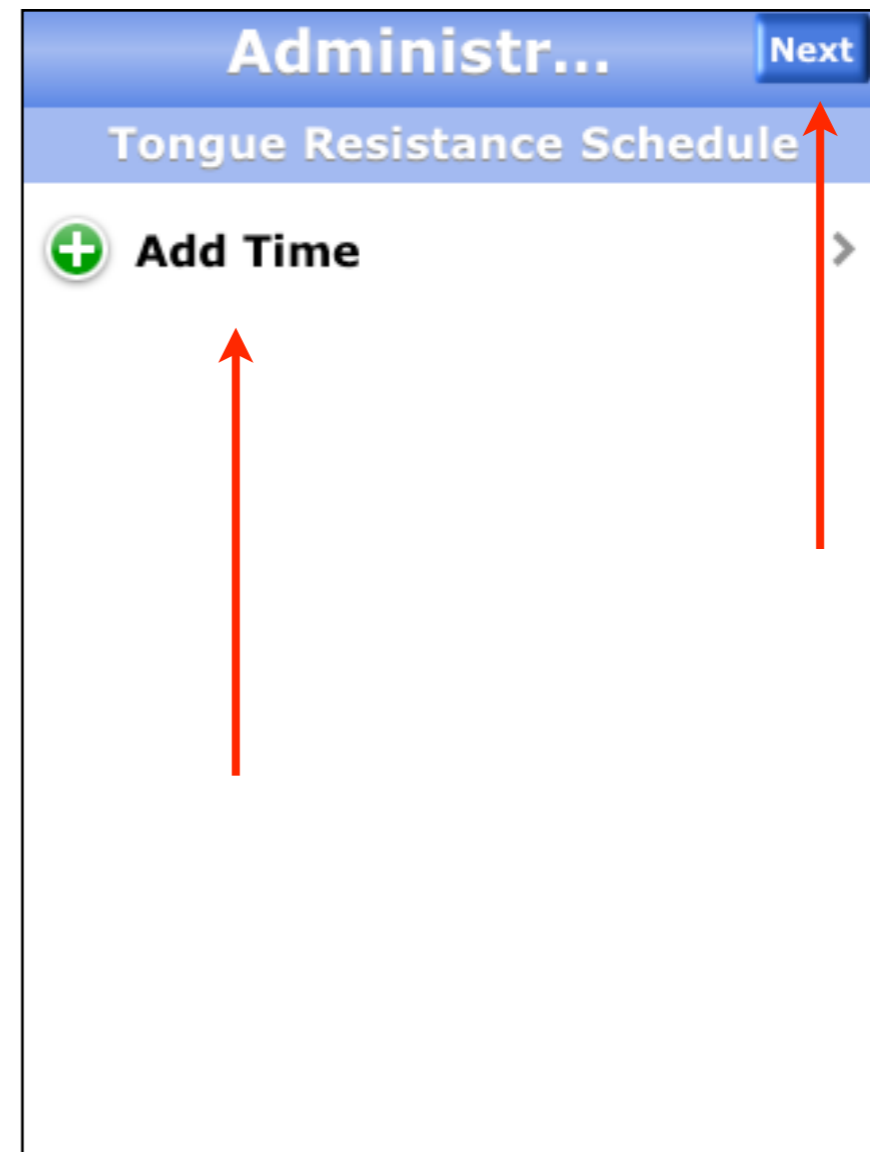
- Enter the number of repetitions that each part of the exercise should be repeated. The default is 5. Click on the save tab to continue

The screenshot shows a mobile application interface. At the top, there is a blue header bar with a 'Back' button on the left, the text 'Administr...' in the center, and a 'Save' button on the right. Below the header, the text 'Tongue Resistance' is displayed. A blue instruction reads: 'Enter the number of times that all 4 parts should be repeated per execution:'. Below this is a text input field containing the number '5'. A red arrow points from the '5' on the keypad to the input field. Another red arrow points from the 'Save' button to the input field. Below the input field is a numeric keypad with buttons for digits 1-9, 0, and a clear button (X).

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	X

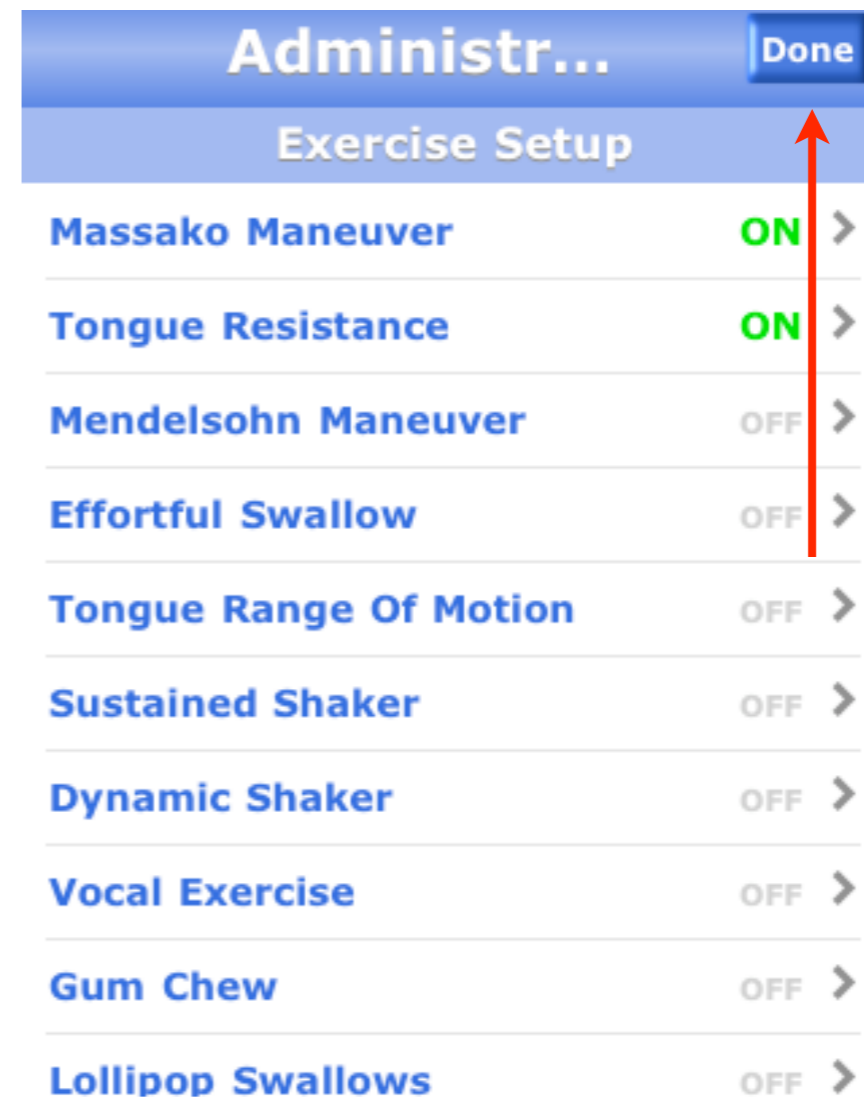
# Add the time

- Add the time(s) each day that you want the patient to perform each exercise.



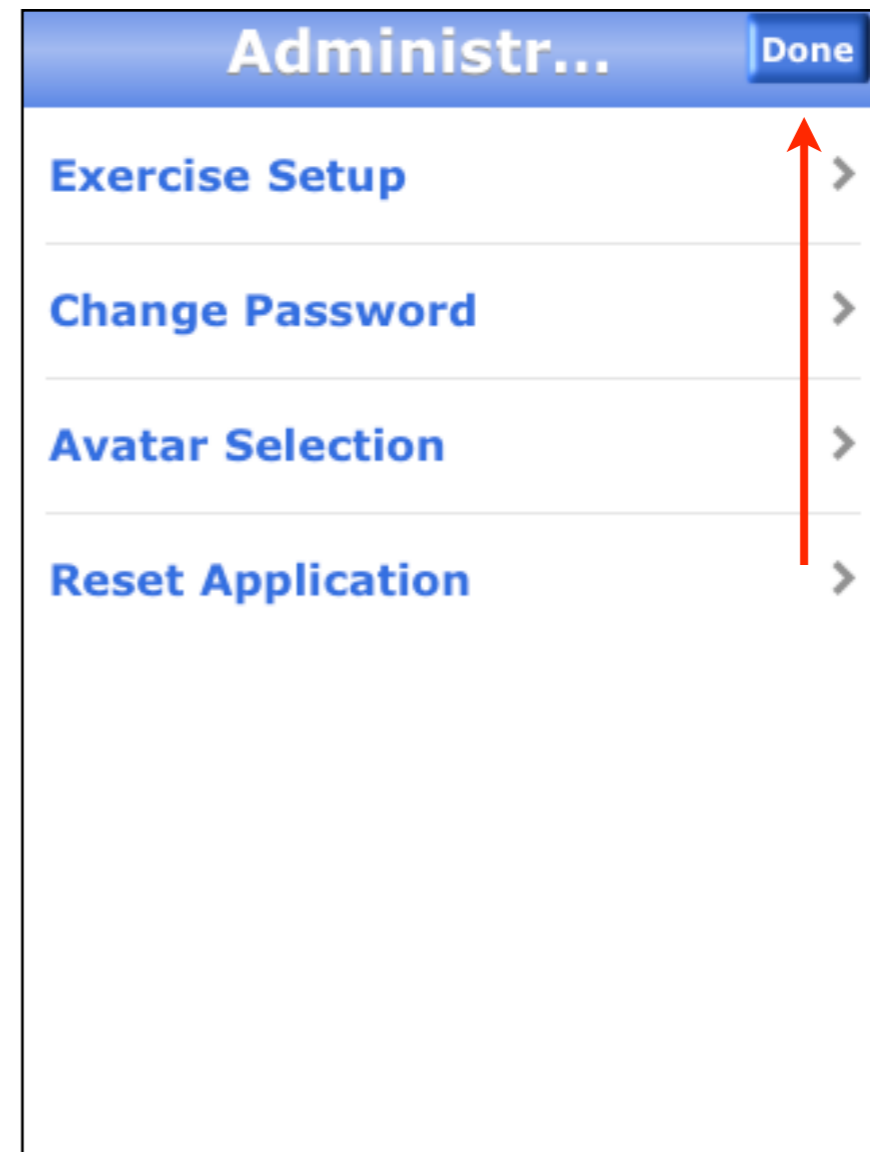
# Turn on the next desired exercise

- You may pick as many exercises for the patient to perform as desired
- Click on the Done tab when all the desired exercises have been enabled



# Click Done

- Click on the Done tab when the exercise setup has been completed



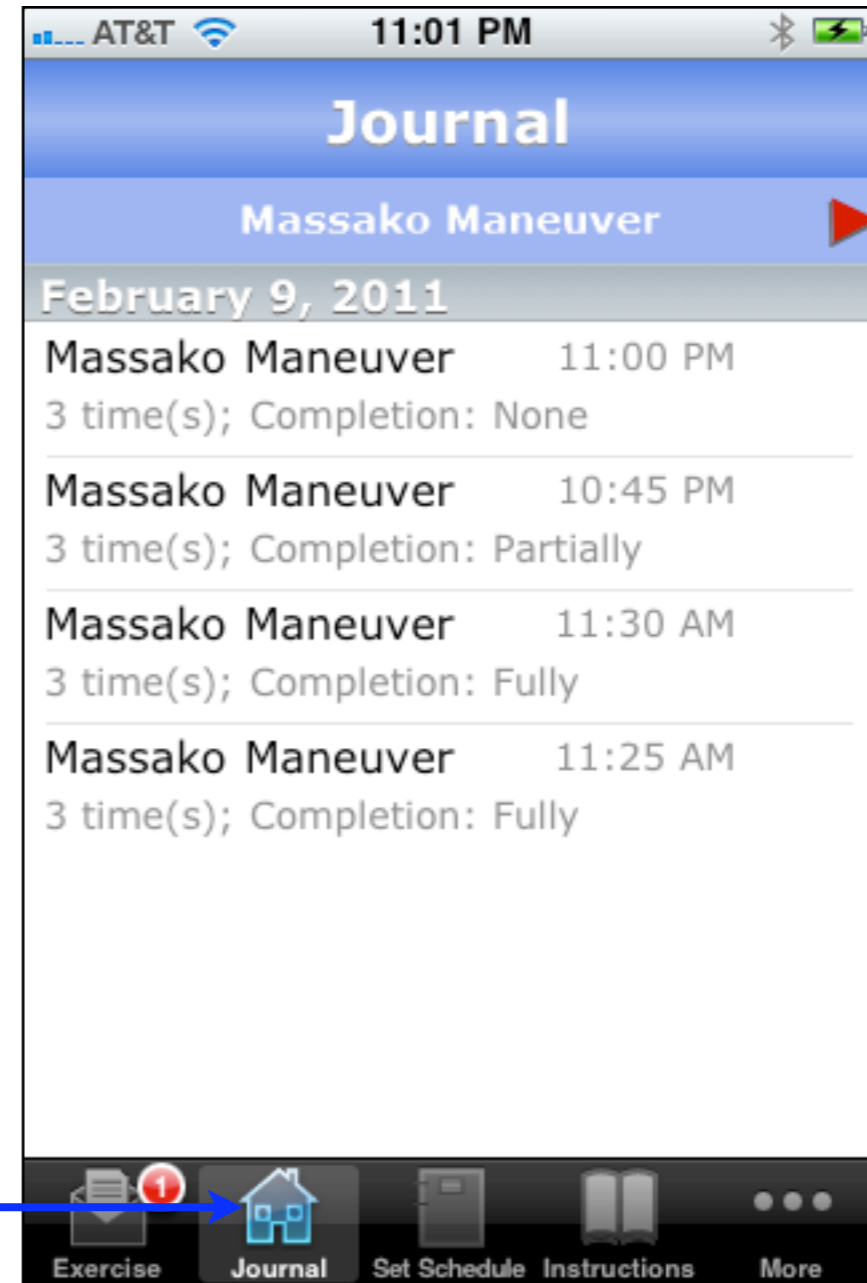
# The Setup is Complete

- The exercise setup is complete.
- You may now go over the prescribed exercises and give the device to your patient.
- The patient may refer to the iSwallow patient primer for assistance.



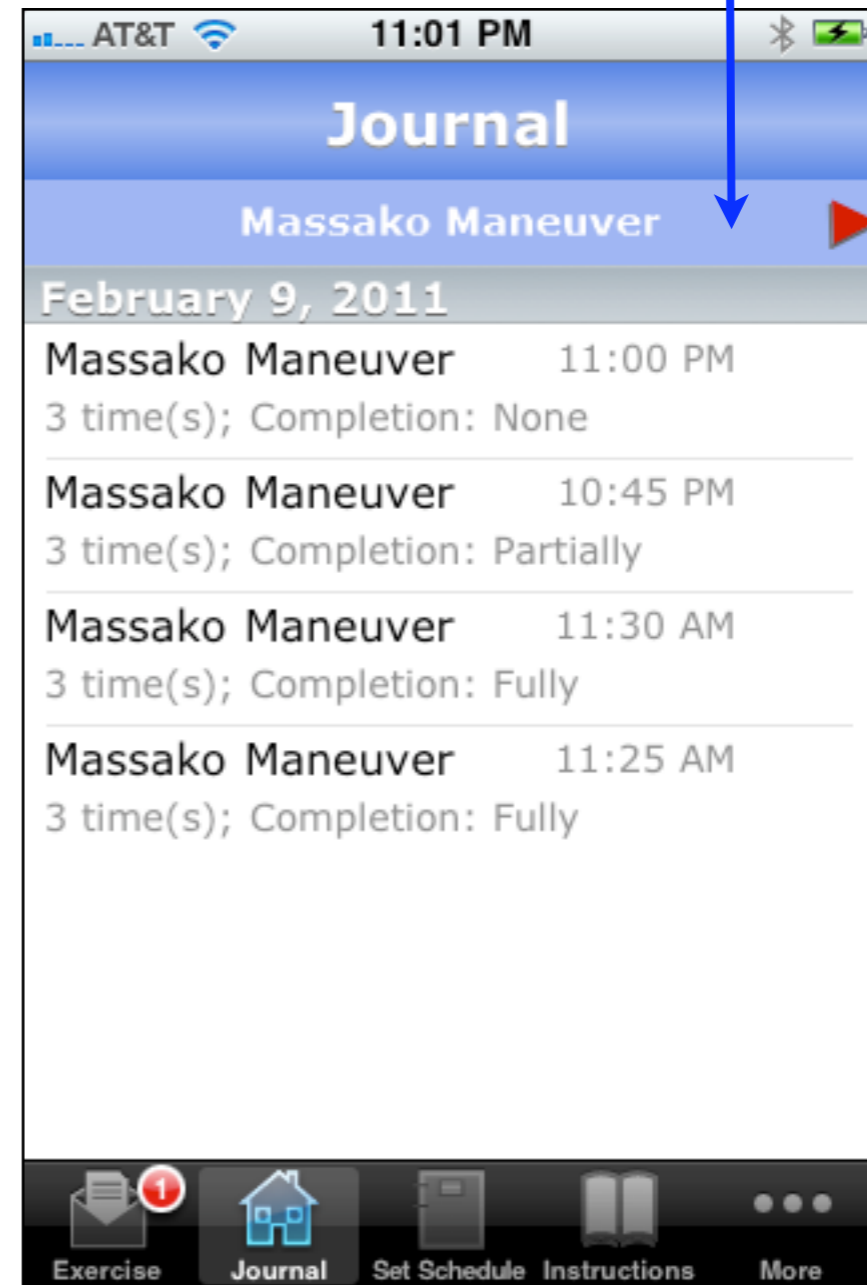
# The Journal

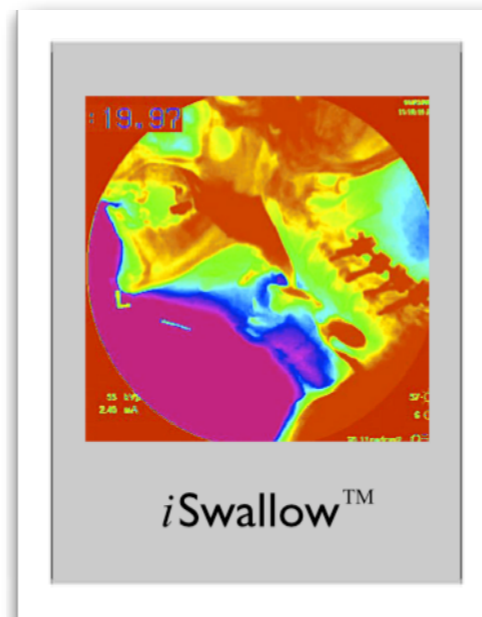
- The **Journal Function** allows you to assess patient compliance.
- You can see how compliant the patient was with the prescribed exercise.



# The Journal

- Near the top of the screen is the name of the exercise. Slide your finger over the name of the exercise to select different exercises from your prescribed dysphagia program.





# *iSwallow*

Clinician Setup Instructions

[www.ucdvoice.org](http://www.ucdvoice.org)

**UNIVERSITY OF CALIFORNIA, DAVIS**  
CENTER FOR VOICE & SWALLOWING