

**MANDHELSON MANEUVERS METHOD AS AN EFFORT TO IMPROVE
SWALLOW FUNCTION IN STROKE PATIENTS
WITH DYSPHAGIA**

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SUMMARY

Background; *the incidence of stroke with dysphagia not only afflicts the sufferer but also affects his family, because the patient experiences muscle weakness in swallowing so that the patient becomes malnourished if this happens for too long. Patients and families are rarely given education about appropriate techniques and can be carried out in stroke patients with dysphagia. Patients experience weakness and decreased swallowing muscles which require exercises to improve muscle function. One type of exercise that can be performed with the Mandhelson maneuver technique for 1-2 weeks. **Method;** The outcome method of IEC/KIE is a booklet of the Mandhelson maneuver method to improve swallowing function in stroke patients with dysphagia. **Result;** IEC/KIE media in the form of booklets, booklet media is more effective so that it is easy to understand and read anytime and anywhere. **Conclusion;** The Mandhelson maneuver method booklet as an improvement in swallowing function in stroke patients with dysphagia is expected in the health department, especially nurses to suppress stroke patients with dysphagia to pay more attention to the ability to swallow and the patient's nutritional status so that the patient's nutritional needs are met.*

Keywords: *stroke, dysphagia, mandhelson maneuver, swallowing function.*