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Effectiveness of Video-Based Early Post-Operative Oral Exercises to Improve the Swallowing Functions among Patients with Oral Cancer

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Dysphagia is a common complication among patients with oral cancer undergoing surgery, chemotherapy, or radiation therapy. Which significantly affect the nutritional status and quality of life among cancer patients. Hence the study was undertaken with an aim to evaluate the effectiveness of video-based oral exercises in improving swallowing function among oral cancer patients. A true experimental pre-test and post-test control group design was adopted for this study. An ethical approval and informed consent were obtained from study participants. A total of 60 oral cancer patients with mild to moderate dysphagia admitted to the oncology wards of RL Jalappa Hospital and Research Centre, Kolar, were selected using simple random sampling lottery method. The experimental group received structured video-based swallowing exercises for two weeks along with standard care, while the control group received standard care alone. Data were collected using the Nair Hospital Bedside Swallowing Assessment Scale and analysed using descriptive and inferential statistics (paired and unpaired *t*-tests, Chi-square test). The results revealed that, there was no significant difference in swallowing scores between groups ($t = 1.28$, $p = 0.10$) in pre-test. After intervention, the experimental group showed a significant improvement in swallowing function (mean = 27.9, SD = 4.49) compared to the control group (mean = 23.3, SD = 1.98), with an unpaired t value of 5.09 and $p = 0.01$. Within-group analysis also confirmed significant improvement in the experimental group (paired $t = 2.72$, $p = 0.01$), while no change was observed in the control group. With regard to associations, it was not significant between swallowing exercises with selected socio-demographic variables. The findings demonstrate that video-based oral exercises were effective in improving swallowing function among oral cancer patients. Integration of structured, technology-assisted exercise programs into routine oncology care may support better rehabilitation and quality of life for this population.

Keywords: Dysphagia, Experimental study, Oral cancer, Swallowing exercises, Video- based intervention