

Speech, Swallow, and Communication Series (2/3)

Presenter:

Jasmine Cload, B.A., M.Sc., R-SLP, SLP(C)

Speech and Voice

Speech, Swallow, and Communication Series

February 4th: Swallowing and Saliva Management

February 11th: Speech and Voice

February 18th: Language, Cognitive Communication, and Technology

Thank you!

**Parkinson Society BC
(PSBC)**



Thank you!

**Parkinson and
Movement Disorder
Clinic
(PMDC)**



Thank you!

Parkinson Wellness
Project
(PWP)



PWP

Introductions

Jasmine Cload, B.A., M.Sc., R-SLP, SLP(C)

Registered Speech Language Pathologist

Parkinson and Movement Disorders Clinic

Vancouver Island Health Authority



Introductions

Your Turn!

How many audience members attended the
presentation last week?

Yes or No

Overview

- What is SLP?
- Parkinson Disease (PD) and SLP
- Speech and Voice
- Strategies and Options
- Questions

Objectives

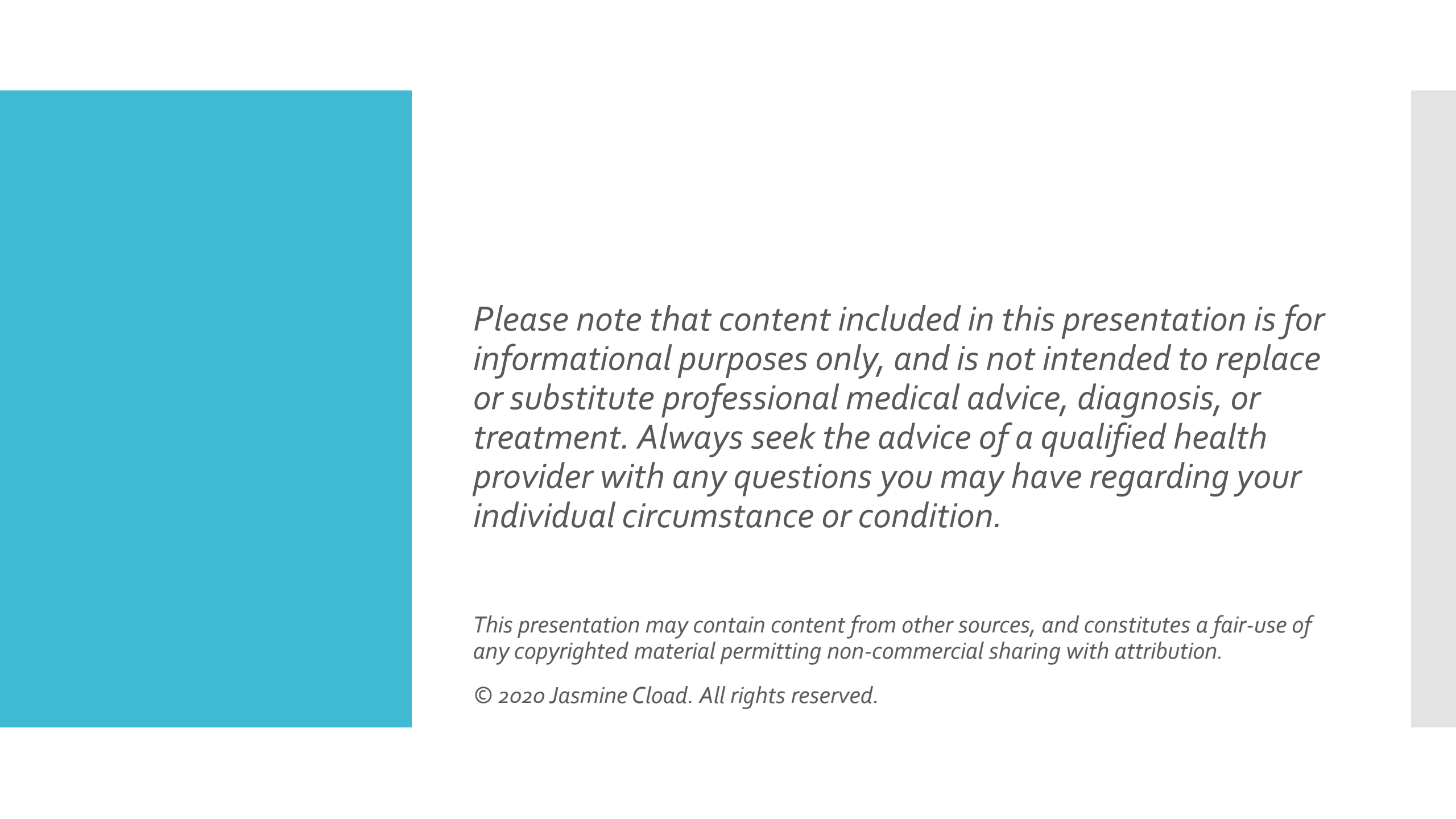
By the end of this presentation...

- Awareness of **SLP** role in PD
- Familiarity with **speech and voice** in PD
- Acquaintance with **strategies**
- **Feel empowered** in pursuing SLP services

Objectives

By the end of this presentation...

- Awareness of **SLP** role in PD
- Familiarity with **speech and voice** in PD
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- **Feel empowered in pursuing SLP services**



Please note that content included in this presentation is for informational purposes only, and is not intended to replace or substitute professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified health provider with any questions you may have regarding your individual circumstance or condition.

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What is SLP?

What is SLP?

Speech Language Pathology

Master's Degree (or equivalent) at minimum

Speech Therapist

Speech Pathologist

Speech and Language Therapist

**Registered Speech Language Pathologist (RSLP)...*

What is SLP?



speech language pathologist



Speech-Language Pathologists ...
friendshipcircle.org



Being A Speech-Language Pathologist
thetravelingtraveler.com



5 Reasons Why Speech & Language Therapy ...
friendshipcircle.org



SEMI SPEECH IS SCOUTING ...
semispeech.com



How Does a Speech Language Pathologis...
speechandot.com



Autism Certification for Sp...
ibcces.org



Speech Language Pathologist in Calga...
speechpathologistcalgary.com



Celebrate Speech-Language Pathologists ...
rn.com



10 Qualities that Every Speech Language ...
friendshipcircle.org



Demand for Speech-Language Pathologists ...
amnhealthcare.com

What is SLP?



speech language pathologist



Speech-Language Pathologists ...
friendshipcircle.org



Being A Speech-Language Pathologist
thetravelingtraveler.com



St
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Speech Language Pathologis...
speechandot.com



Autism Certification for Sp...
ibcces.org



Speech Language Pathologist in Calga...
speechpathologistcalgary.com



Celebrate Speech-Language Pathologists ...
rn.com



10 Qualities that Every Speech Language ...
friendshipcircle.org



Demand for Speech-Language Pathologists ...
amhealthcare.com

Across the lifespan

What is SLP?

Scope of Practice

- Speech sound production
- Resonance
- Voice
- Fluency
- Feeding and swallowing
- Saliva management
- Language comprehension and expression
- Cognitive communication
- Alternative and augmentative communication
- Social (pragmatic) communication
- Pre-linguistic communication
- Pre-literacy and literacy skills
- Aural (re)habilitation
- Accent modification
- Technology

Areas of Work

- Hospitals
- Public health units
- Community health centres
- Schools
- Private practice
- Nursing homes and long-term care facilities
- Childcare settings
- Patient or client homes
- Corporate settings
- Correctional facilities
- Professional associations
- Regulatory bodies
- Universities and colleges
- Government ministries

(Speech-Language & Audiology Canada, 2016)

Parkinson Disease (PD) and SLP

PD and SLP

People with PD can develop changes in

- Speech and Voice
- Swallowing
- Saliva Management
- Language and Cognitive-Communication

PD and SLP

People with PD can develop changes in

- **Speech and Voice – 90%**

(Baumann et al., 2018)

- **Swallowing – up to 95%**

(López-Liria et al., 2020; Pflug et al., 2017)

- **Saliva Management – up to 81%**

(Wamelen et al., 2020; Damian et al., 2012)

- **Language and Cognitive-Communication – up to 80%**

(Hely et al., 2008)

PD and SLP

People with PD can develop changes in

- **Speech and Voice – 90%**
(Baumann et al., 2018)
- **Swallowing – up to 95%**
(López-Liria et al., 2020; Pflug et al., 2017)
- **Saliva Management – up to 81%**
(Wamelen et al., 2020; Damian et al., 2012)
- **Language and Cognitive-Communication – up to 80%**
(Hely et al., 2008)

Everyone is different

PD and SLP

Test your knowledge!

Changes in communication and swallowing in PD can be resolved by **taking medication**

True or False

PD and SLP

Test your knowledge!

Changes in communication and swallowing in PD can be resolved by **taking medication**

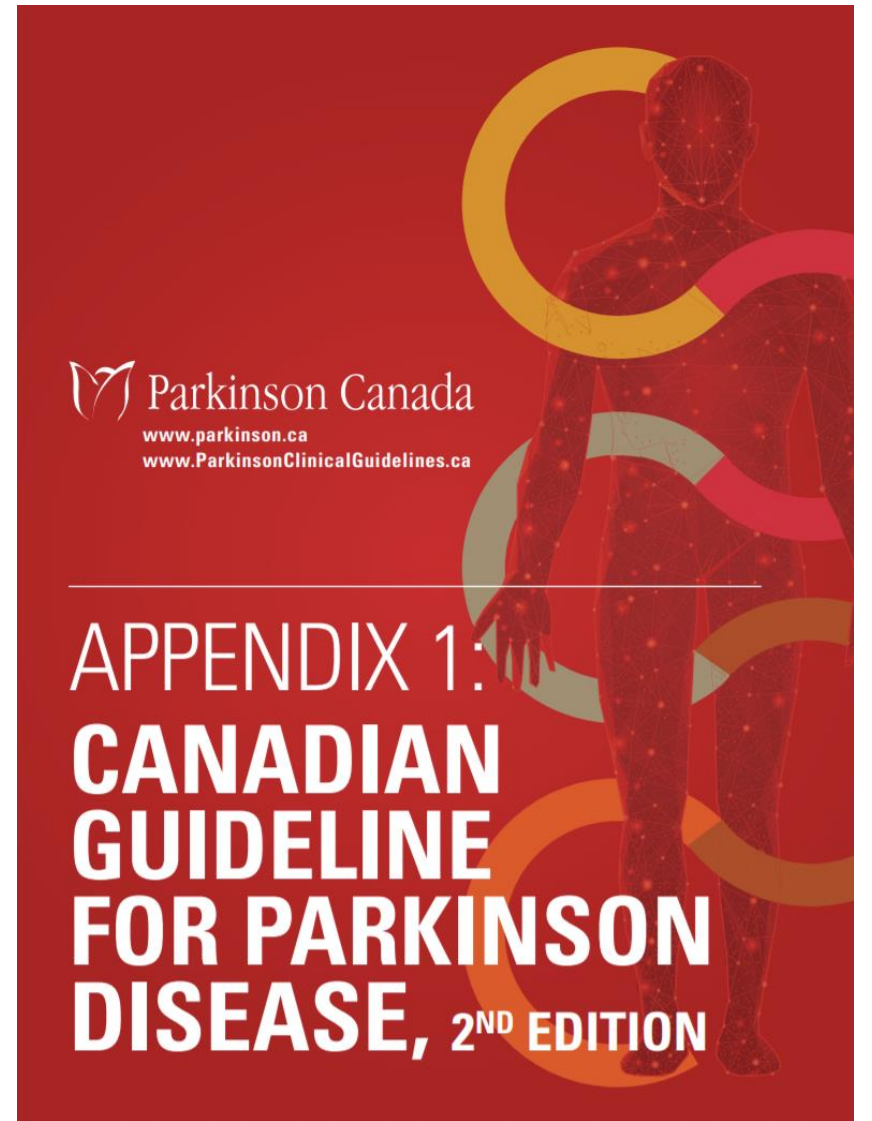
True or **False**

Still need SLP!

PD and SLP

“Speech and language therapy is **essential** to Parkinson patient’s quality of life”

(Parkinson Canada, 2019)



Speech and Voice

Sections

- Introduction
- Anatomy
- Speech and Voice in PD
- Additional Considerations

**“One of the hardest things in life is having
words in your heart that you can’t utter”**

– James Earl Jones, Parkinson Voice Project

Importance

- Social stigma
- Embarrassment
- Isolation
- Dignity
- Quality of life
- Emergency situations

**“If my possessions were taken from me
with one exception, I would choose to
keep the power of communication, for
by it I would soon regain all the rest”**

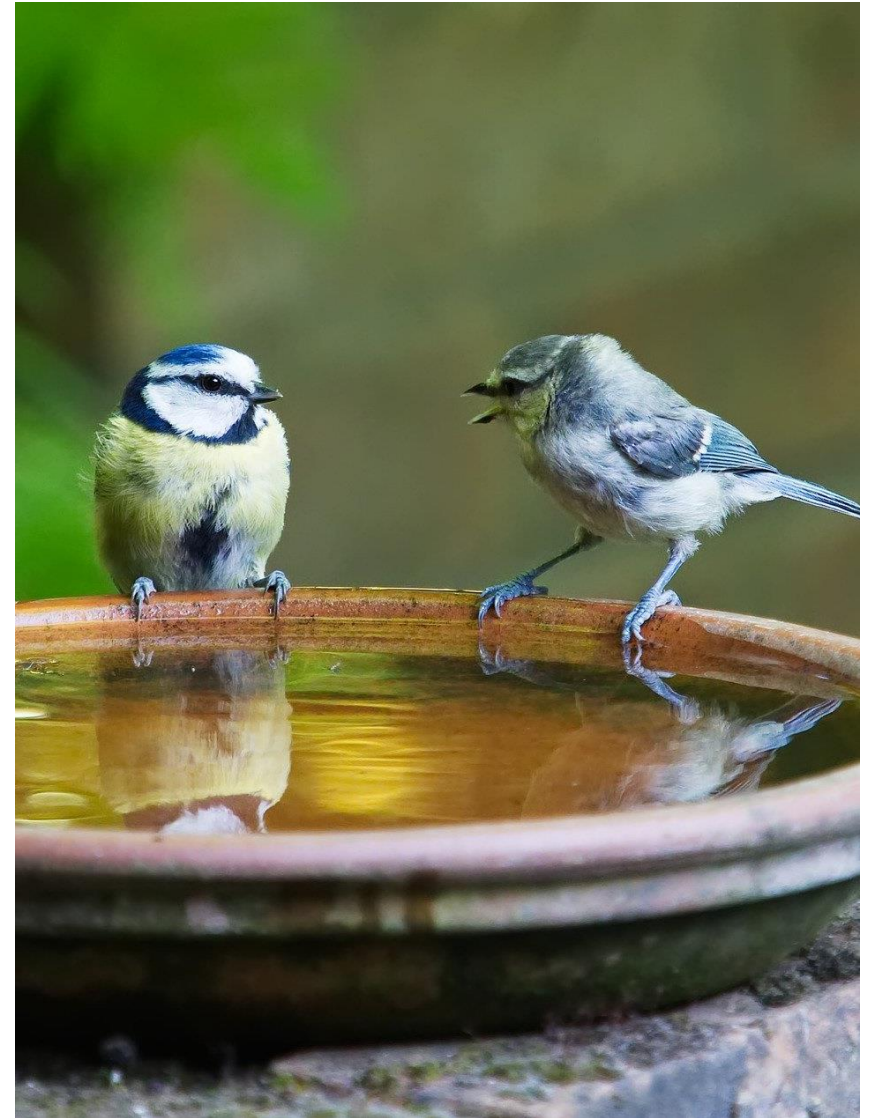
– Daniel Webster, LSVT Global

Introduction

Think Big...
Communication

Introduction

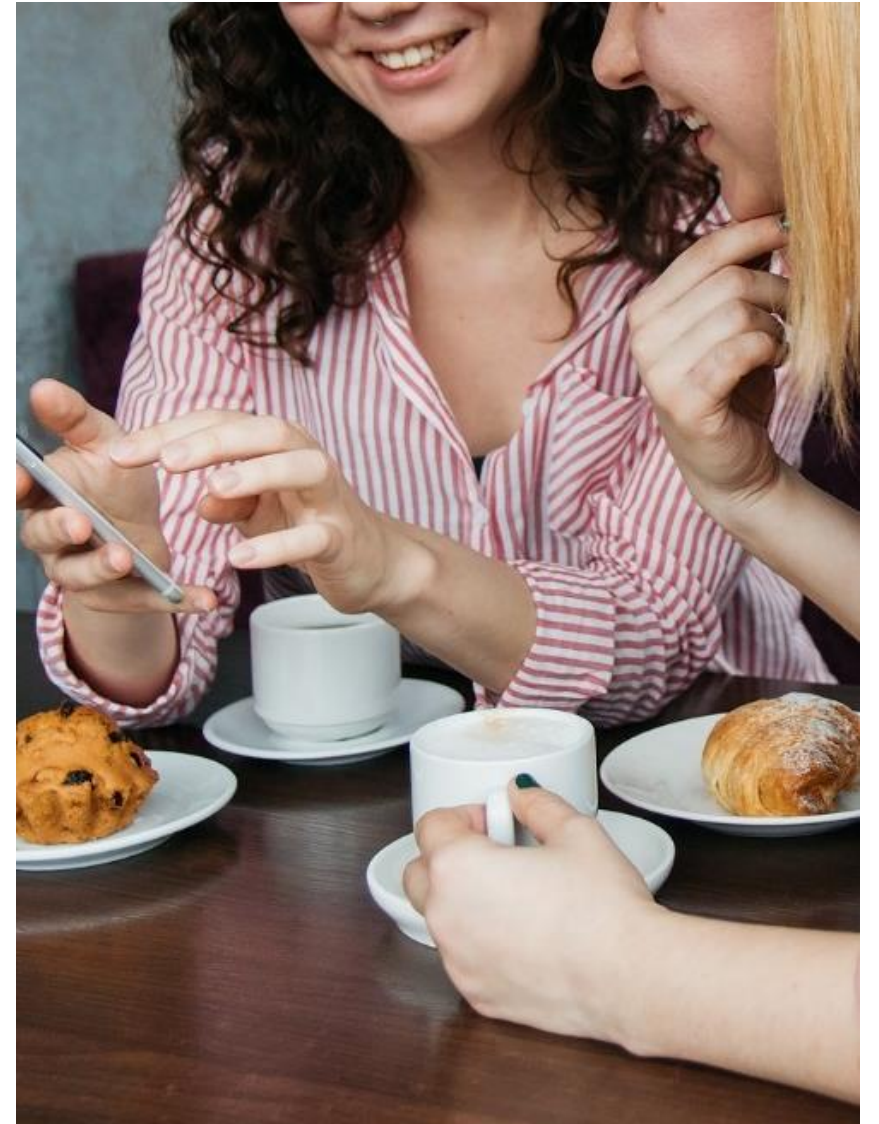
What are some
ways we
communicate?



Introduction

What are some
ways we
communicate?

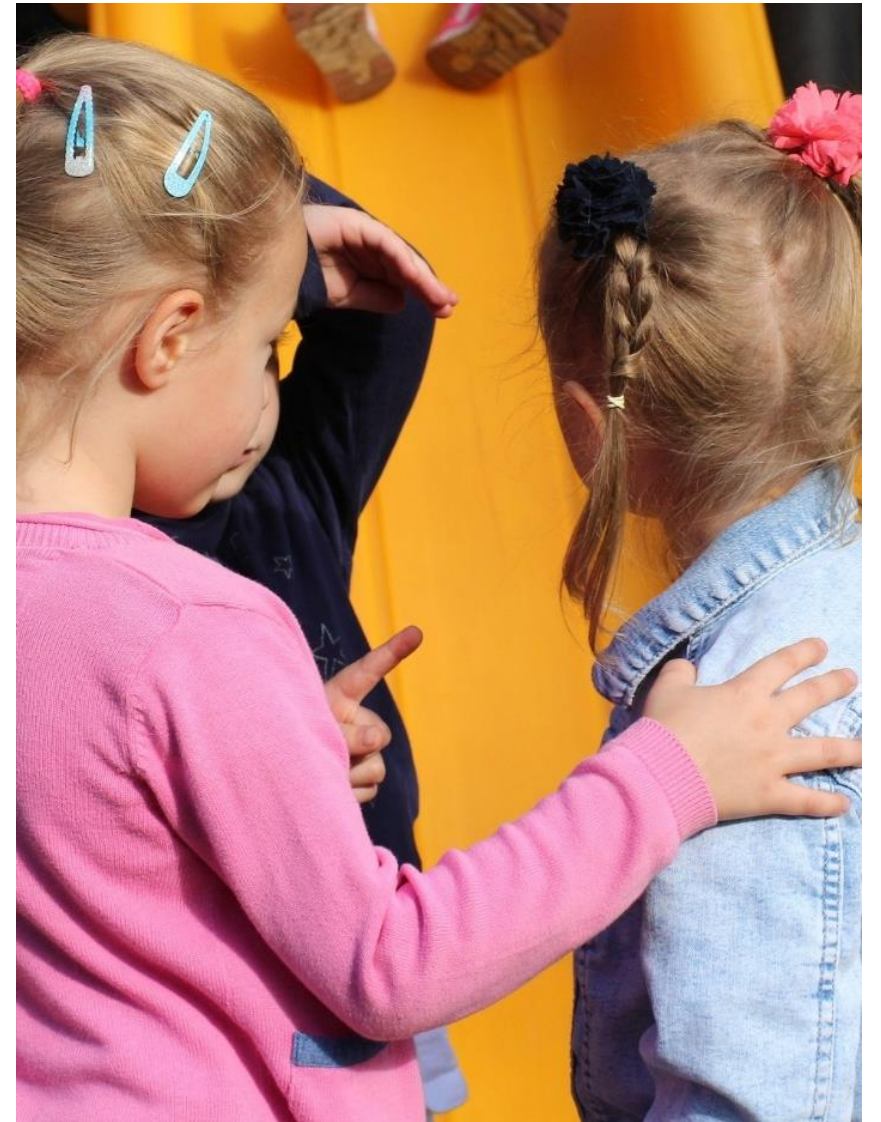
Talking
Gesturing
Showing



Introduction

What are some
ways we
communicate?

Touching
Facial Expression
Tone and Intonation



Introduction

What are some
ways we
communicate?

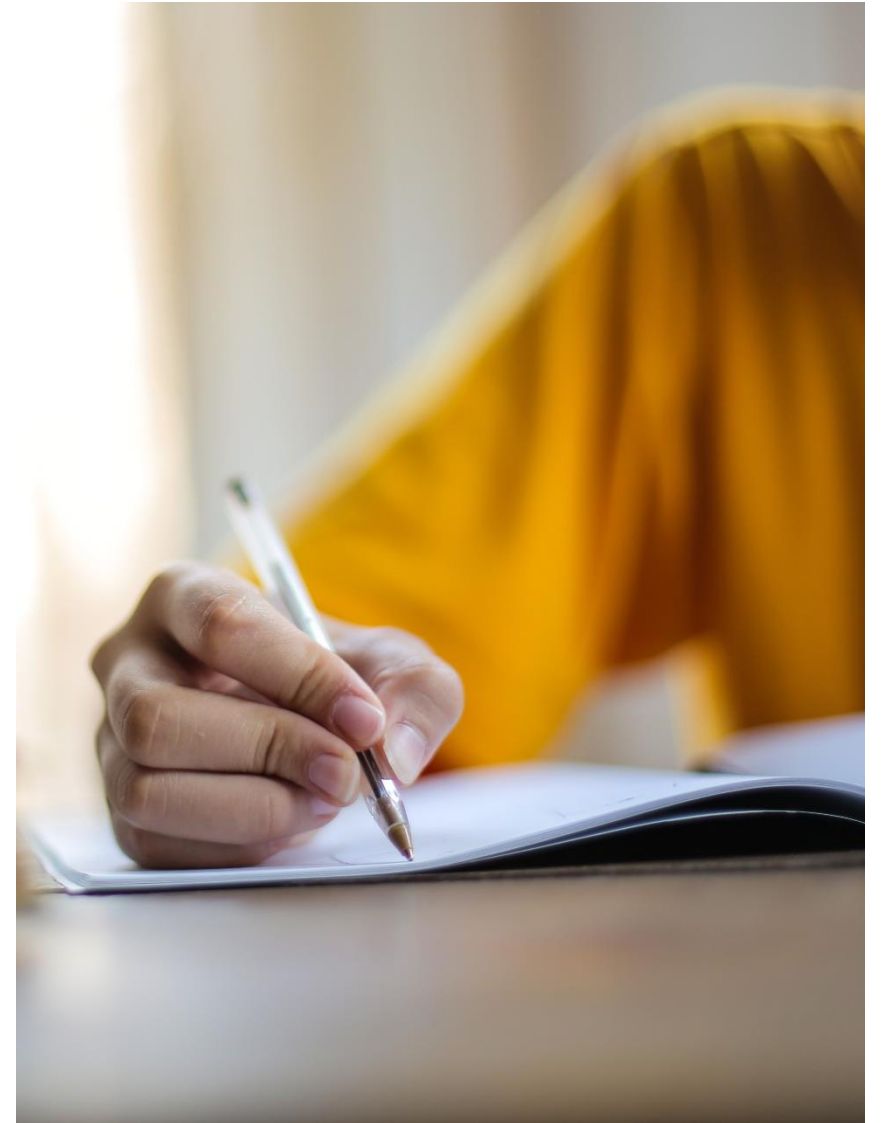
Eye Contact
Body Language
Engagement Cues



Introduction

What are some
ways we
communicate?

Electronically
Writing
Drawing



Introduction

Think Specific...
Speech and Voice

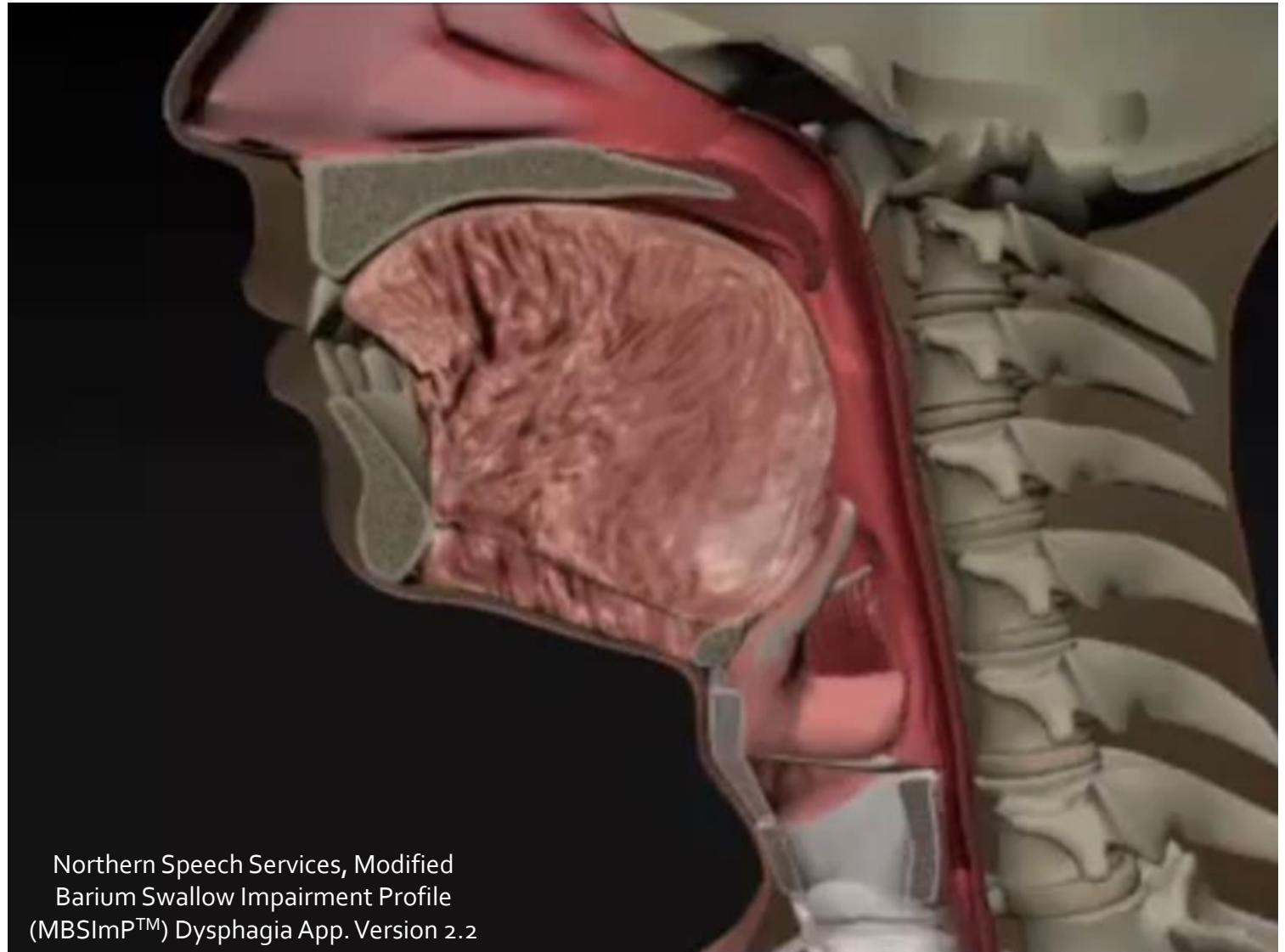
Anatomy

Video

Tyley Ross Voice

<https://www.youtube.com/watch?v=J3TwTb-To44&list=PL7TNe5tKMpG6S57Gn7AszyRhDNOyjlcBv&index=6>

Anatomy

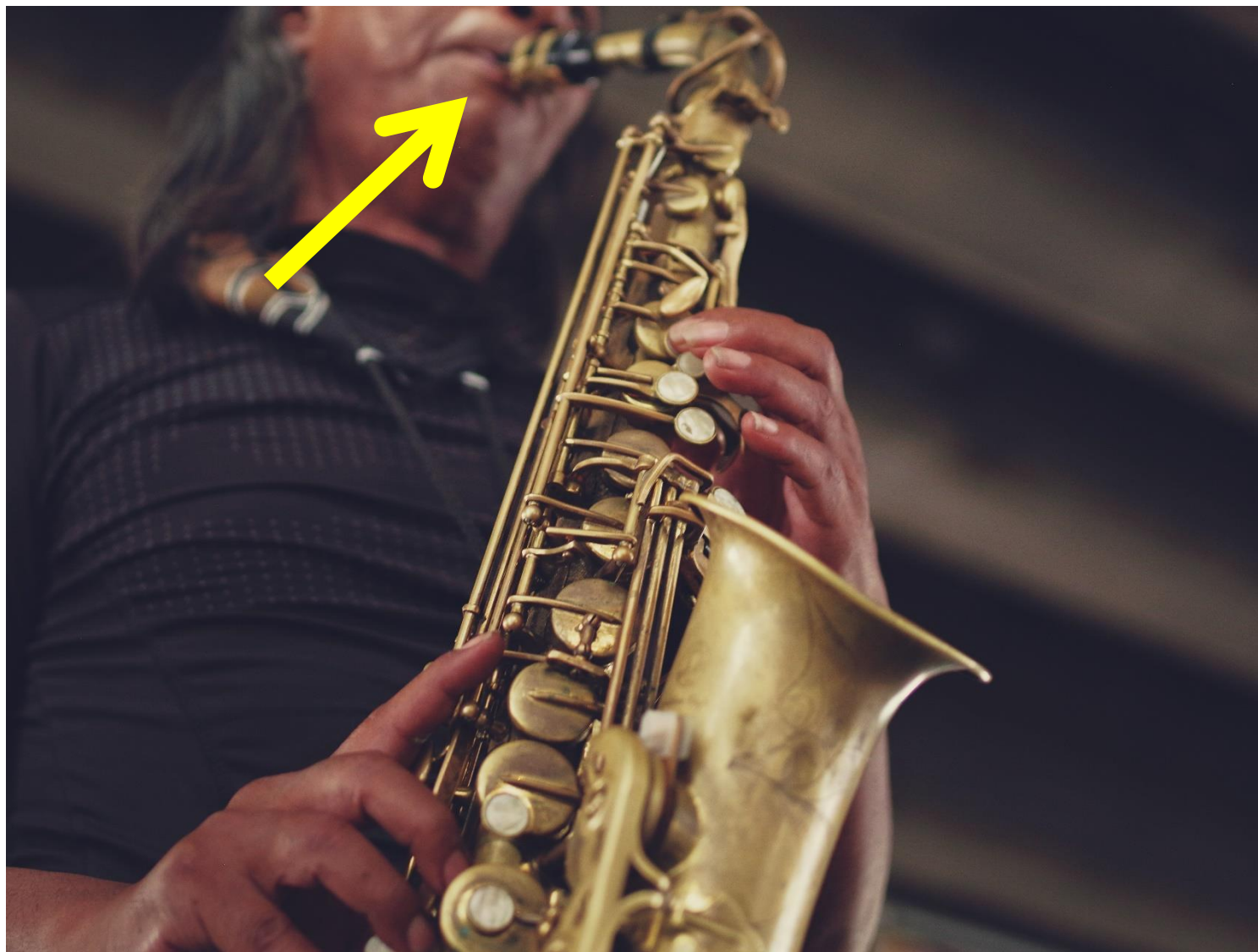


Northern Speech Services, Modified
Barium Swallow Impairment Profile
(MBSImP™) Dysphagia App. Version 2.2

Anatomy



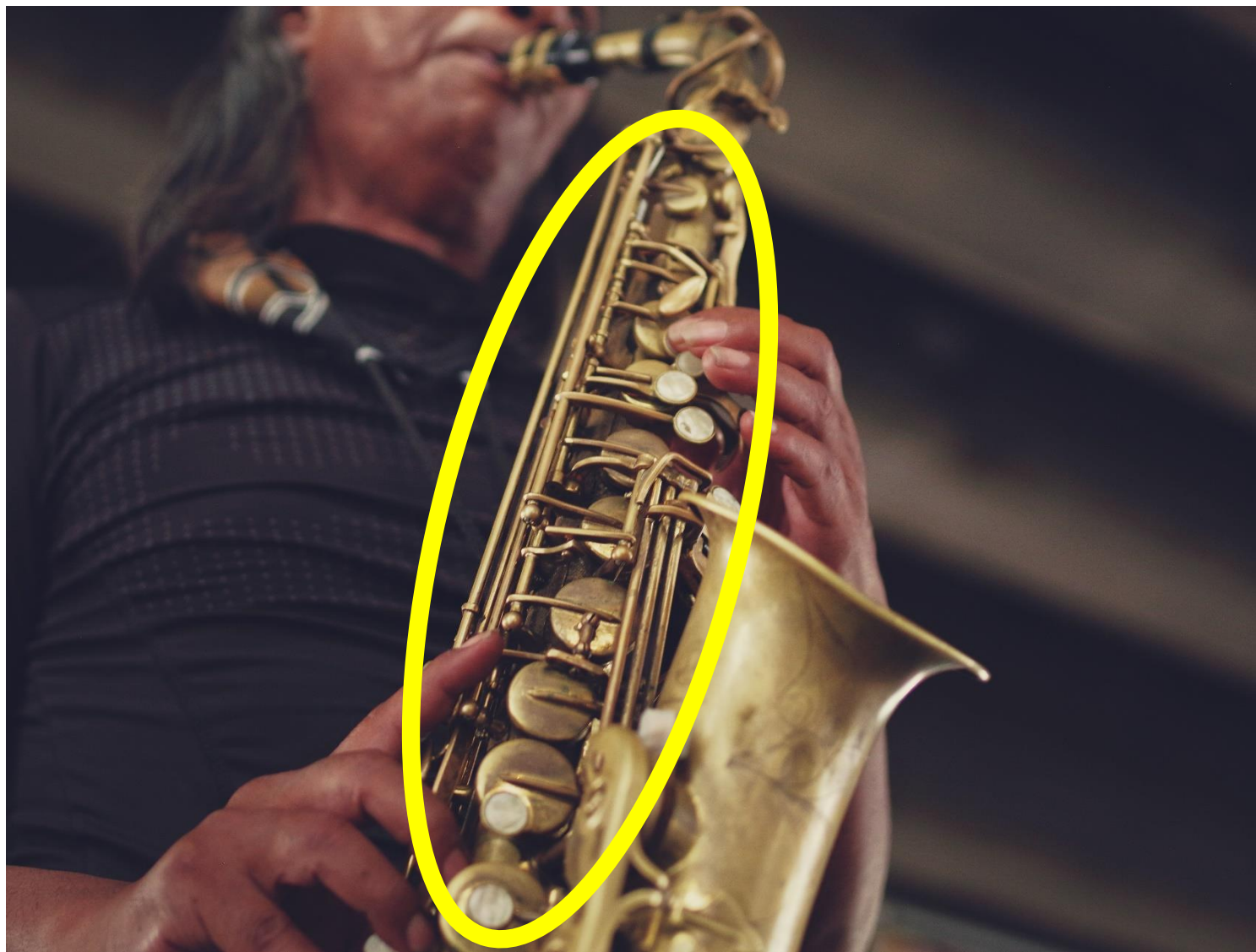
Anatomy



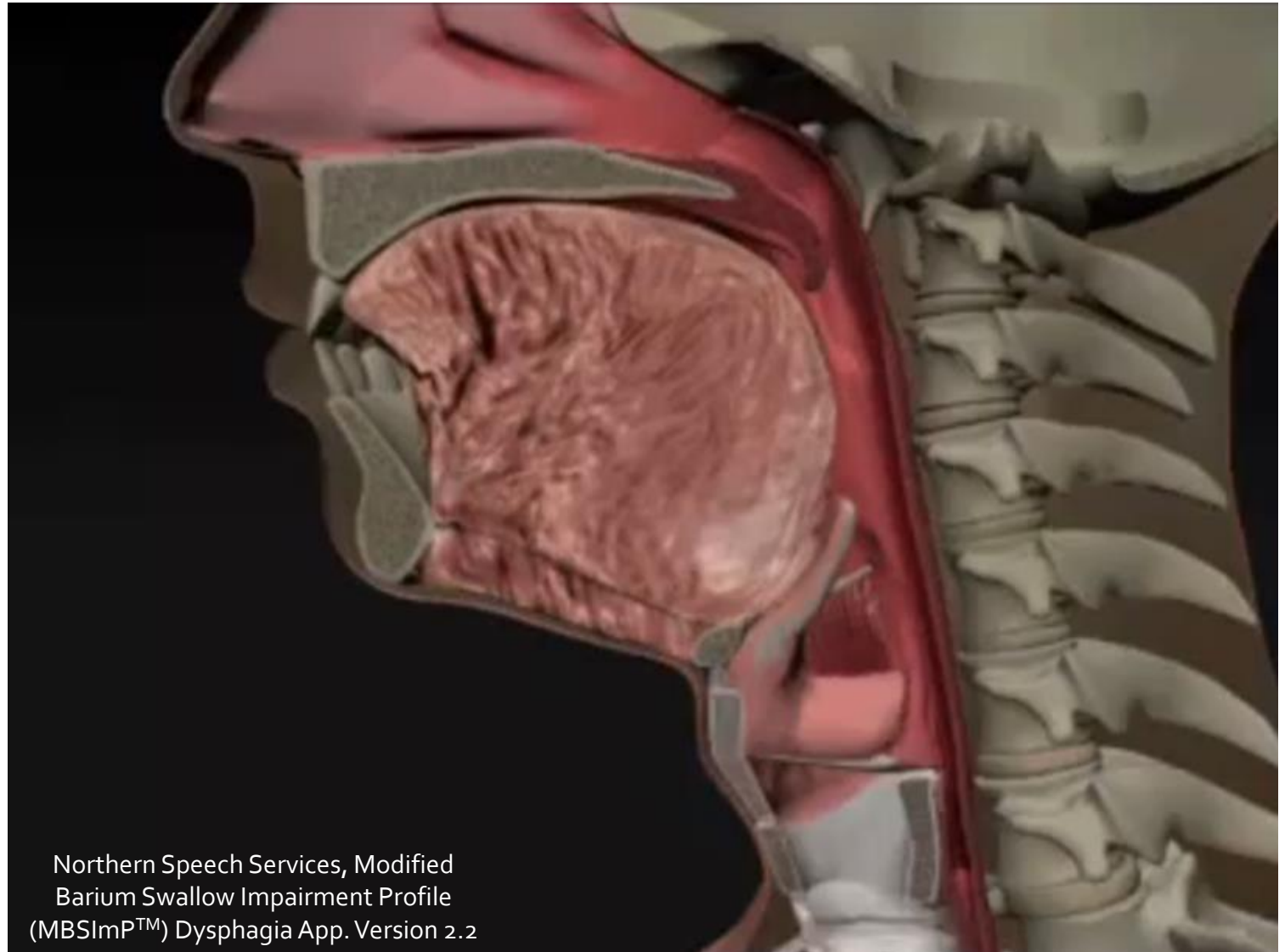
Anatomy



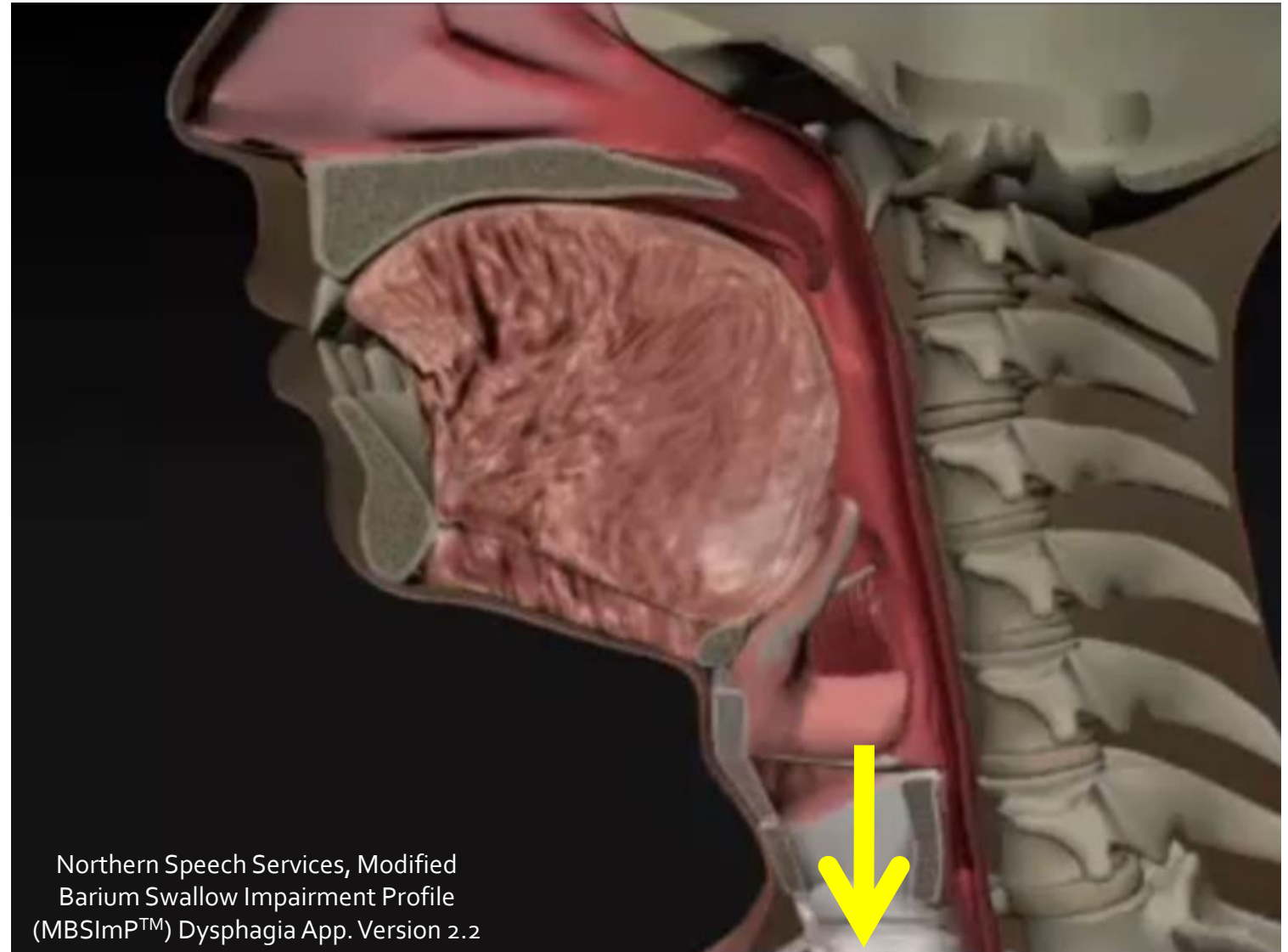
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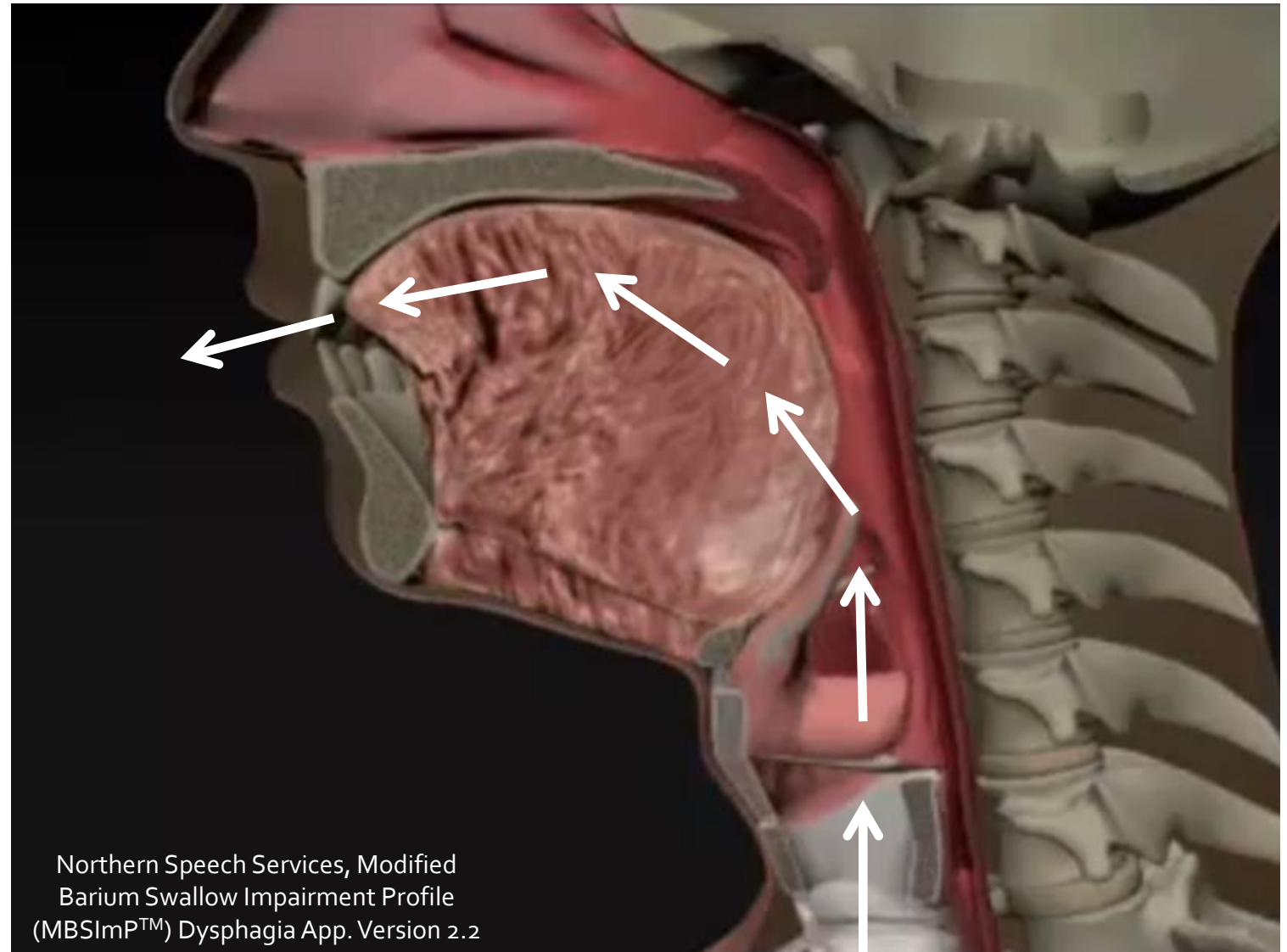
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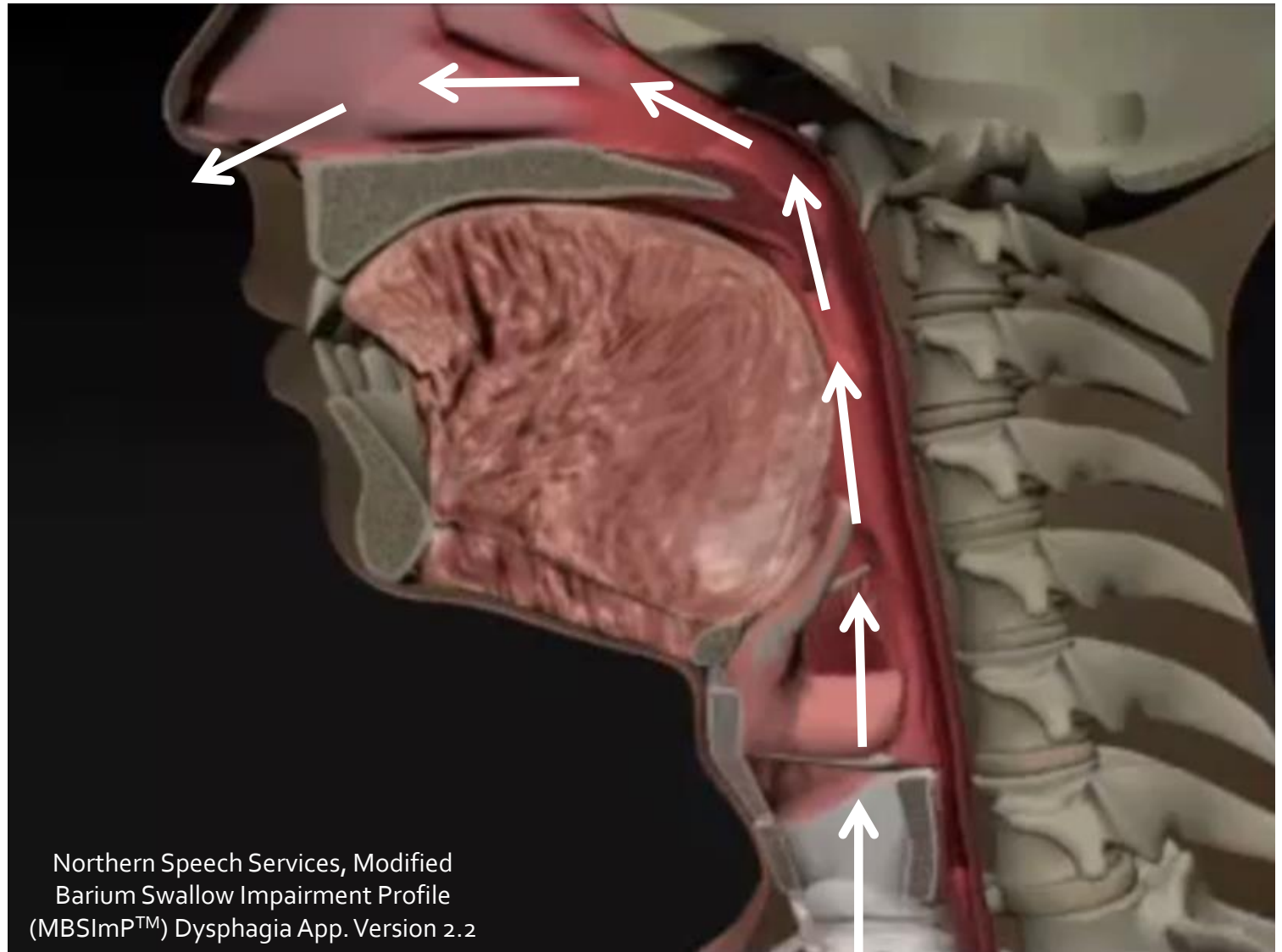
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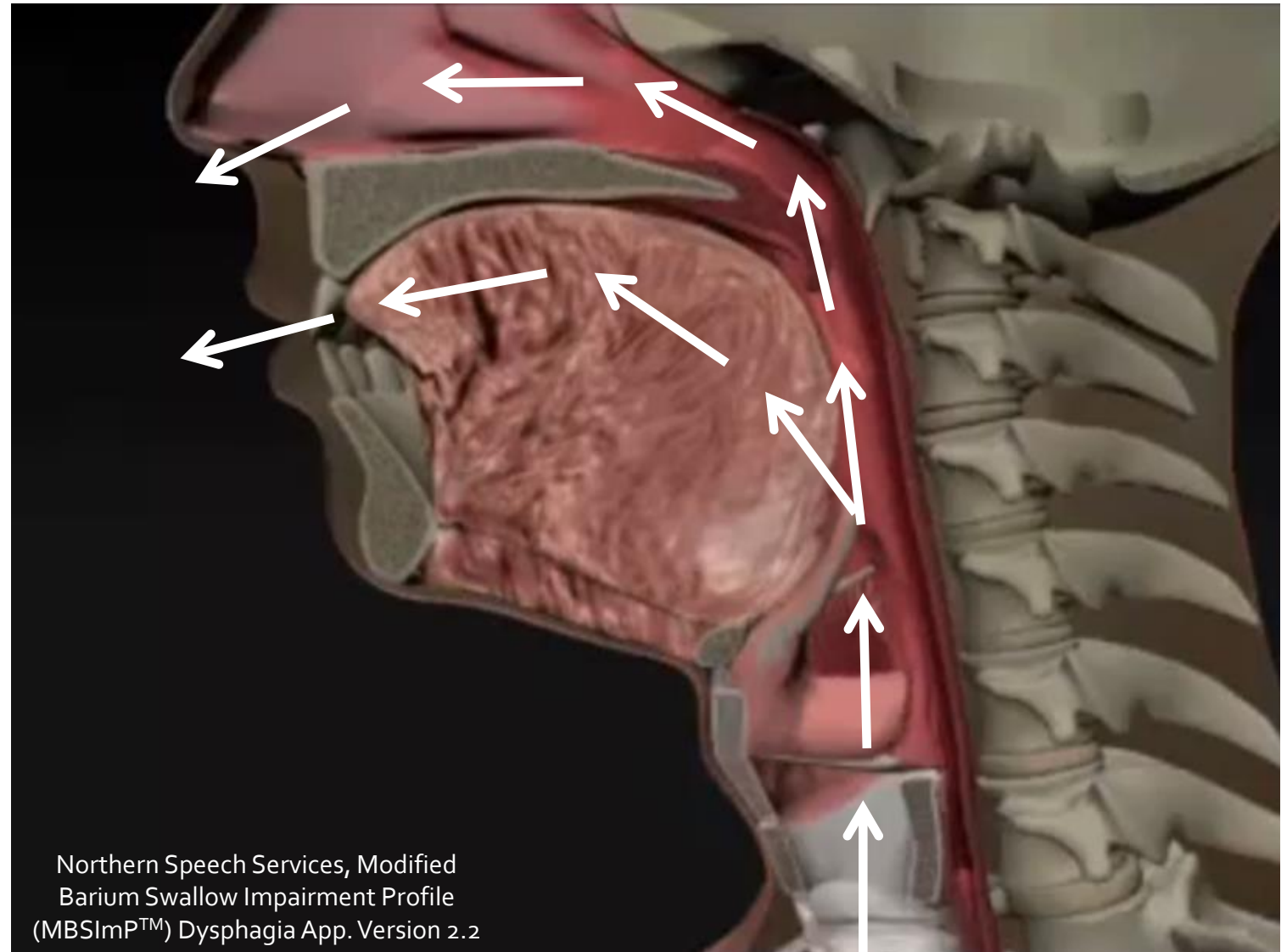
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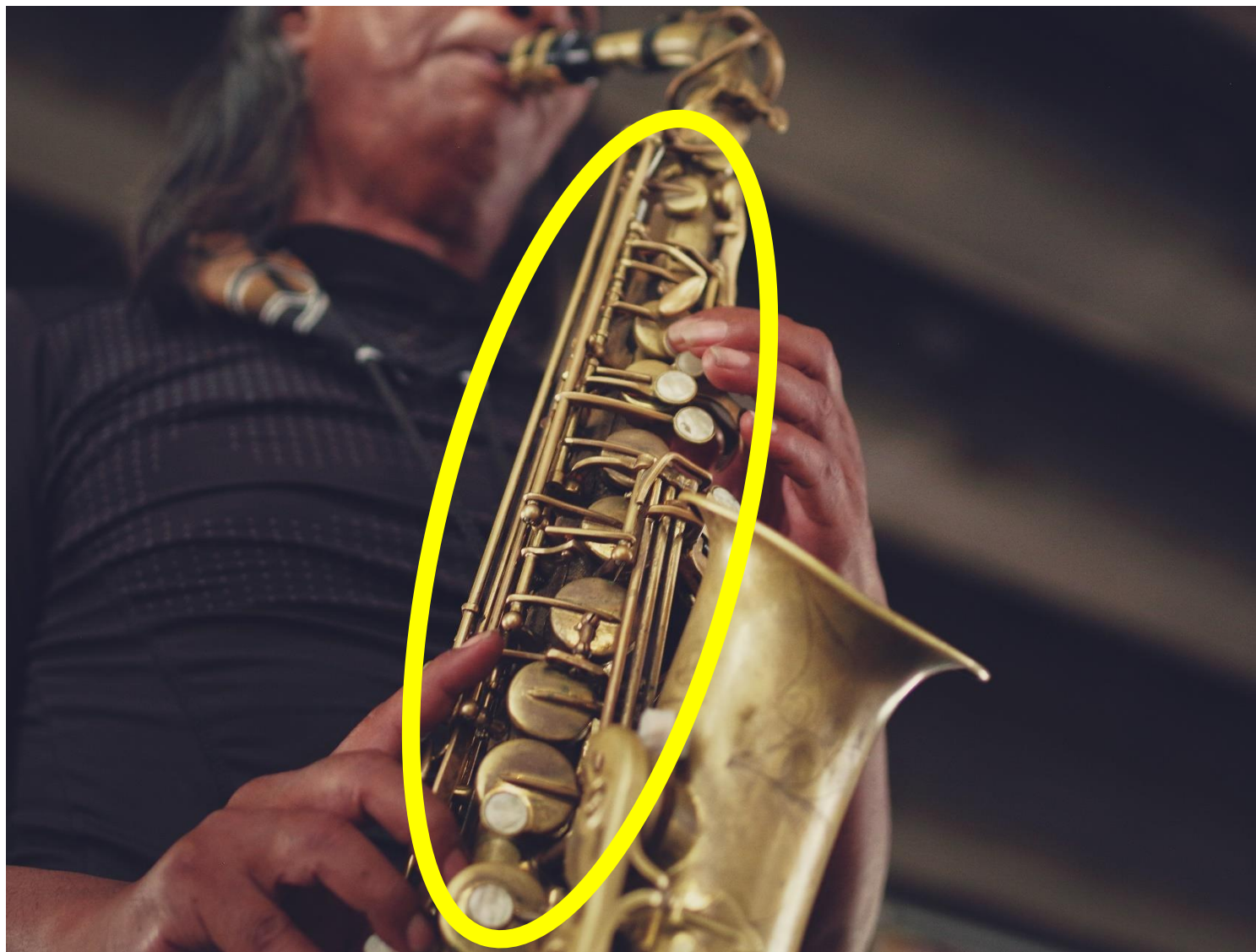
Anatomy



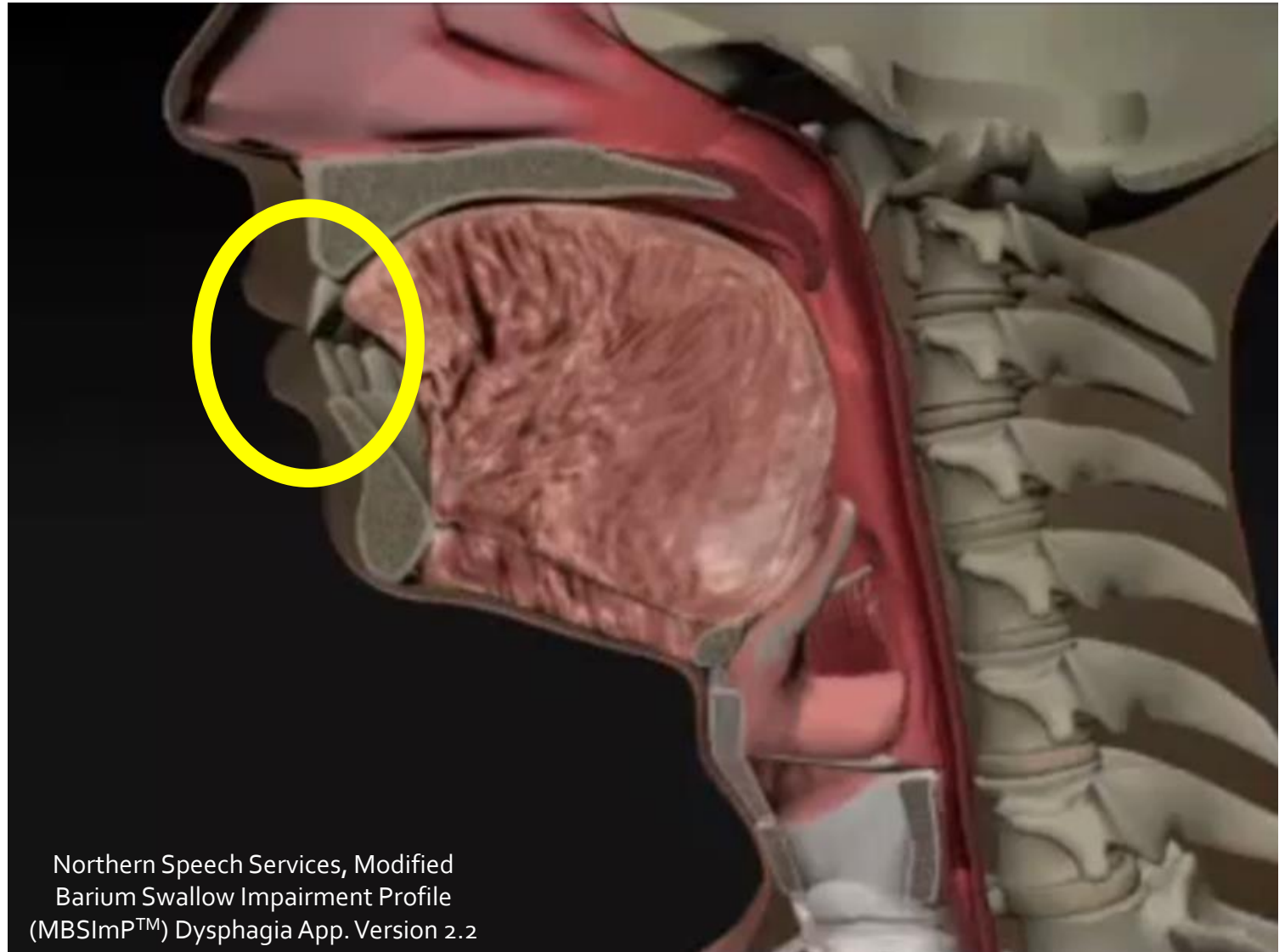
Anatomy



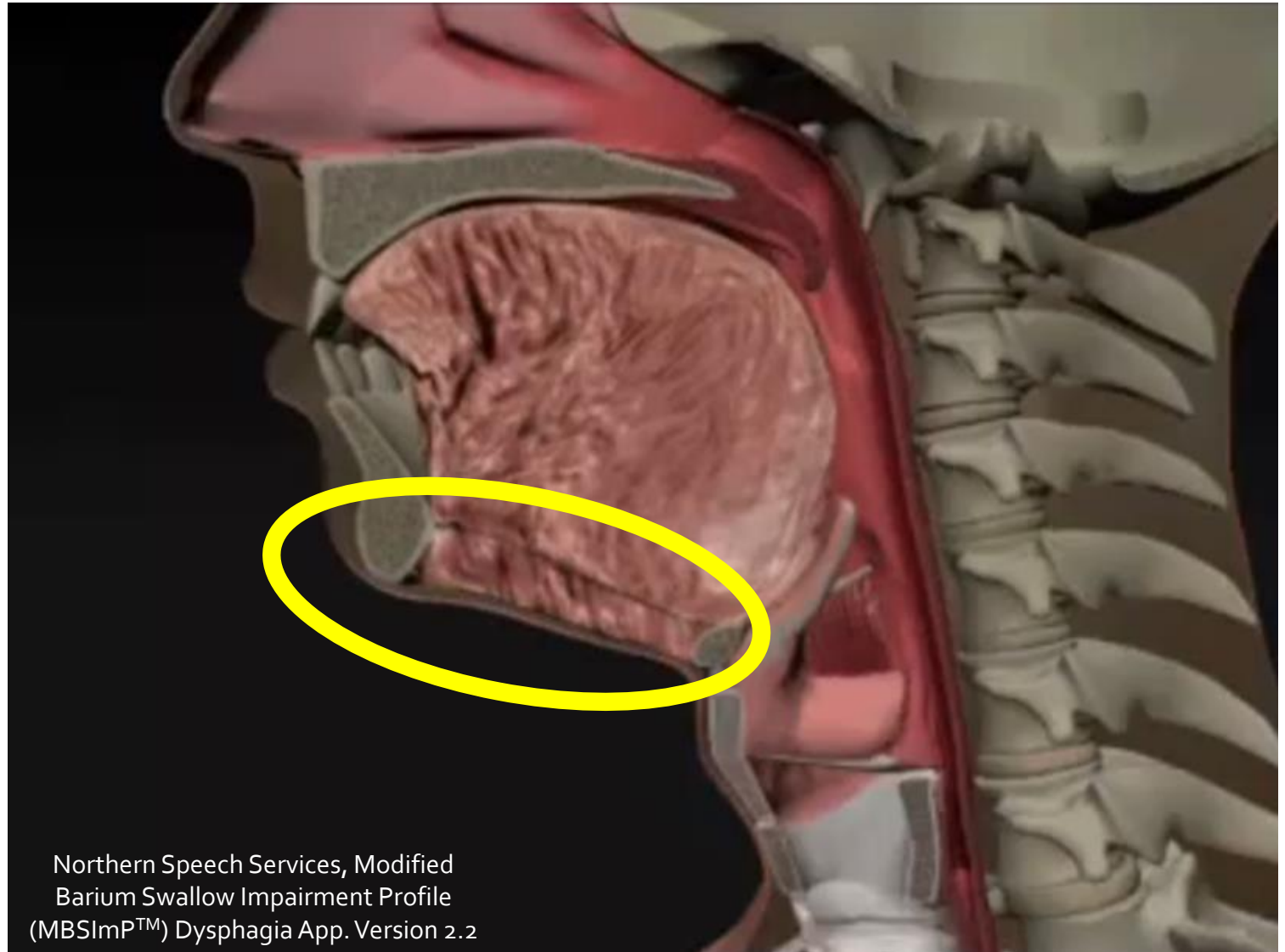
Anatomy



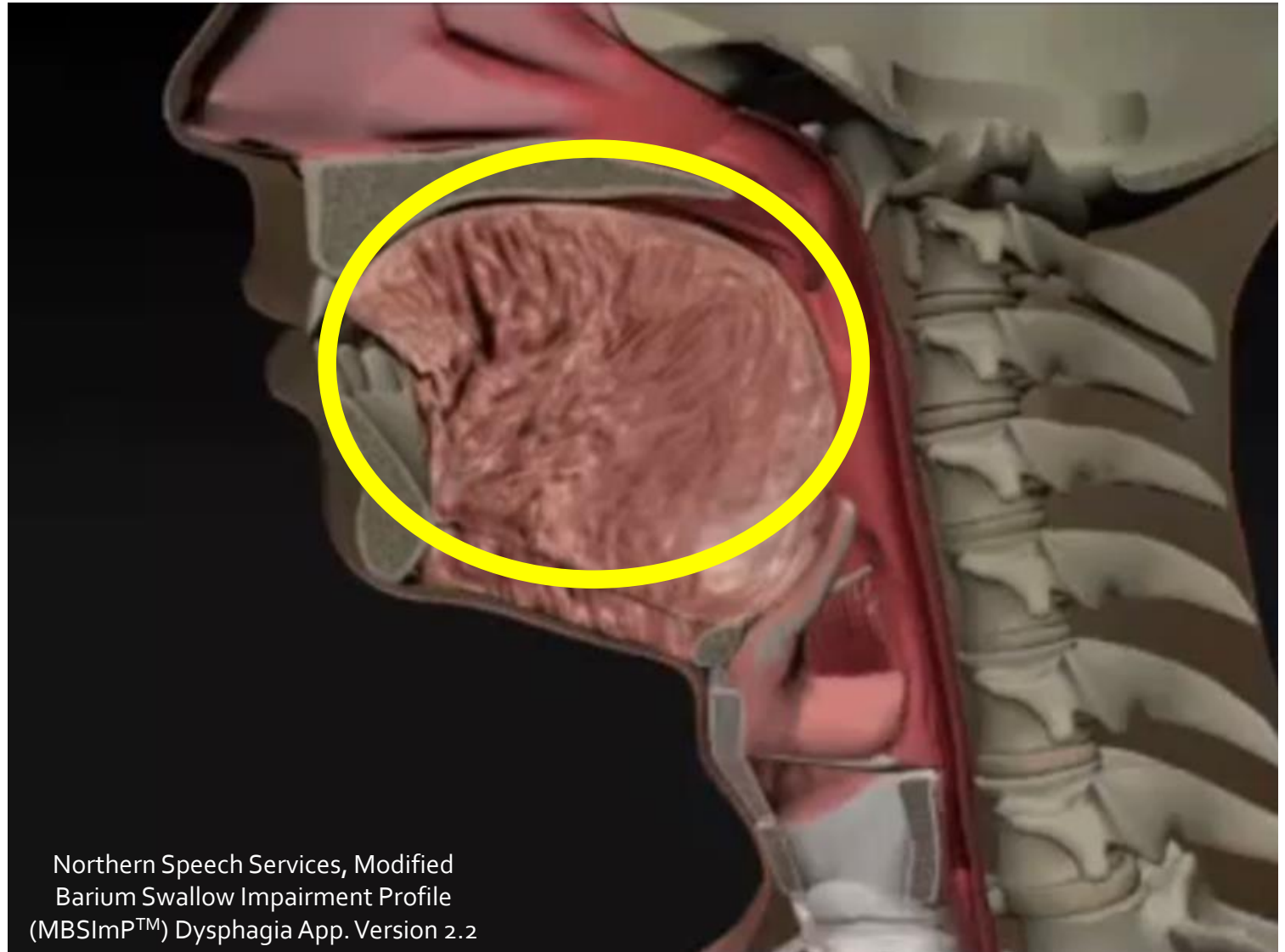
Anatomy



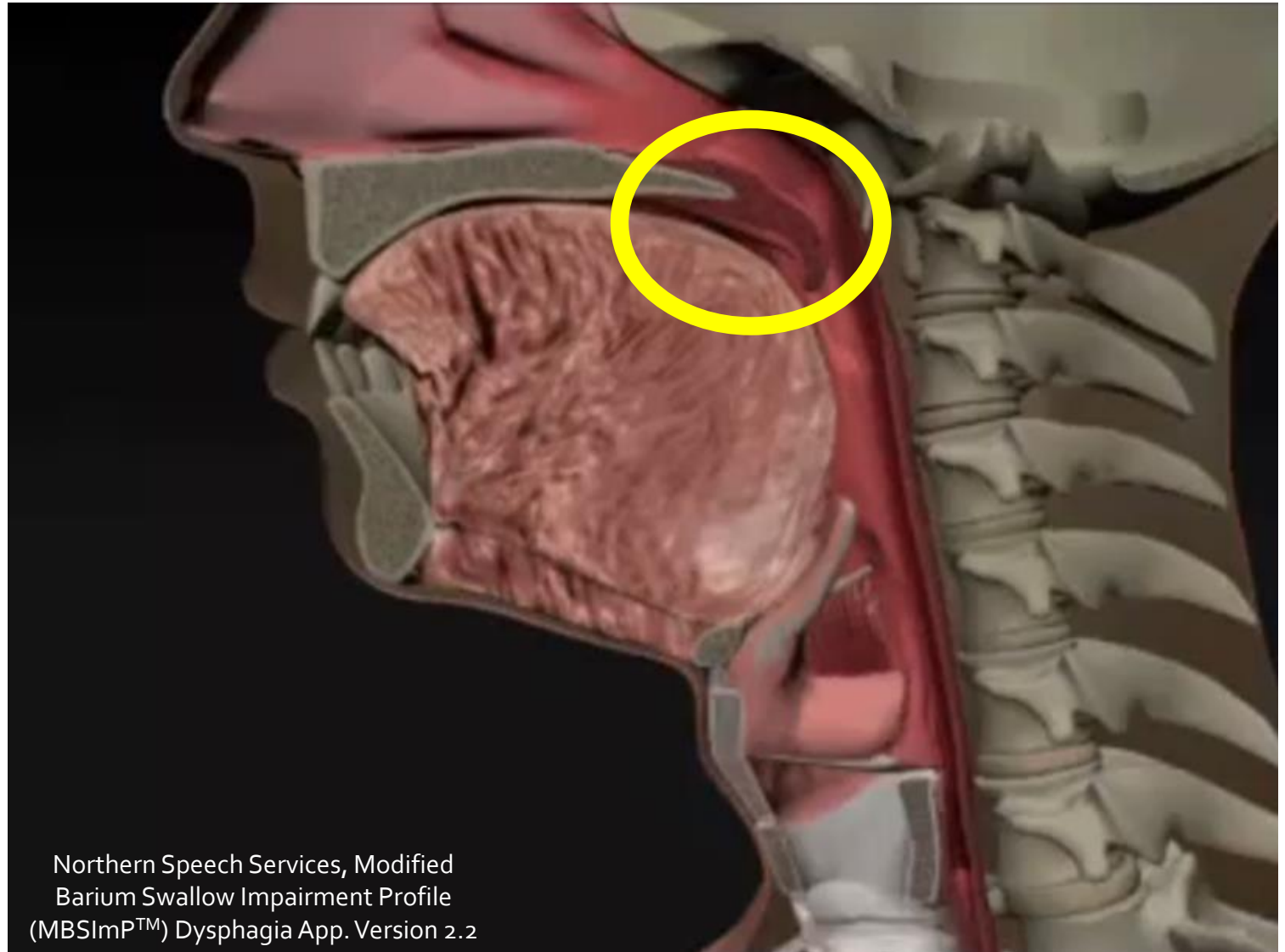
Anatomy



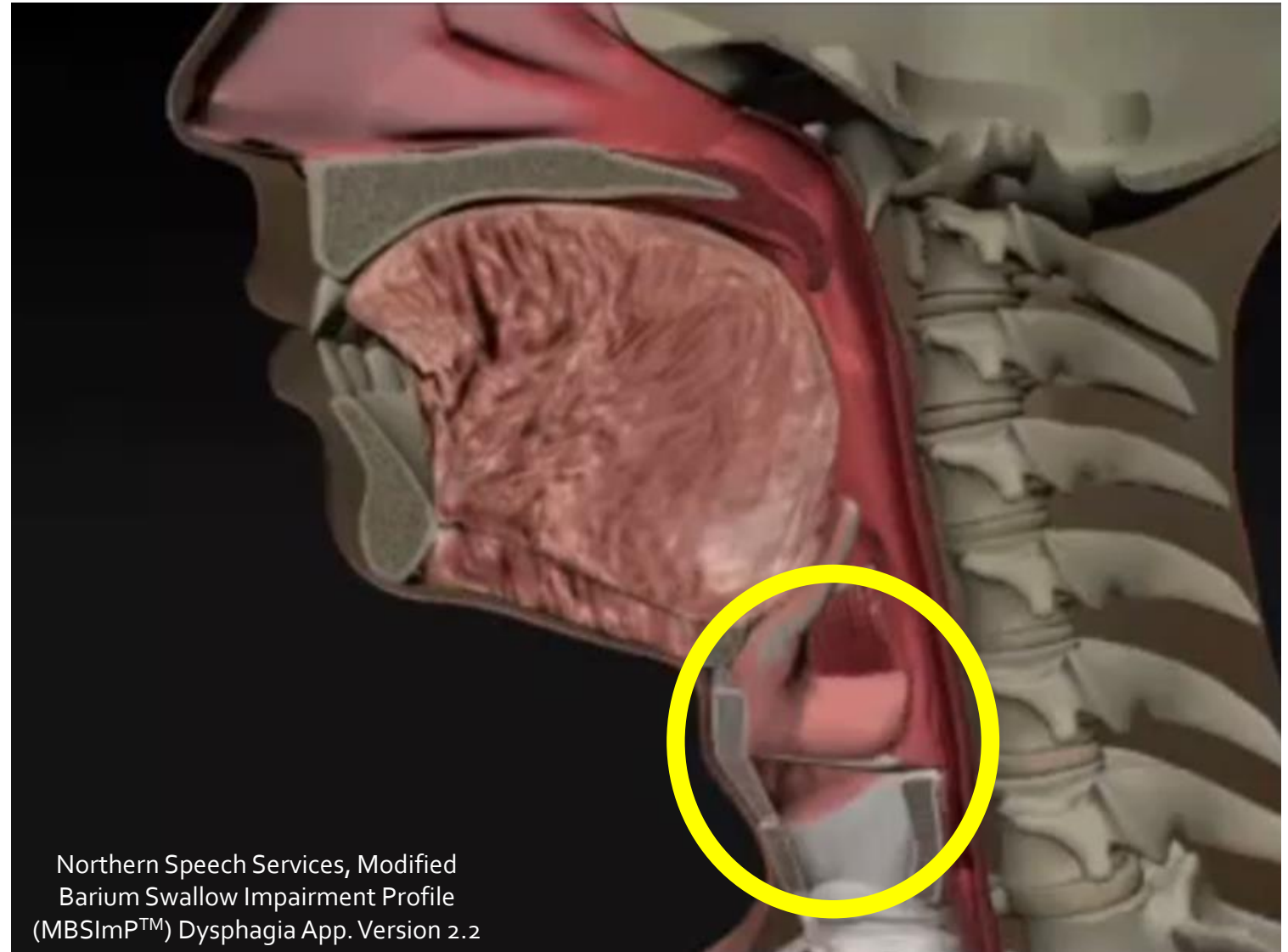
Anatomy



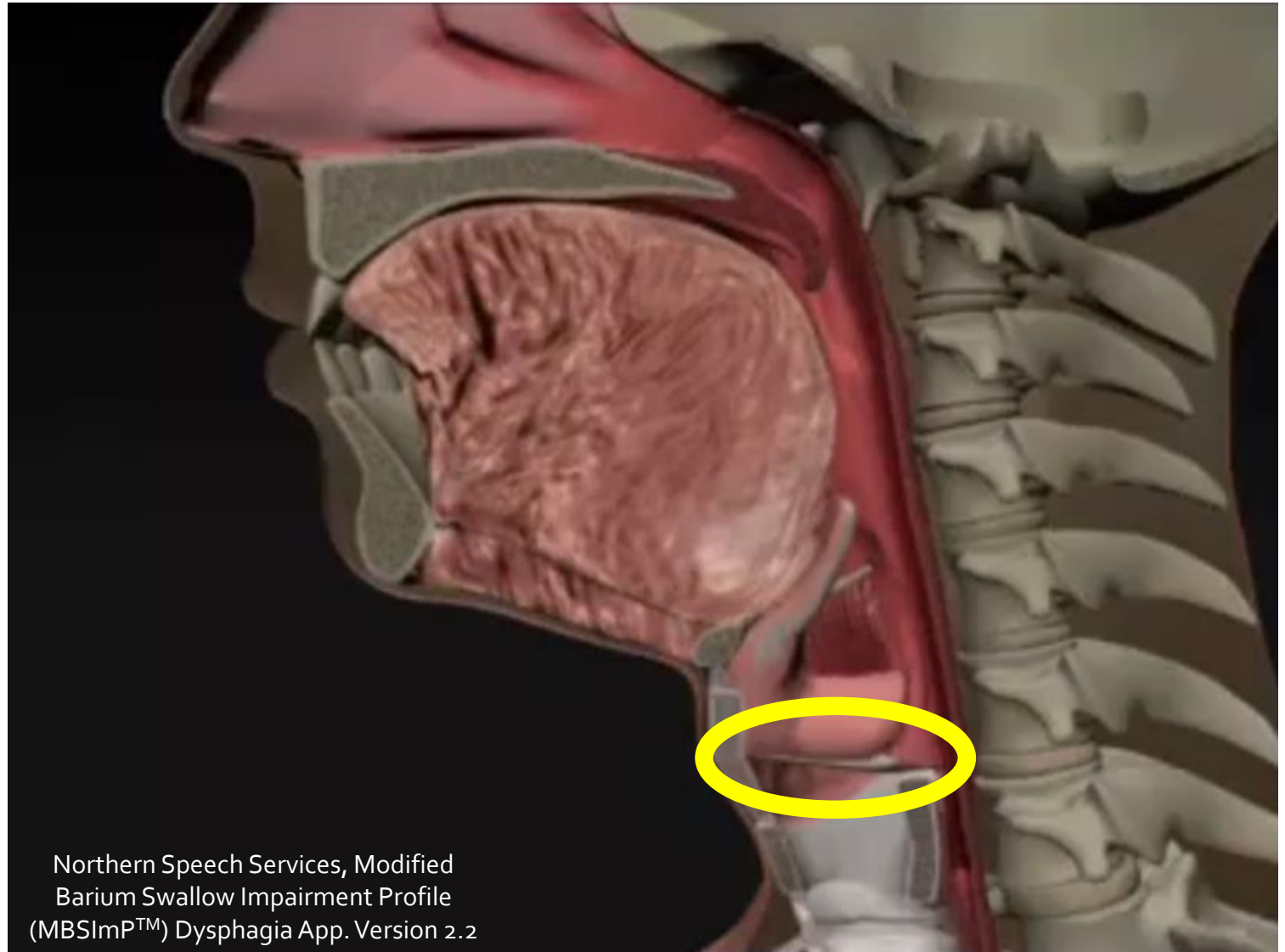
Anatomy



Anatomy



Anatomy



Anatomy

Video

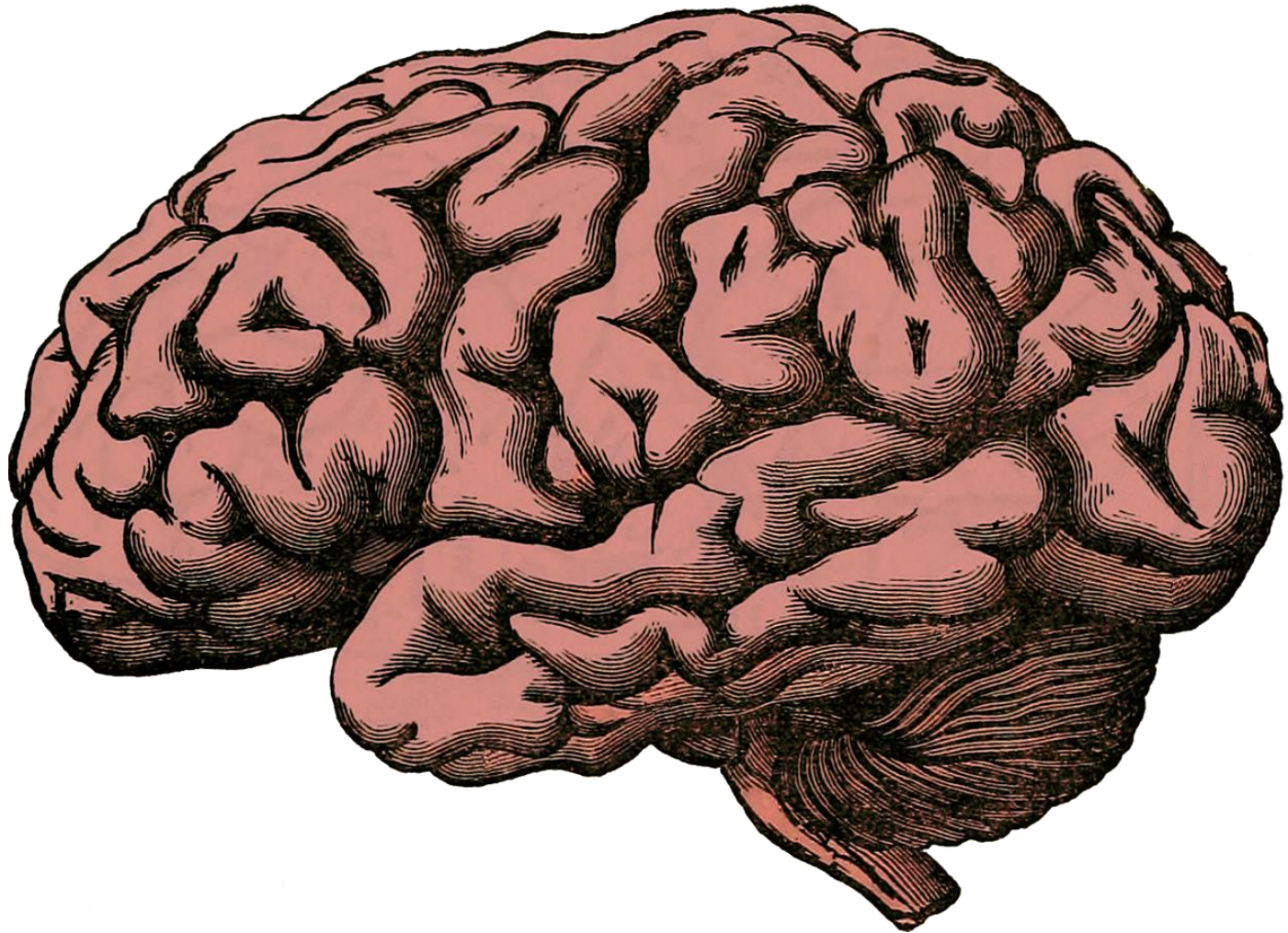
Bethea Medical Media

<https://www.youtube.com/watch?v=b8gRSYCaUBo>

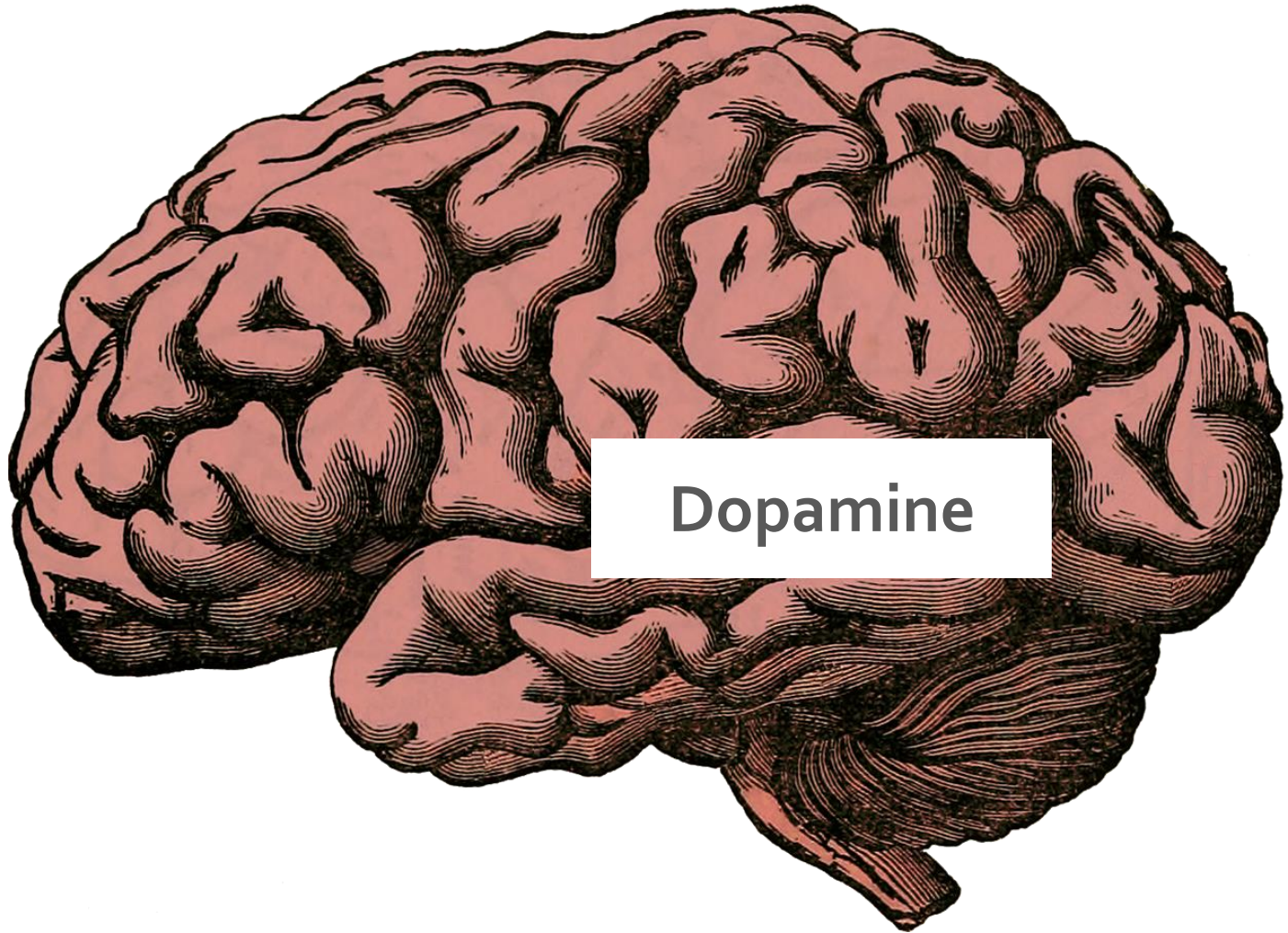
Anatomy

**Speech and voice are
complex movement tasks**

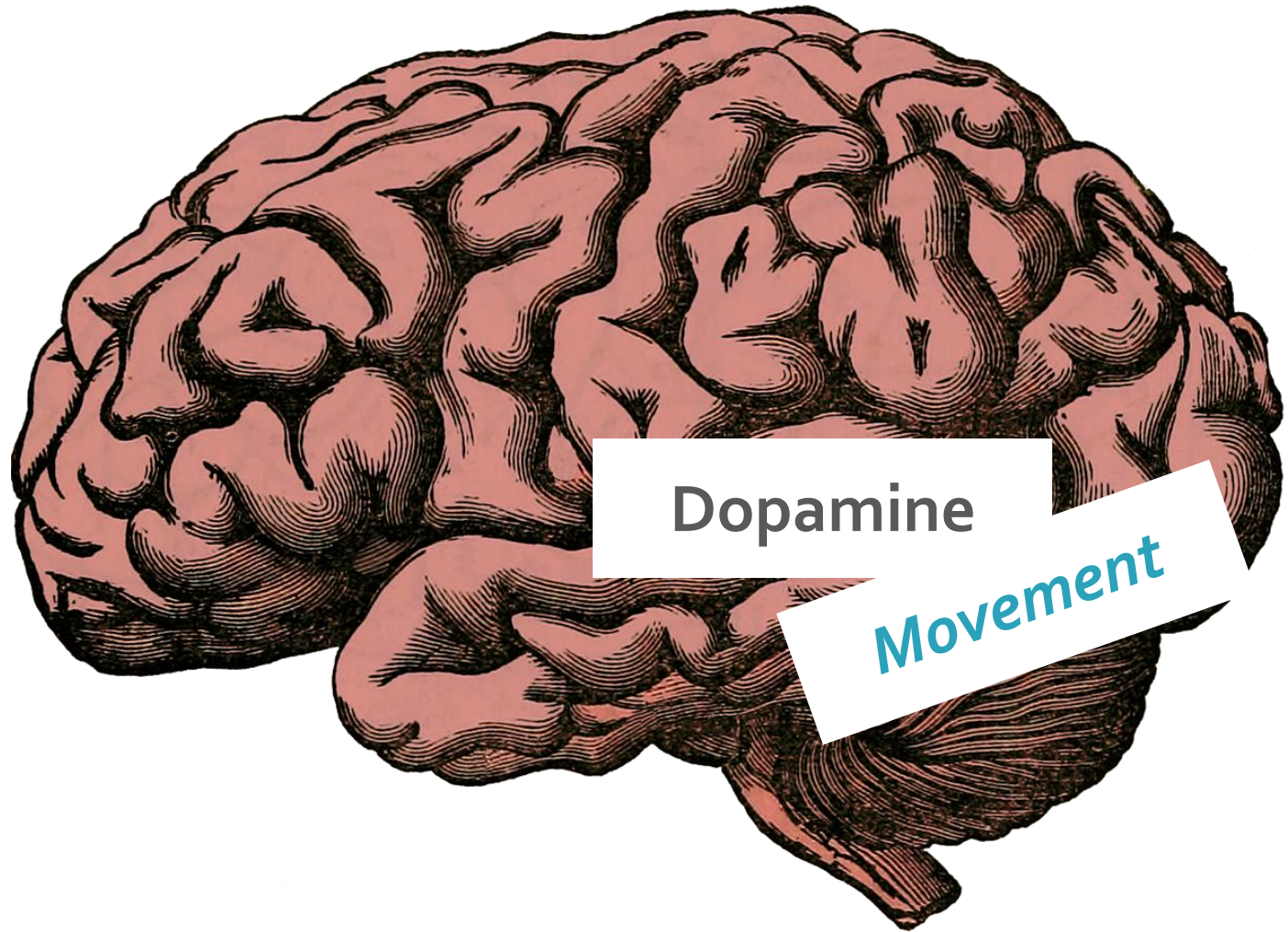
Speech and Voice in PD



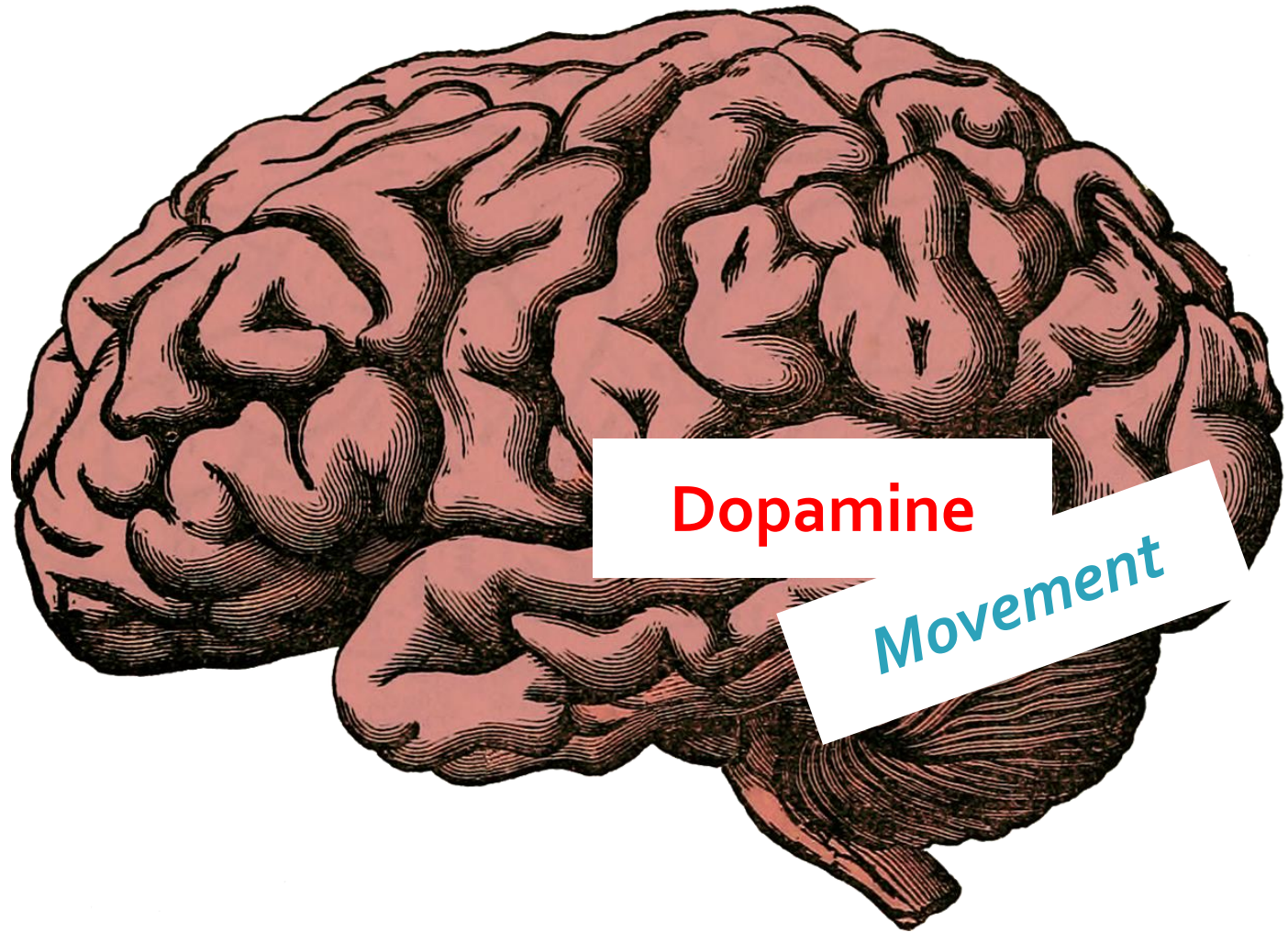
Speech and Voice in PD



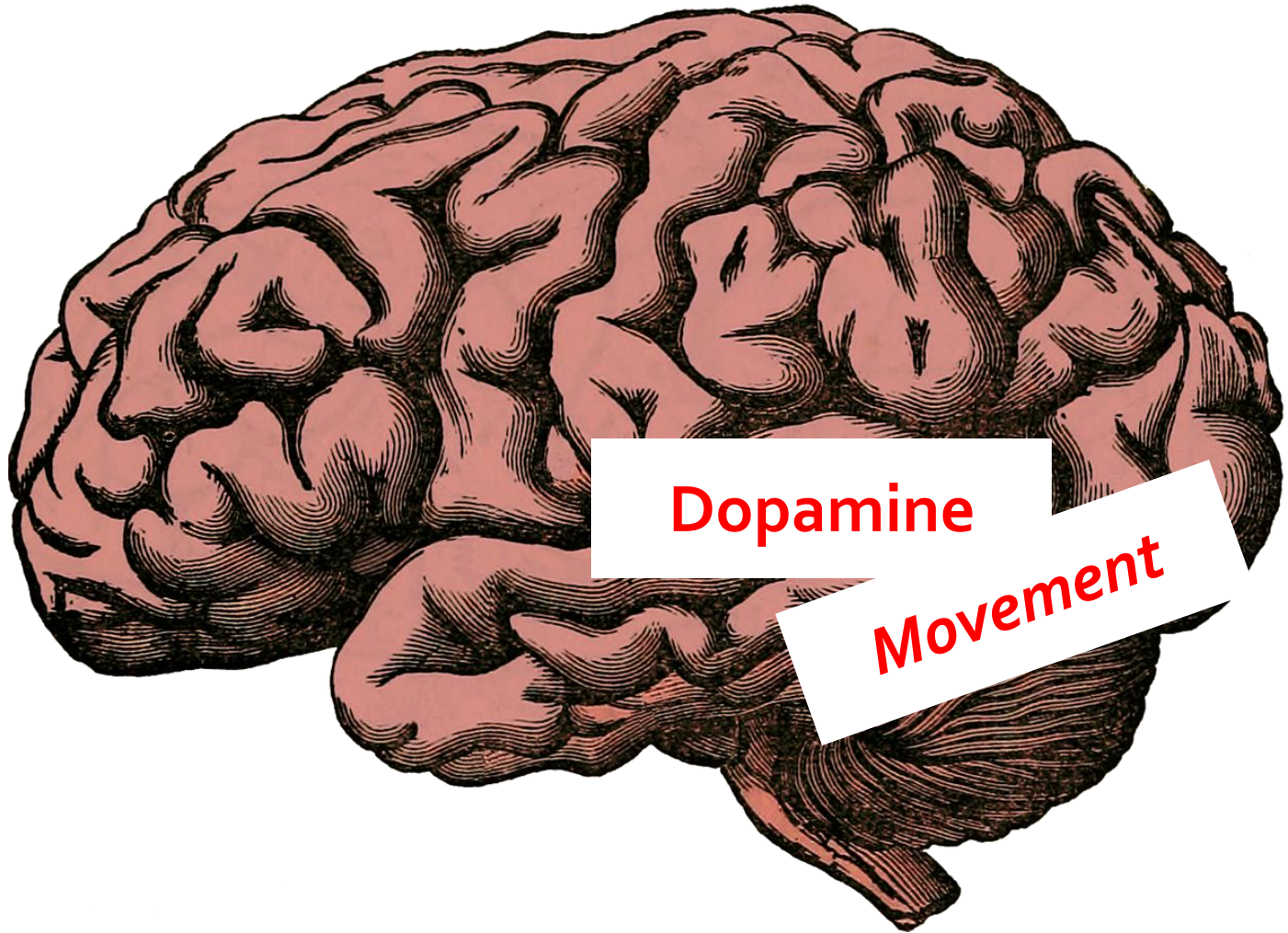
Speech and Voice in PD



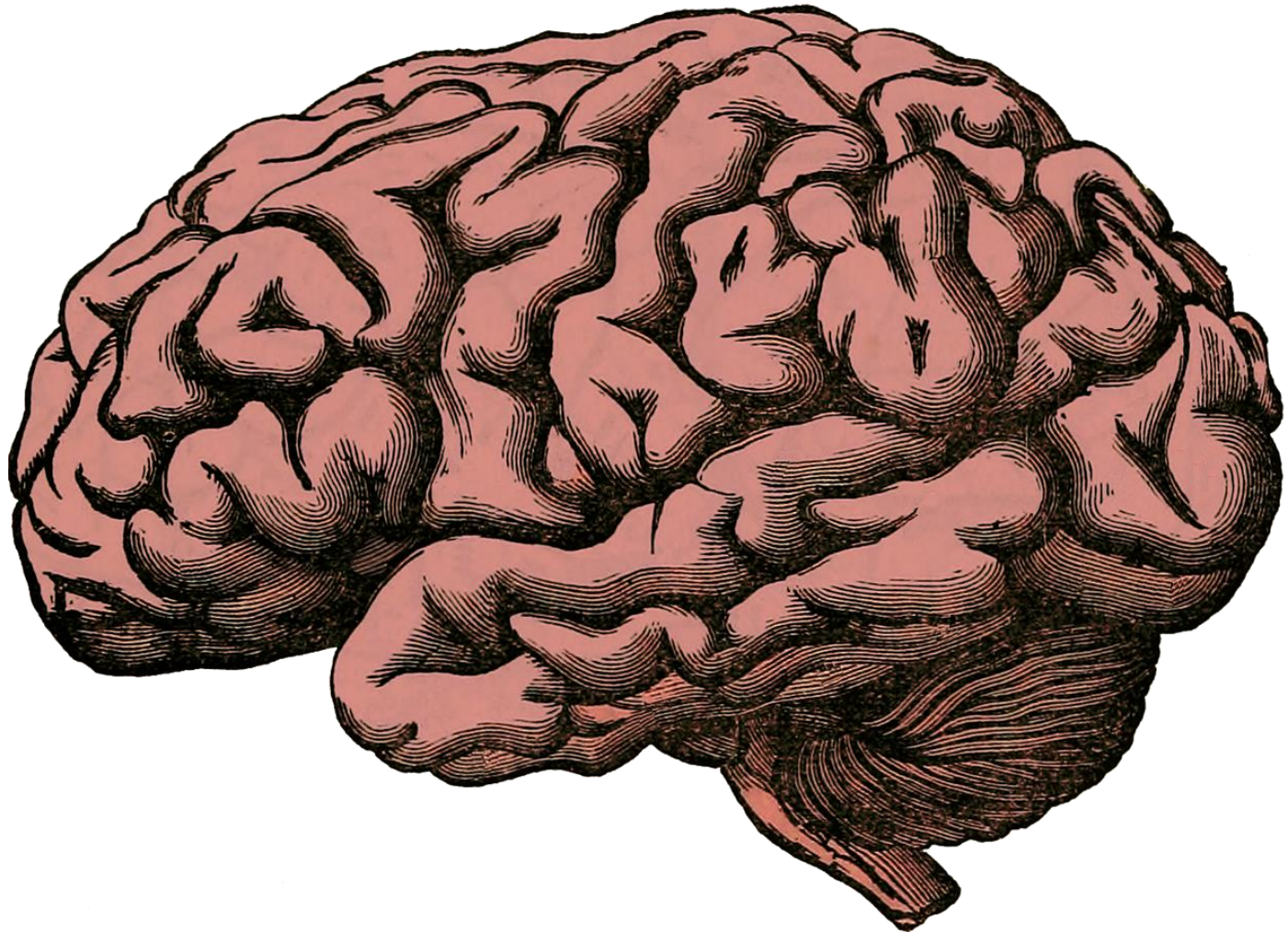
Speech and Voice in PD



Speech and Voice in PD



Speech and Voice in PD



Speech and Voice in PD



Also...

Facial Expression

Thinking

Automatic Movement

Posture

Esophagus

Vocal 'Bowing'



Speech and Voice in PD

Test your knowledge!

A person with PD could have difficulty
hearing how their **own voice** sounds

True or False

Speech and Voice in PD

Test your knowledge!

A person with PD could have difficulty
hearing how their **own voice** sounds

True or False

Because of changes in the brain

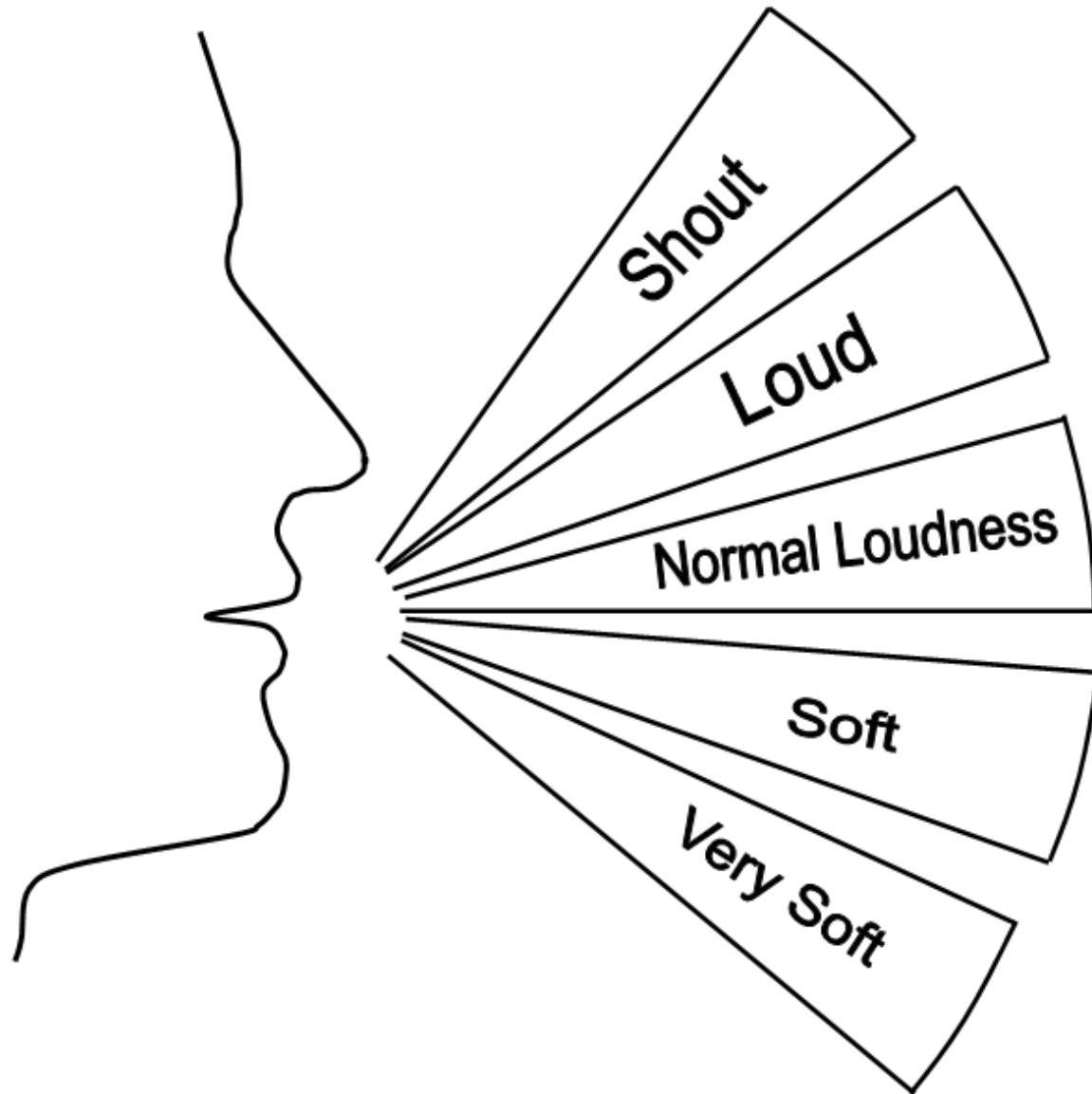
Speech and Voice in PD

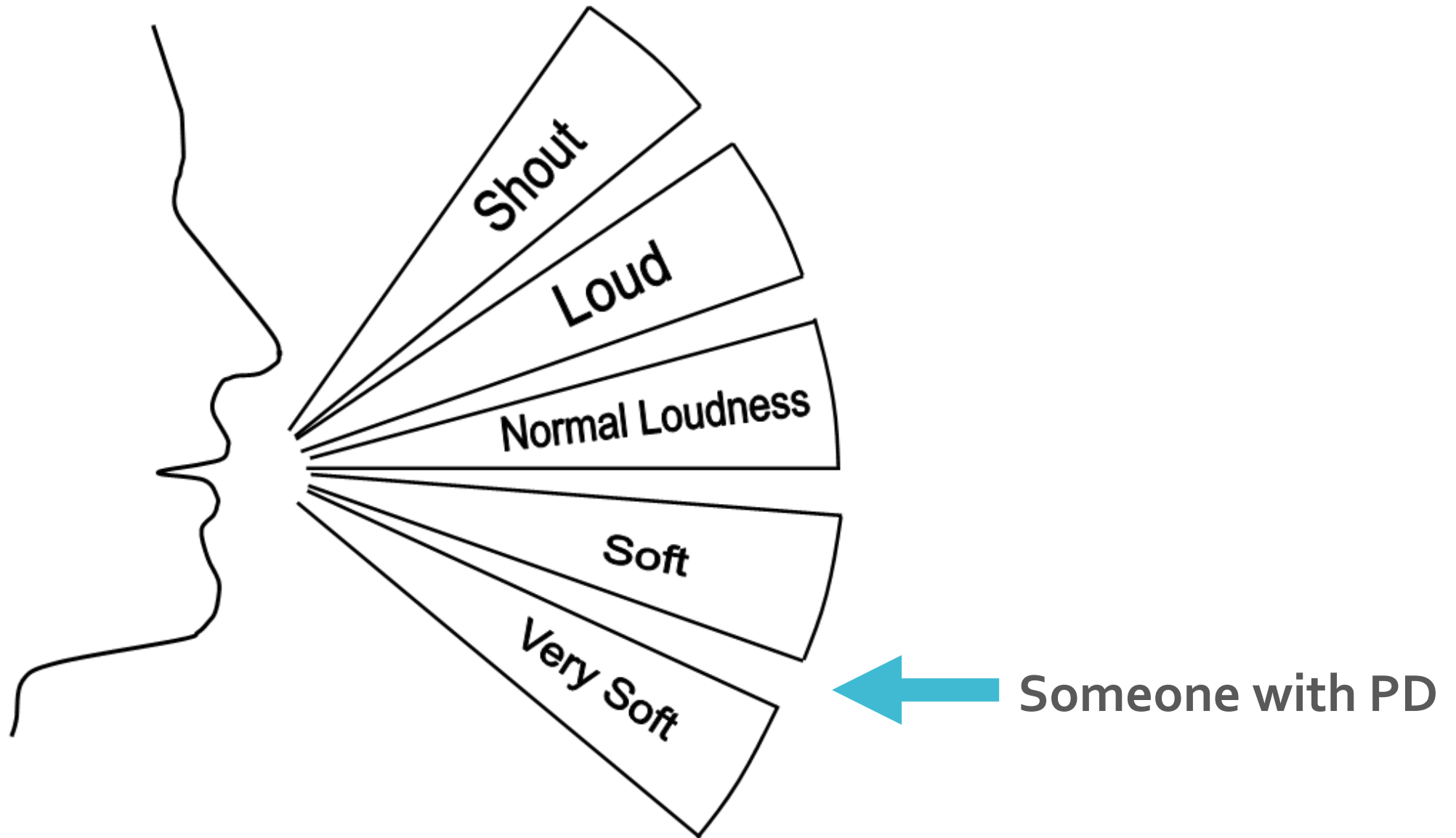
“I feel like I’m shouting”

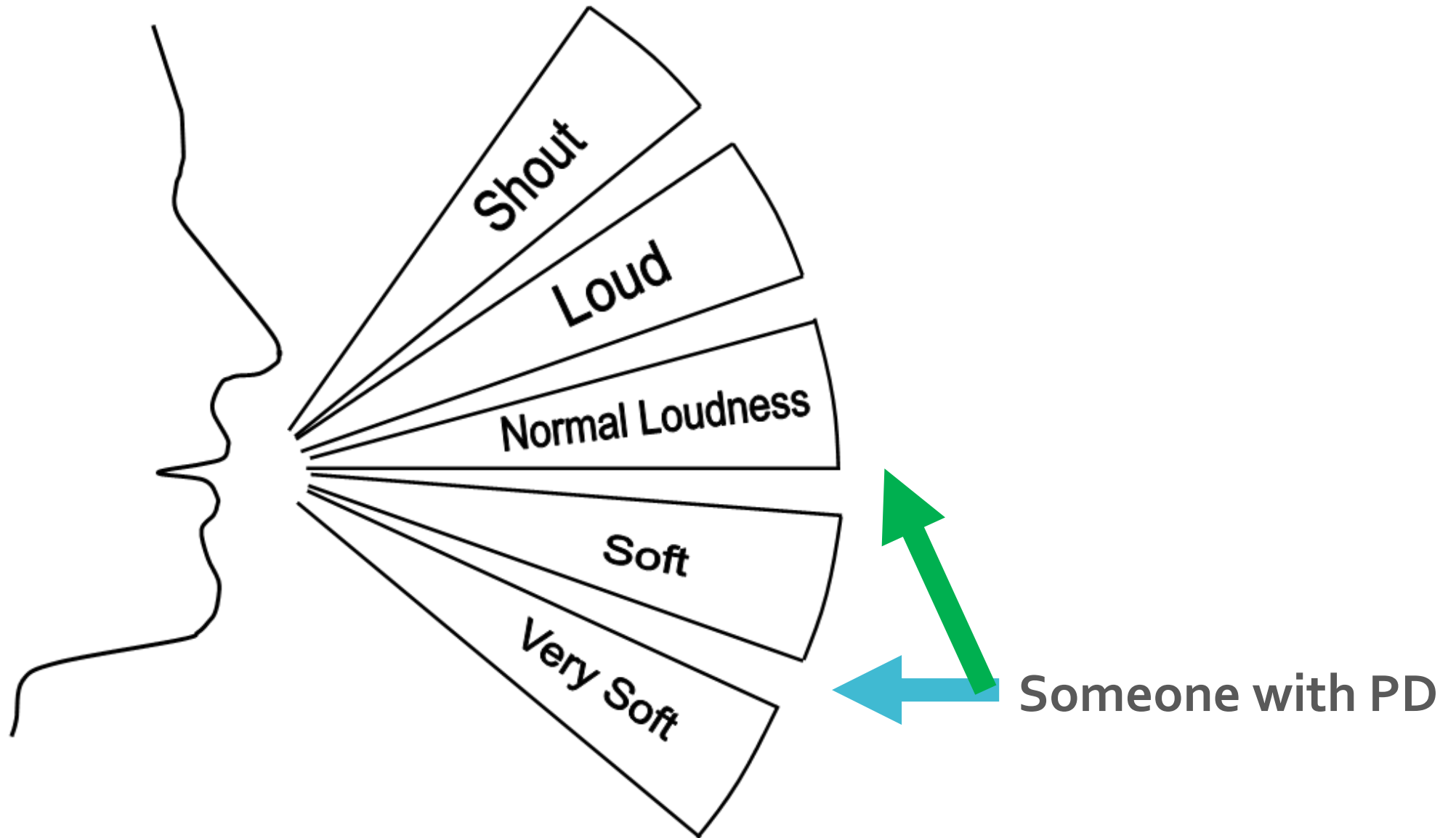
Speech and Voice in PD

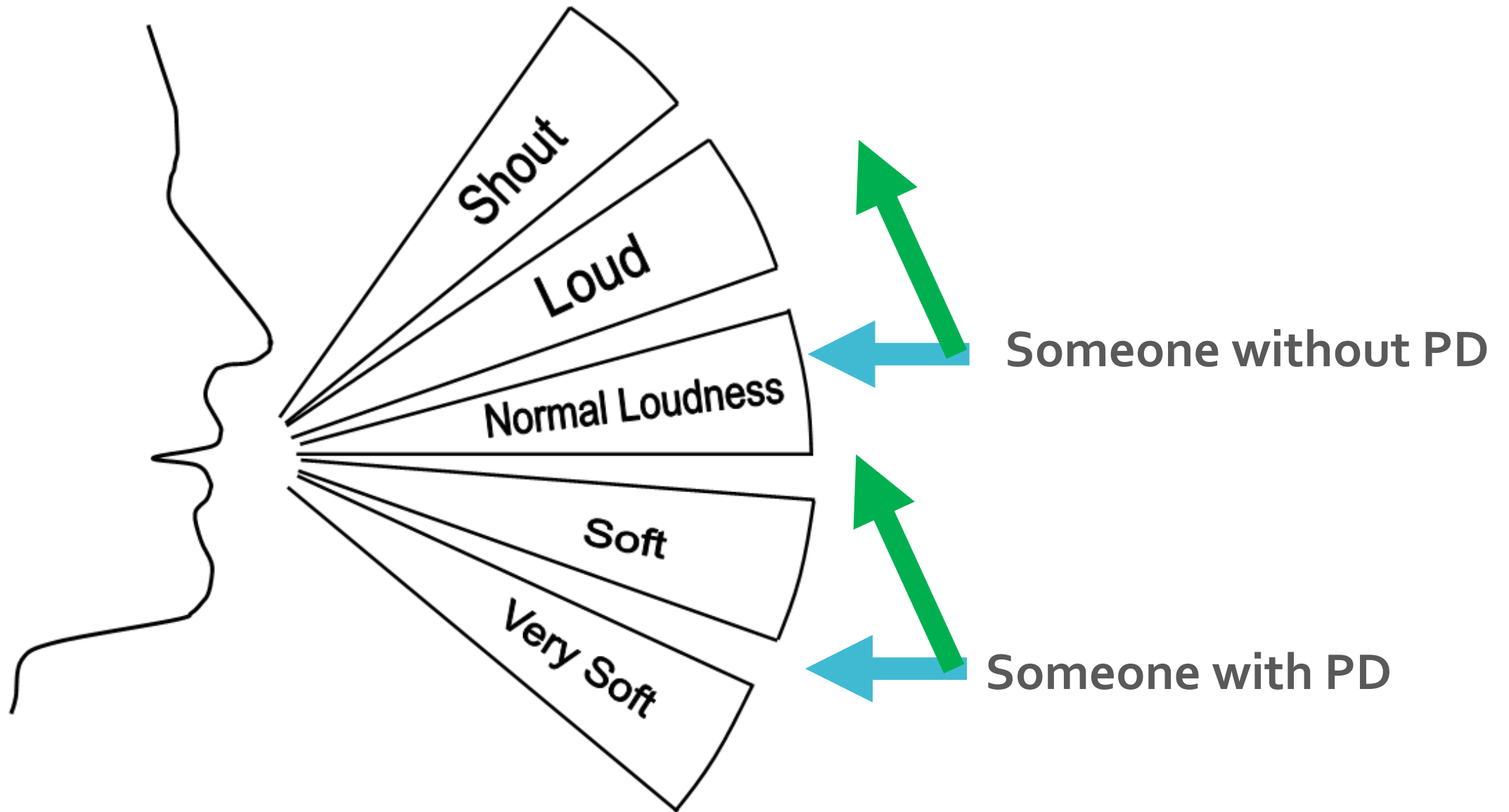
“I feel like I’m shouting”

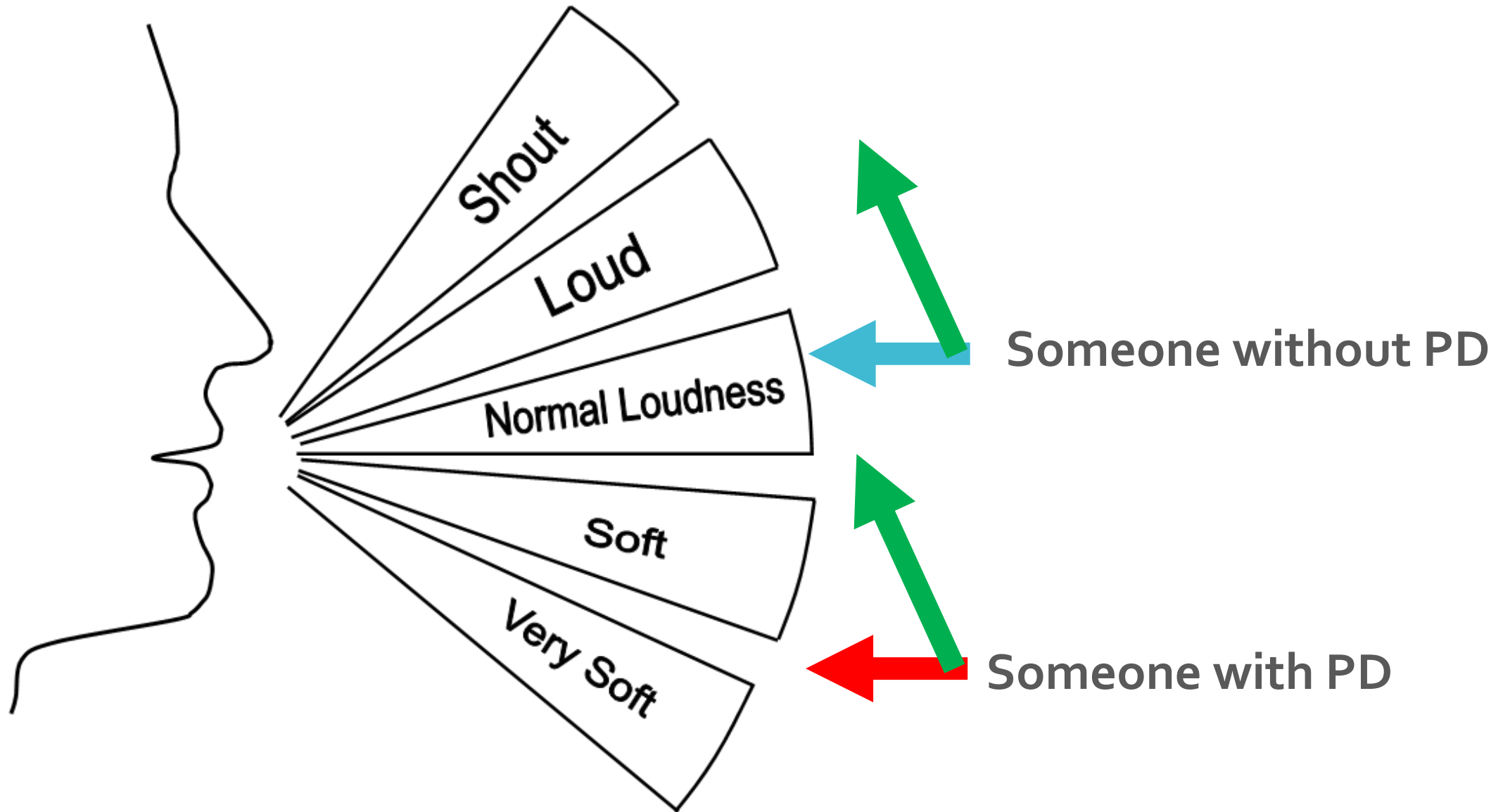
Calibration Issue











Speech and Voice in PD

Notice these?

- Repeating yourself
- Trouble on the phone
- Questioning other's hearing
- Participating less

Speech and Voice in PD

- Softer voice
- Hoarse or scratchy
- “Trailing off”
- Inconsistent voice
- Speed
- Articulation
- Monotone

Speech and Voice in PD

- Softer voice
- Hoarse or scratchy
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- Articulation
- Monotone

*Problems with
speech and voice
“Dysarthria”*

Speech and Voice in PD

Different types of **Dysarthria**

Speech and Voice in PD

Hypokinetic Dysarthria

Speech and Voice in PD

Hypokinetic Dysarthria

“not enough” movement

To Consider

Vocal Hygiene

- Hydration
- Strain
- Rest
- Chronic cough

To Consider

Vocal Hygiene

- Hydration
- Strain
- Rest
- Chronic cough
- *Reflux?*

To Consider

Laryngopharyngeal Reflux (LPR)

Your Team

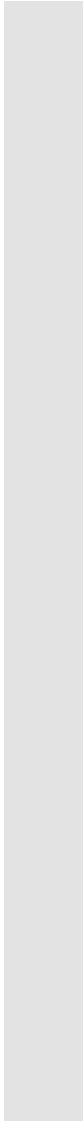

SLP might suggest

- Audiology
- Dental Professionals
- Ear, Nose, and Throat Doctor (ENT)
- Gastroenterologist (GI)
- Physician
- Neurology

Strategies and Options

Sections

- Treatment
- Programs
- More Options
- Strategies



Please note, I do not have any financial relationship with any mentioned products or organizations, including LSVT Global and Parkinson Voice Project, nor am I a representative. Patients interested in pursuing these treatments should consult with their doctor or certified Speech Language Pathologist. Any demonstrations are for informational purposes only, and do not constitute treatment.

Treatment

You have a secret weapon...

Treatment

You have a secret weapon...

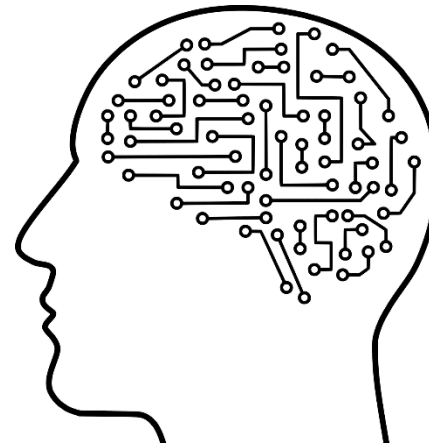
Neuroplasticity!

Treatment

You have a secret weapon...

Neuroplasticity!

Re-wiring the brain



Treatment

You have a secret weapon...

Neuroplasticity!

“Use it or lose it”

Treatment

You have a secret weapon...

Neuroplasticity!

“Use it **and improve it**”

Treatment

Test your knowledge!

You can start working on your speech and voice **early**, even if your changes have been minimal

True or False

Treatment

Test your knowledge!

You can start working on your speech and voice **early**, even if your changes have been minimal

True or False

Early intervention can be protective

Treatment

Scientifically supported options

Please do **not** adjust your volume control

Programs

LSVT LOUD®

Programs

16 Individual sessions

LOUD for LIFE®

Think LOUD!

Find a certified clinician in your area

www.lsvtglobal.com

Programs

SPEAK
Live with **Intent** **OUT!**®

Programs

12 Individual sessions

The LOUD Crowd®

Use INTENT!

Find a certified clinician in your area

www.parkinsonvoiceproject.org

More Options

- SpeechVive
- EMST150™
- Semi-Occluded Vocal Tract Exercises
- Collagen injections
- Pacing boards and devices
- Amplifiers and Assistive Technology

More Options

- SpeechVive
- EMST150™
- Semi-Occluded Vocal Tract Exercises
- Collagen injections
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- Amplifiers and Assistive Technology***



The catch...

Dopamine is also linked to **motivation**

Strategies

For the person with PD...

- Context
- Exaggerate
- Slower and louder than you think
- Shorten
- Be creative, gesture
- Voice activities (singing, acting, reading)

It Takes Two

For the listener...

- Environment
- Positioning
- Feedback
- Patience
- Verify
- Partner Communication Training

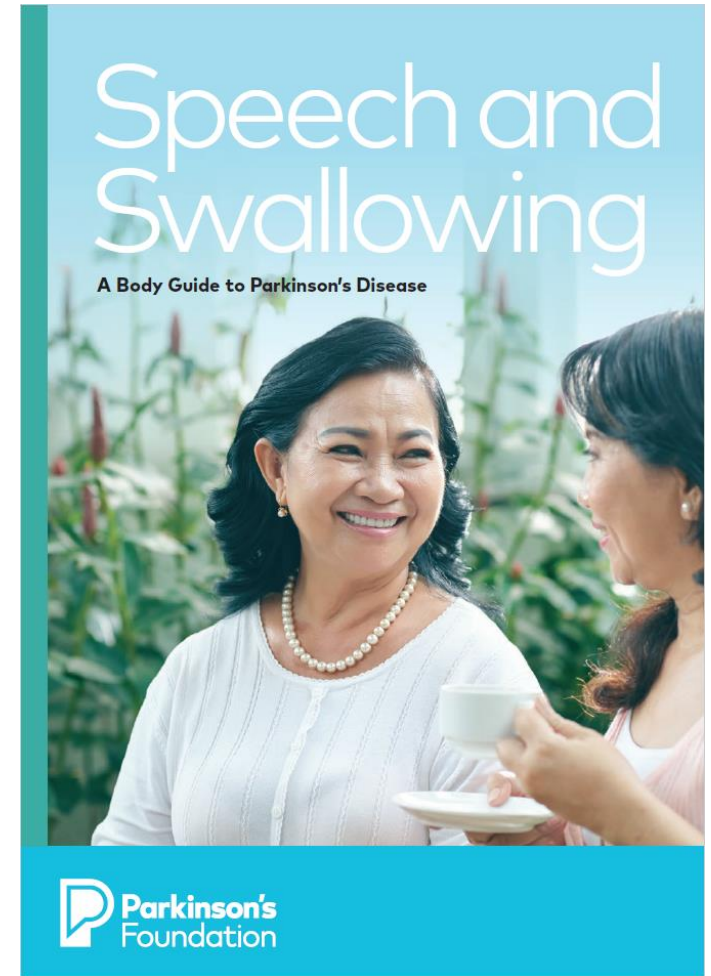
Resources

Resources

www.parkinson.bc.ca



www.parkinson.org



Resources

Access SLP

- Public
 - Physician or health professional referral
 - Movement Disorder Clinic
- Private
 - Speech and Hearing BC website

References

Unless otherwise indicated, images obtained from Pexels.com and Pixabay.com, under Pexels and Pixabay royalty-free licensing.

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Questions?

Presenter:

Jasmine Cload, B.A., M.Sc., R-SLP, SLP(C)

Thank you!