Your eyes and ears are your best (and least expensive) tool!

How is the person making that sound (no matter what the medical diagnosis is)?

Ecologically, functionally valid assessment methods are best (i.e. connected speech!)

Review
Attrition

- external to clinic: distance to therapy, transportation limitation, patient motivation and language barriers.


What can we do?

When a patient is evaluated by a SLP at the initial visit with Laryngologist:
- VHI-10 scores decrease more following therapy.
- Voice therapy attendance improves.


Stimulability

• The evaluation of an individual’s ability to modify a behavior when provided with models or cues.

• “Good stimulability” for changing a specific behavior when the stimulability production (following a model or cue) is better than the original, or spontaneous, production.

• First introduced in the SLP literature in 1954 for the evaluation of children with speech sound disorders.


Stimulability in the voice literature

• Immediate voice improvements → improve patient’s sense of mastery experience → improve self-efficacy.


Stimulability in the voice literature

- Stimulability trial of resonant voice.
- Acoustic improvements (F0, jitter, shimmer) following the stimulability trial.


• Variety of techniques: resonance, articulation, breathing, changes in intensity
• Positive correlation between the subjective rating of good vocal plasticity and therapeutic success
• Therapy success was determined as an improvement in acoustic analyses, stroboscopic analyses, or both.

Time to Operationalize Stimulability

- “Clear speech”
- Initially developed as an intelligibility strategy for speaking to listeners with hearing loss.
- Increases in: phrase duration, number and duration of pauses, individual speech sound durations, intensity, intonation contour, range of F0
- Decreases: speaking rate


Procedures

110 new patients

• based on clinical acumen to have pathology amenable to voice therapy

First 4 sentences of the Rainbow Passage.

“Typical” voice (i.e. presenting, dysphonic voice).

“Clear speech”

• use “crisp, clear consonants” and “precise articulation” when reading. Vary intonation/pitch when reading “like you’re reading or telling an interesting story.”
Results: Aerodynamics

- Airflow increased ($p < .001$)
- Total breaths taken increased ($p < .001$)
- Total reading time increased ($p < .001$)
- Breaths/second increased ($p < .001$)
Results: Acoustics

- dB SPL increased ($p < .001$)
- CSID- no change ($p = .268$)
- CPP F0 sd – no change ($p = .490$)
Time one PAS
Quantify Breaths 3
Duration 23
Mean SPL 75
Pitch 130
Mean Airflow 60
Time two PAS
Quantify Breaths 4
Duration 31
Mean SPL 79
Pitch 171
Mean Airflow 150