

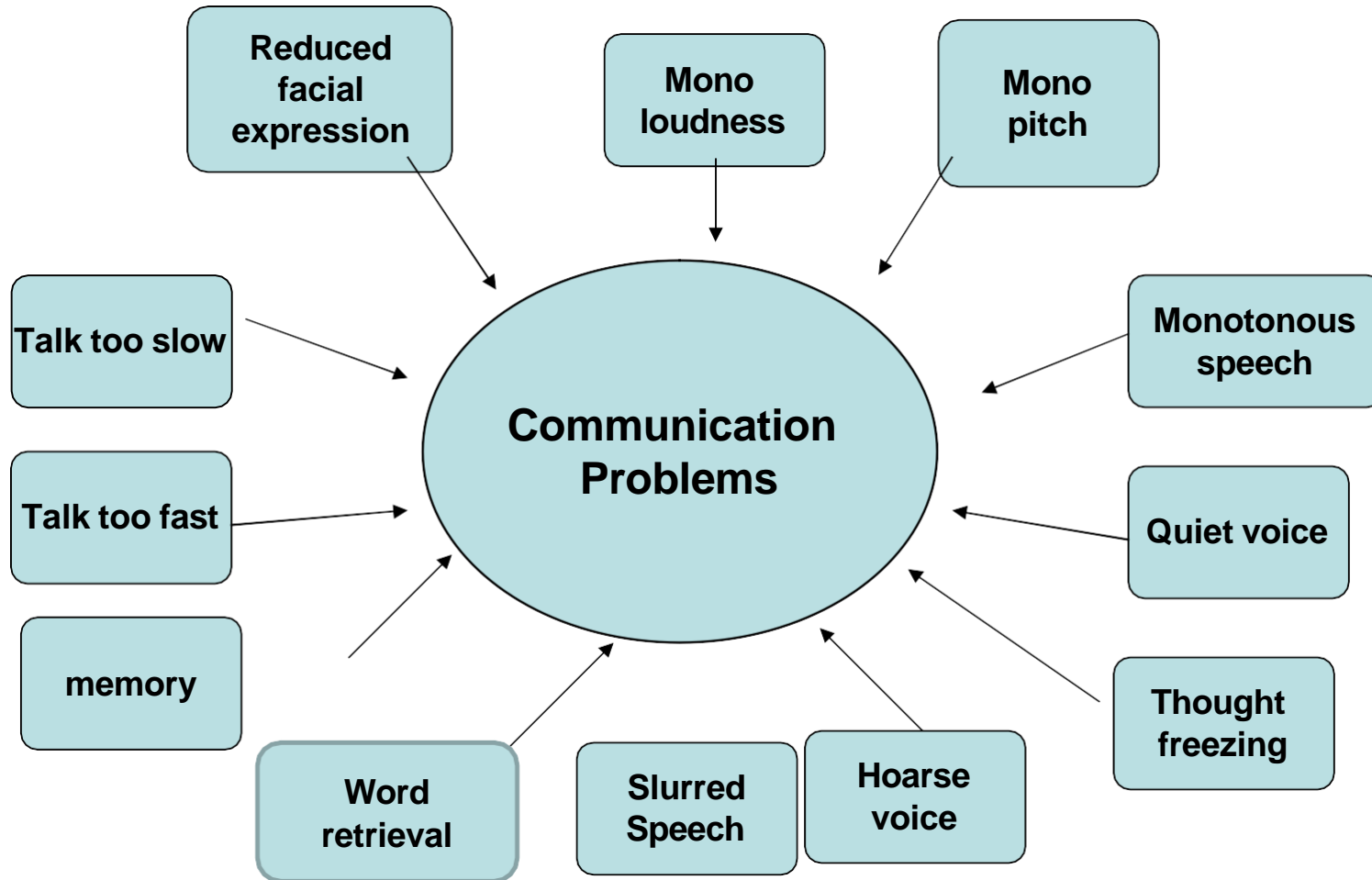


# Speech and Language Therapy Services for Parkinson's in Lothian

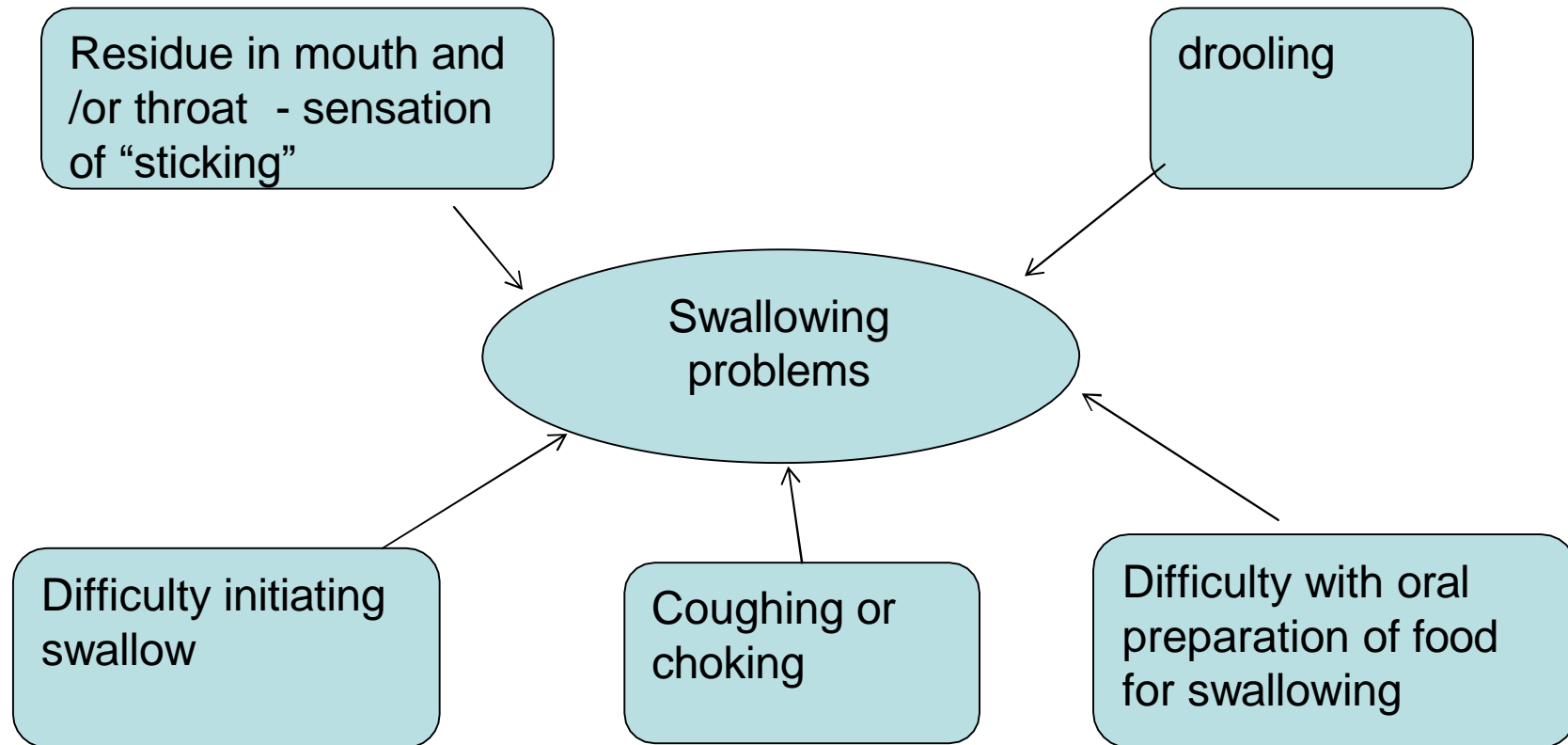
Group Speech Therapy  
Supported Self Management

Talk to Edinburgh Parkinson's  
By Isobel McCoy: January 2015

# Communication Problems



# Swallowing problems



# Causes of swallowing and communication problems

**Rigidity**  
(muscle stiffness)

**Reduced  
amplitude of  
movement**

**Hypokinesia**

**Perceptual  
problems**

**(Difficulty getting  
started /slow  
movement)**

**Bradykinesia**

# Impact

## Communication

- Reduced participation in social and work situation
- Reduced expectation from family and friends
- Further reduction in participation

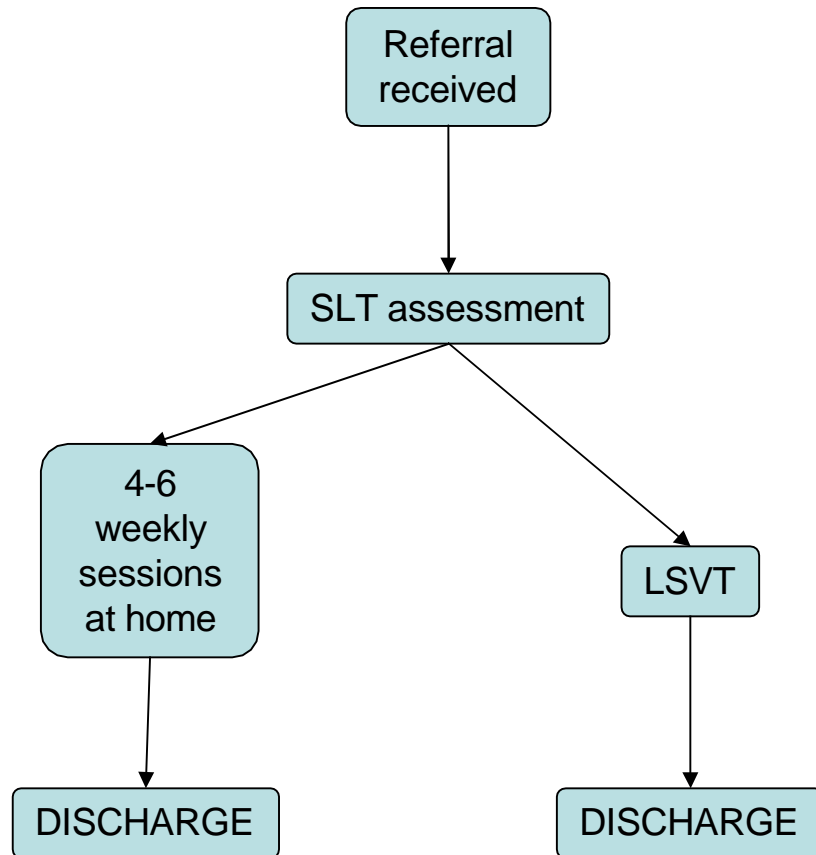
## Swallowing

- Aspiration
- Recurrent chest infection
- Weight loss
- Problems taking medication
- Reduced social participation

# Speech and Language Therapist Role

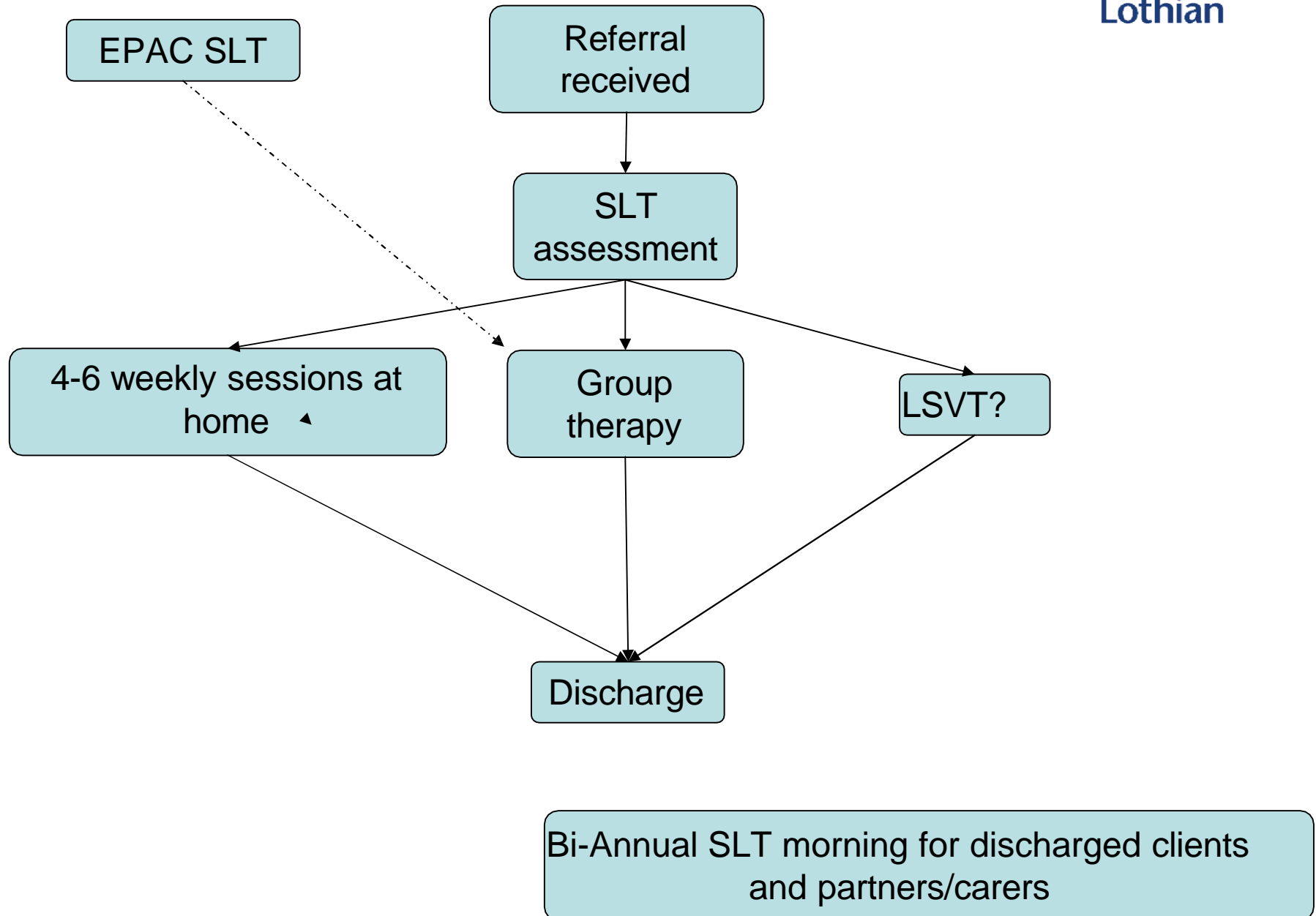
- Assessment of communication and swallow and advise in partnership with the client
- Intervention to rehabilitate or maintain function  
*(e.g. Lee Silverman Voice Training?)*
- Education and supported self management
- Intervention can be provided in both group and individual setting

# Previous Service Model



- Not sustainable
- Limited choice
- Not always effective
- Home visits perhaps not necessary

# Current Service Model





# Group Therapy Model

- The group therapy model uses 'LSVT type' of exercises in a solution focussed context promoting self management
- The groups run weekly for 6 weeks and each session is of 90 minutes duration. Group size varies between 7 and 9 people and is facilitated by an SLT and SLT assistant.

# GROUP ETHOS

- Solution focussed
- Share the solutions
- Pool our resources



# Exercises

- To increase volume
- To adjust rate
- To increase clarity
- To improve the intonation and get your personality back into your voice



# Big Ahs

- Designed to train up the breathing muscles and voice box muscles
- Improve coordination of voice and breathing
- Get you used to using a louder voice again



# The Long Loud Ahs



- Say a Long Loud Ah
- Time yourself and rate the quality out of 10
- Repeat 15 times
- Remember don't push too hard as quality is more important than quantity

# Pitch change Exercise ....going up



- Say Ah as before but this time lift the pitch after about a second, and hold the higher note for 5 seconds
- Only go as high as you comfortably can and keep the quality!

# Pitch Change Exercise ..going down



- Say Ah as before but this time drop the pitch after about a second, and hold the lower note for 5 seconds
- Only go as low as you comfortably can and keep the quality!

## Group Therapy Benefits

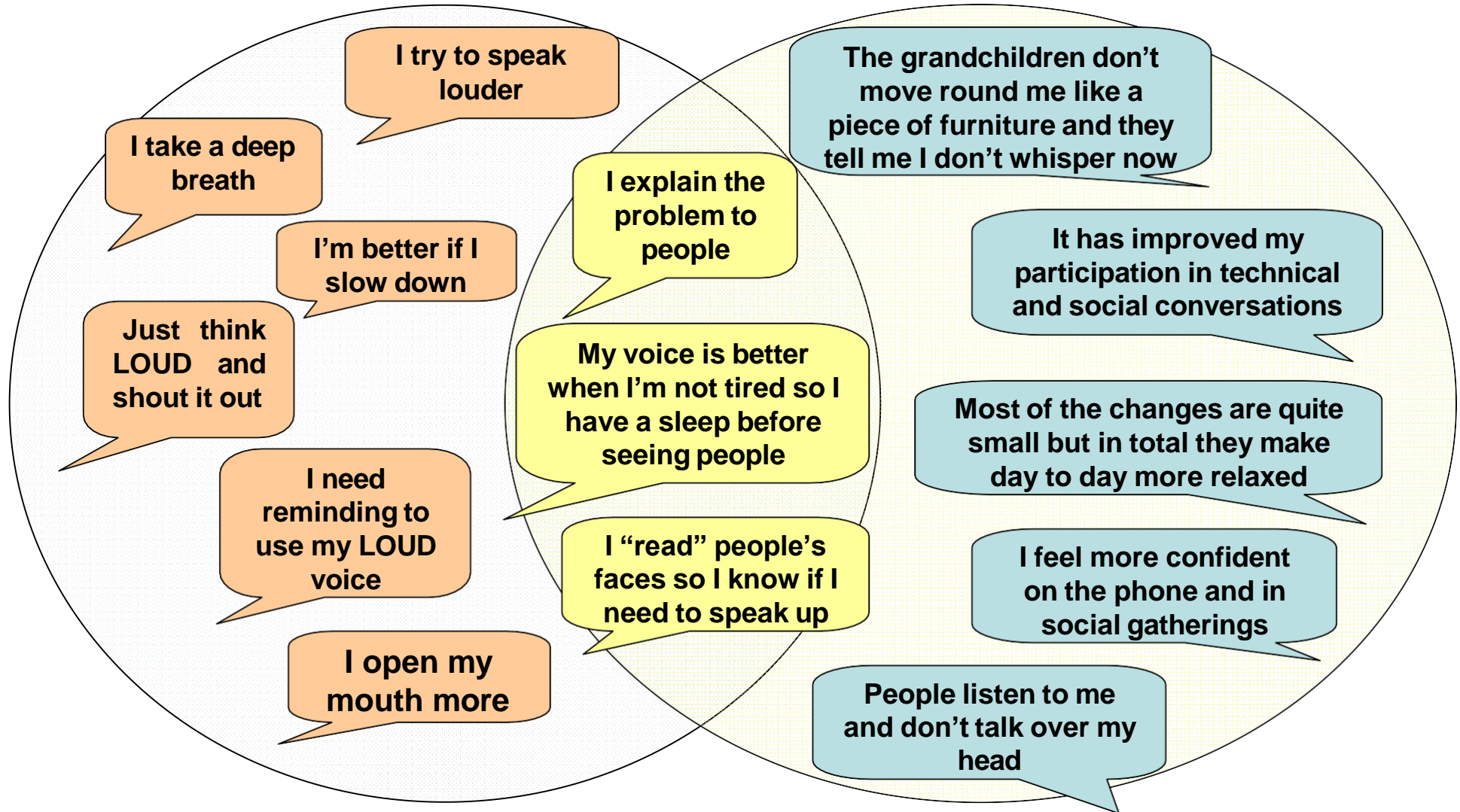
- More effective as peer support and feedback is available to encourage development of skills in voice and speech production exercises and subsequent transfer of these skills to free conversations.
- Improved patient experience from a social / participation point of view
- Empowering as the Group Therapy model has a self management ethos at its heart



# PERSONAL OUTCOMES

## Self management

## Participation



## Progress to Date in Edinburgh

- Have run 9 groups between May 2010 and October 2014 (total of 50 people)
- 6-8 people per group, 6 weeks, 90 mins
- 1 SLT and 1 assistant
- SFBT (Solution Focussed/ self management approach)
- 'LSVT type' exercises –focus on volume
- Follow up morning for past group attendees and partners/carers

## **What's new in NHS Lothian SLT?**

- Single system
- Parkinson's Pathway Development Group
- Equity and consistency across Lothian
- Group Therapy model rolled out across Lothian
- Patient involvement

# What's new in SLT Technology?

i-pads and android tablets

Apps

Pacesetter

Paceboard

Decibelmeter

BlaBlaBla

Speakup

breathe2relax