

# iVoiceTherapy

*Introductory Webinar*

*8.7.14*

*13:00-15:00 PST*

# Meet the instructors

Liza Blumenfeld



Erin Walsh



Technical questions ?s  
[rogerio.defaria@infonetinc.net](mailto:rogerio.defaria@infonetinc.net)

# Webinar Etiquette

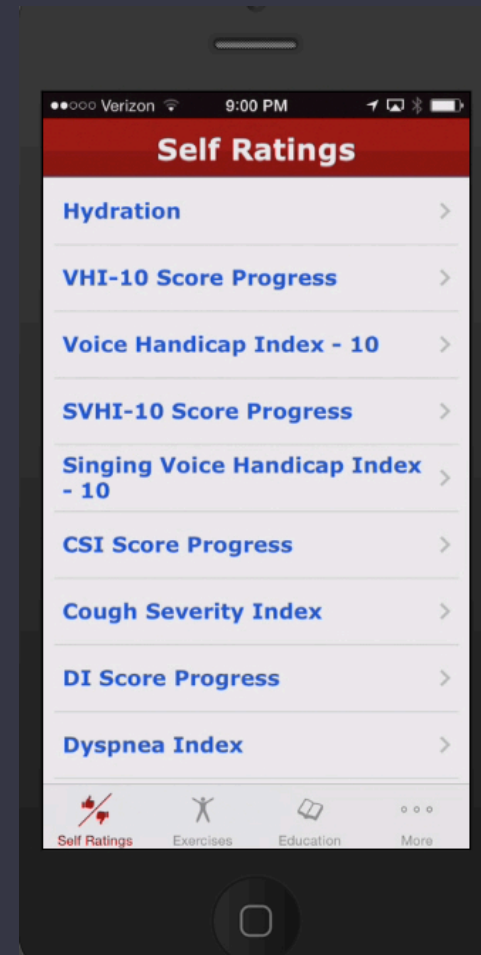
- Technical questions ?s [rogerio.defaria@infonetinc.net](mailto:rogerio.defaria@infonetinc.net)
- Submit questions by typing them into the **Question** tab in lieu of virtual raising hand. We will answer as many as we can in our final **30 minutes**.
- After the webinar, all attendees will receive an **email** with a link for post-testing and certificate of completion. US participants – **ASHA** credit is also available during this process. We will also provide answers to all questions submitted that were not answered due to time constraints.
- Please be patient with us, this is our first webinar!

# Goals of iVT

- Enhance patient awareness
- Promote & monitor exercise compliance
- Reduce # therapy sessions
- Model exercises for novice voice clinician
- Tasks applicable across wide range of pathologies

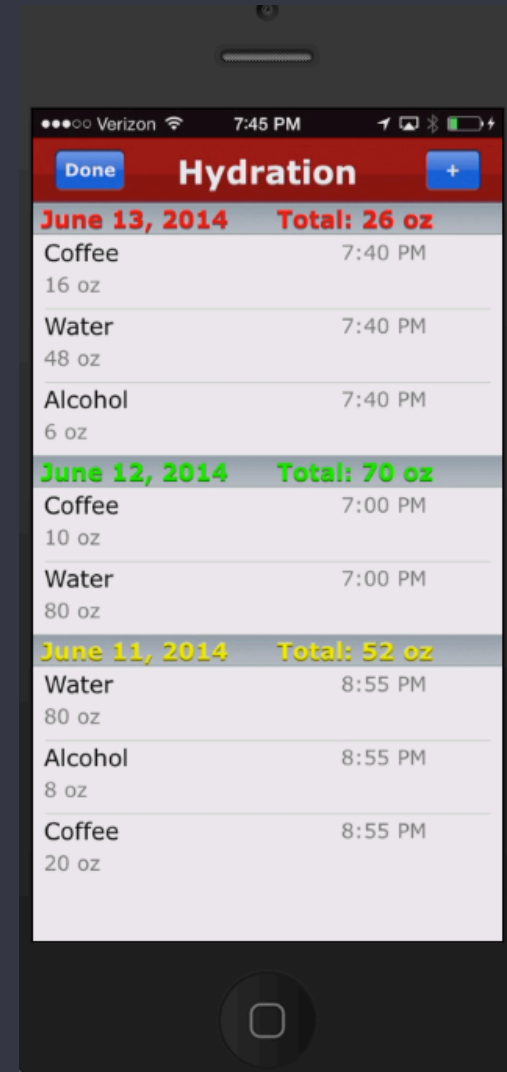
# Getting Started

- Self-ratings
  - Hydration
  - Voice Handicap Index
  - Singing Voice Handicap Index
  - Reflux Symptom Index
  - Cough Severity Index
  - Dyspnea Index
  - Pre/Post Progress



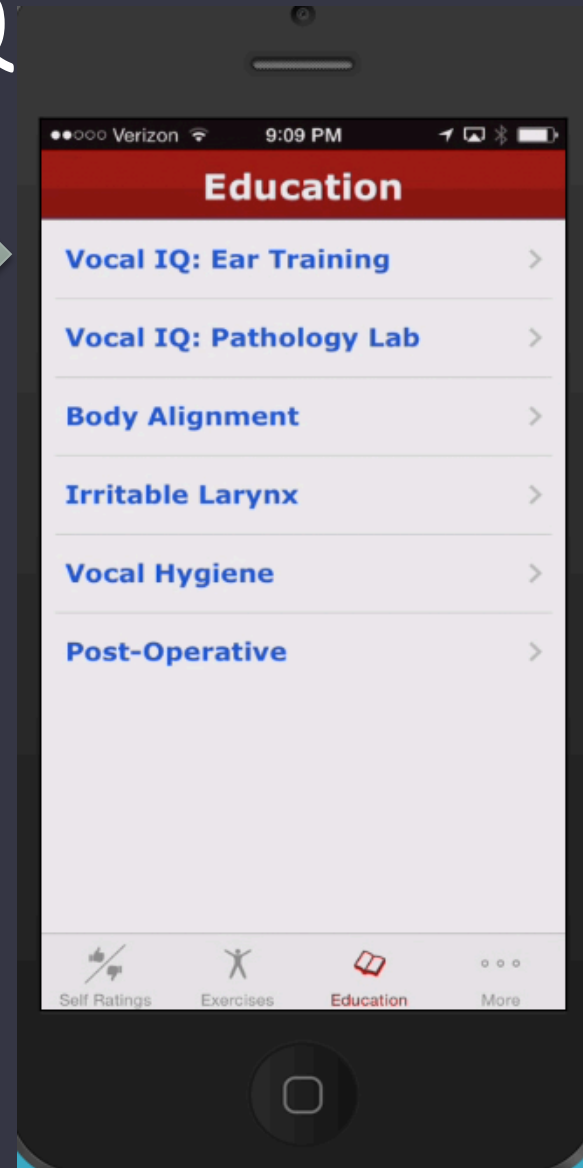
# Hydration

- Enter values throughout the day or estimates at the end of the day
  - Calculates goal of 64oz net water / day: GREEN
  - YELLOW: mod hydration
  - RED: dehydration
  - Alcohol and coffee/caffeine subtract from 64oz net water / day

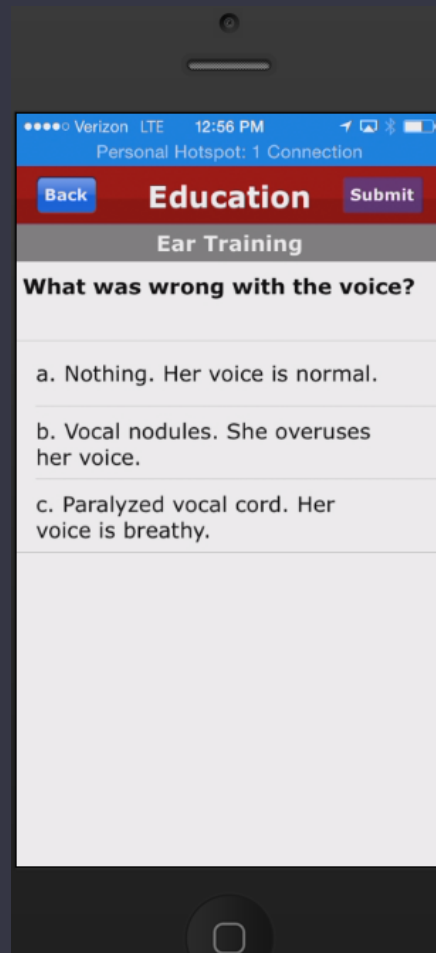


# Vocal IQ

- Ear Training
  - Awareness
  - Auditory bombardment
  - Normal vs Abnormal
  - Links quality of voice to pathology



# Ear Training #1



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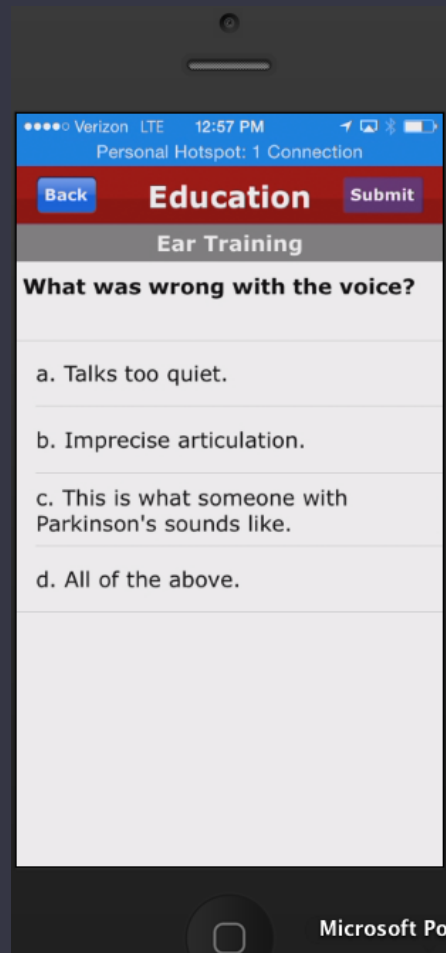


# Ear Training #2



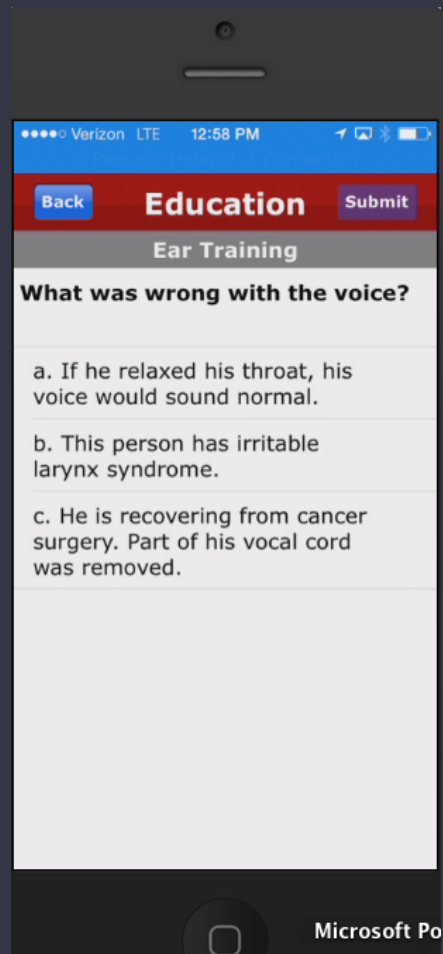
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# Ear Training #3



Technical questions ?s  
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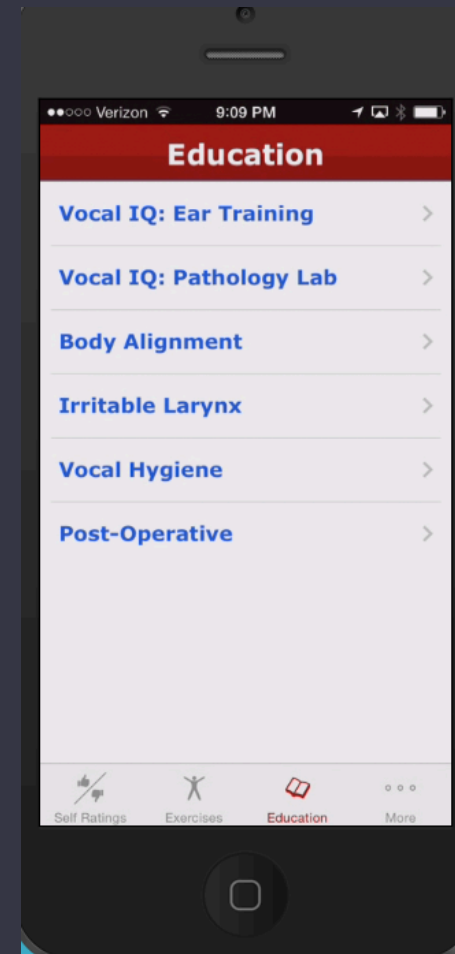
# Ear Training #4



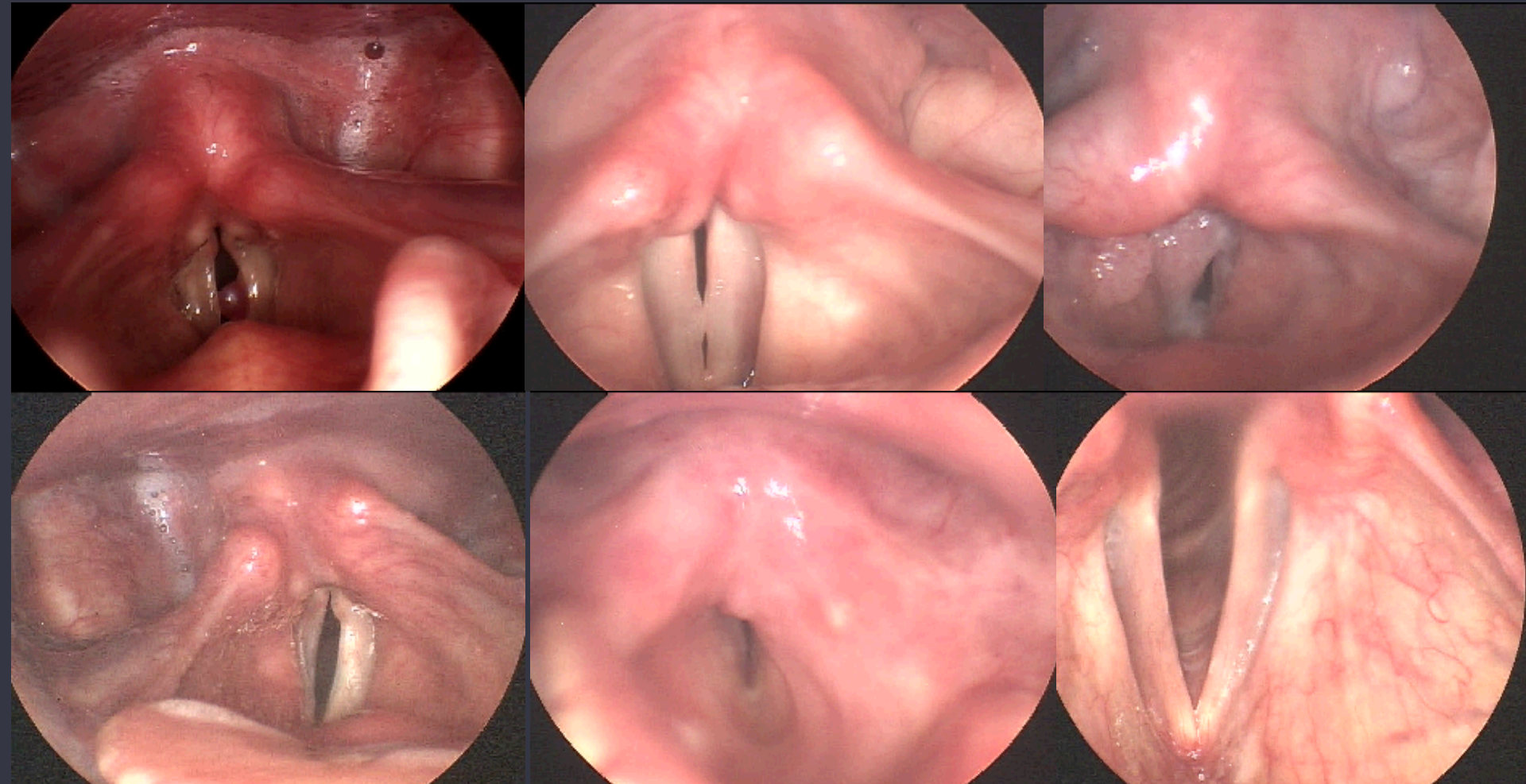
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# Vocal IQ

- **Pathology Lab**
  - Videostroboscopy of variety of pathologies
  - Platform to teach structure and function of larynx

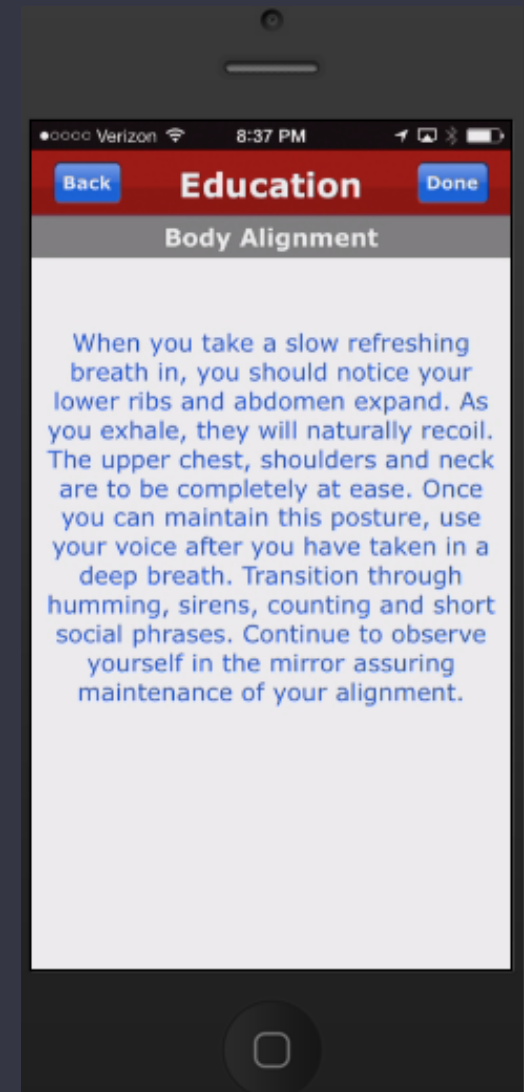
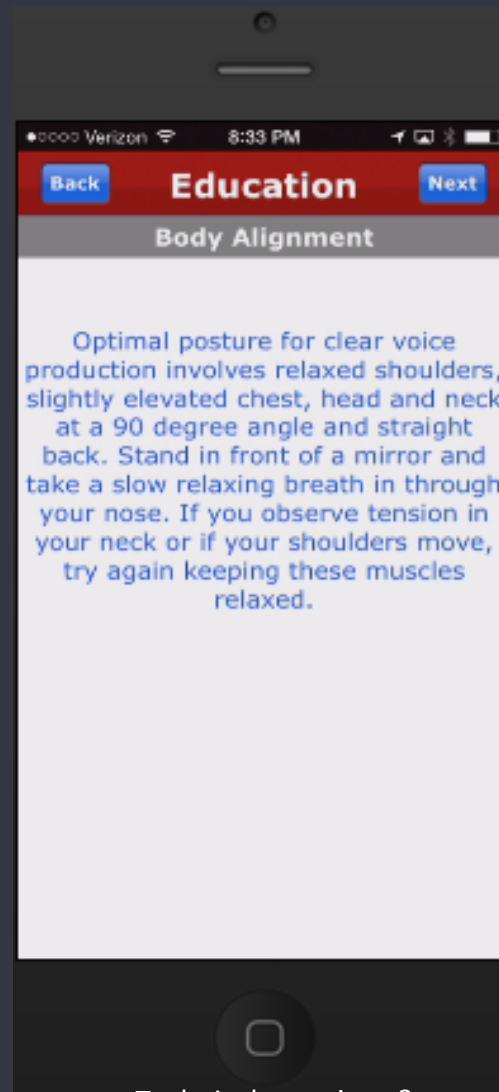
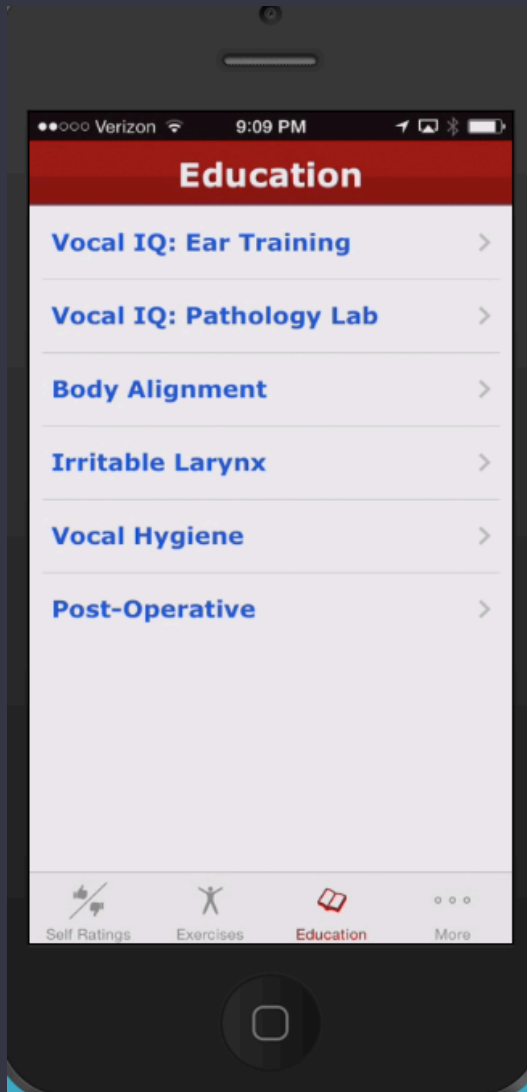


# Path Lab



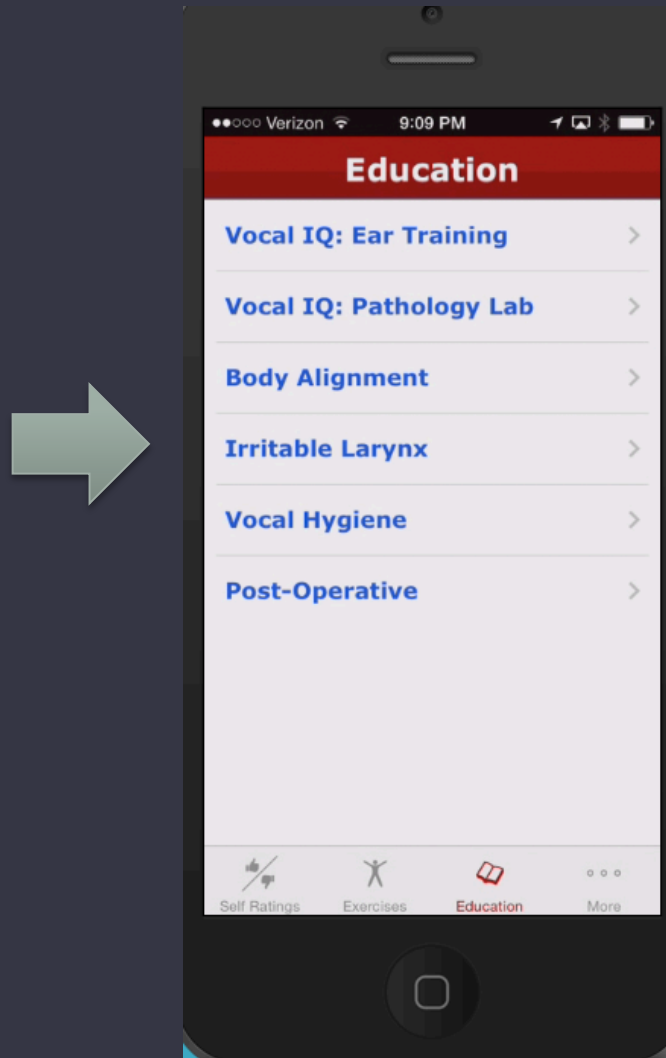
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# Body Alignment



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# Irritable Larynx



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# Irritable Larynx

- Behaviors

- Throat clearing
- Cough
- Laryngospasms
- Paradoxical Vocal Fold Movement / Vocal Cord Dysfunction
- Muscle Tension Dysphonia

- Results

- Forceful TVF collision
- Habit forming
- Perpetuates hypersensitivity
- May lead to narrow airway due to constant vocal cord adduction
- Likely causes more coughing and muscle tension



# Irritable Larynx

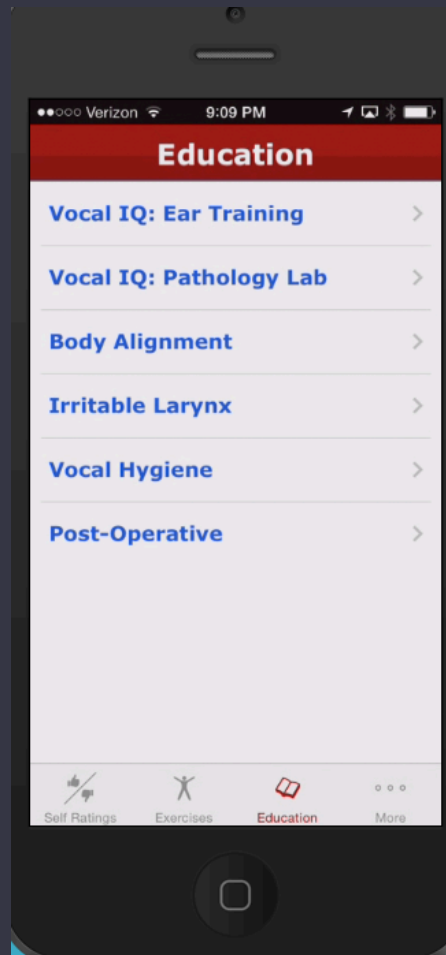
- Causes

- Vocal cord lesions
- Reflux
- Allergies
- Post-nasal drip
- Pulmonary
- Neurological diseases

- Strategies

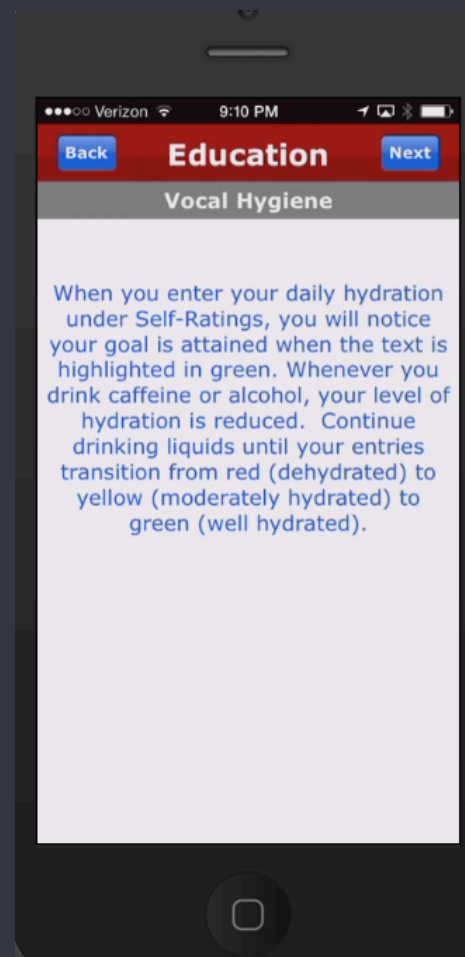
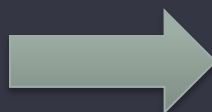
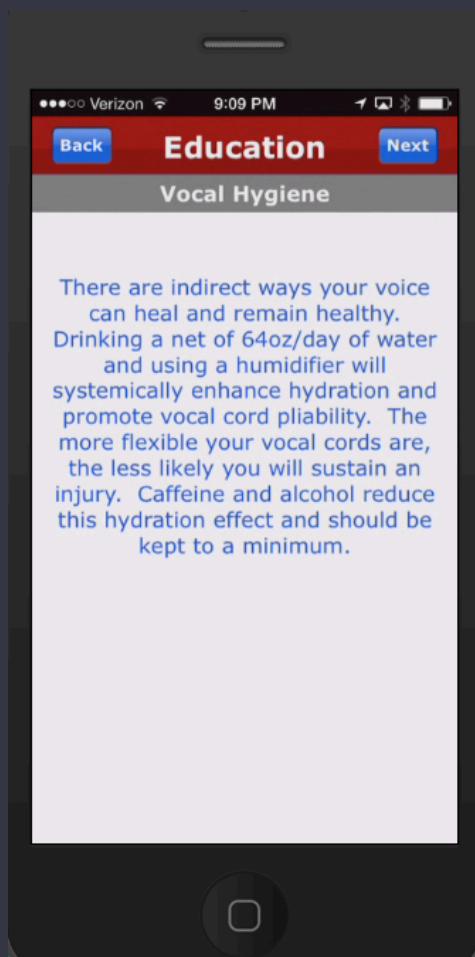
- Must first have physician clearance to suppress
- Behavioral substitutes
  - Swallow saliva/ pH water
  - Humming
  - Paced pursed lip breathing
  - Rolled R
  - Exhale on /s/
  - Gum, lozenges
  - Distraction
- Quantifying triggers
- Anticipation / pattern
- Humidifier

# Vocal Hygiene / Hydration

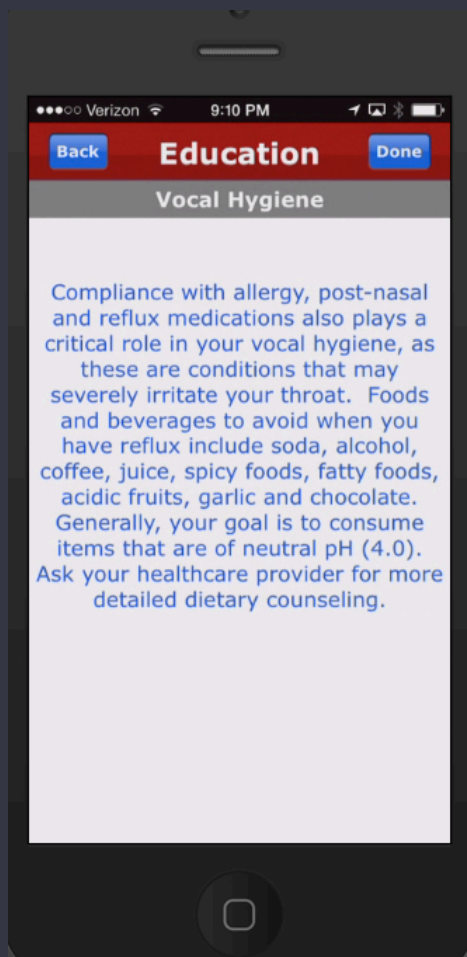


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# Vocal Hygiene

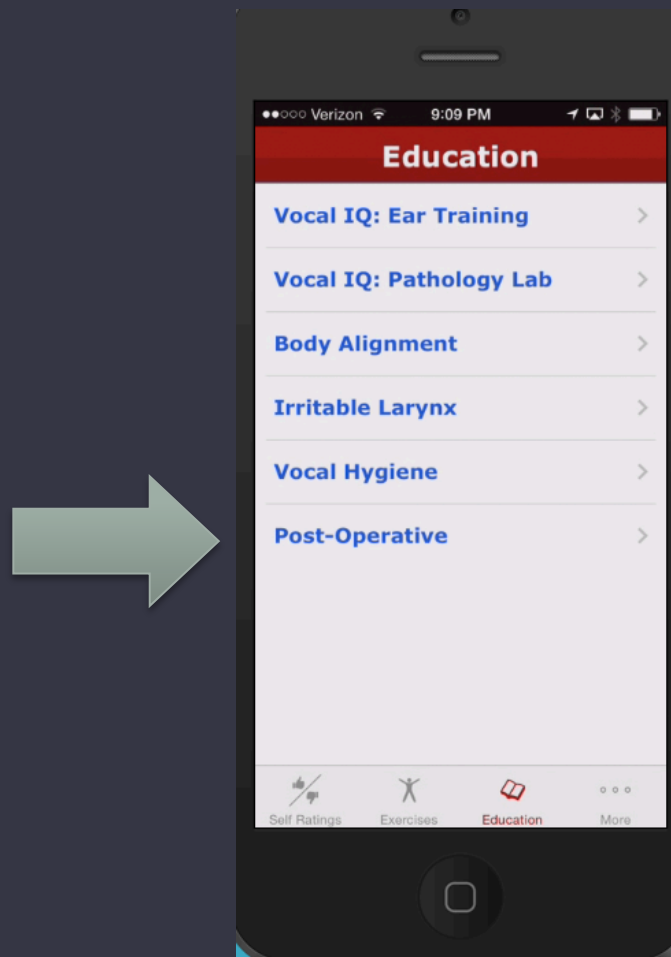


# Vocal Hygiene



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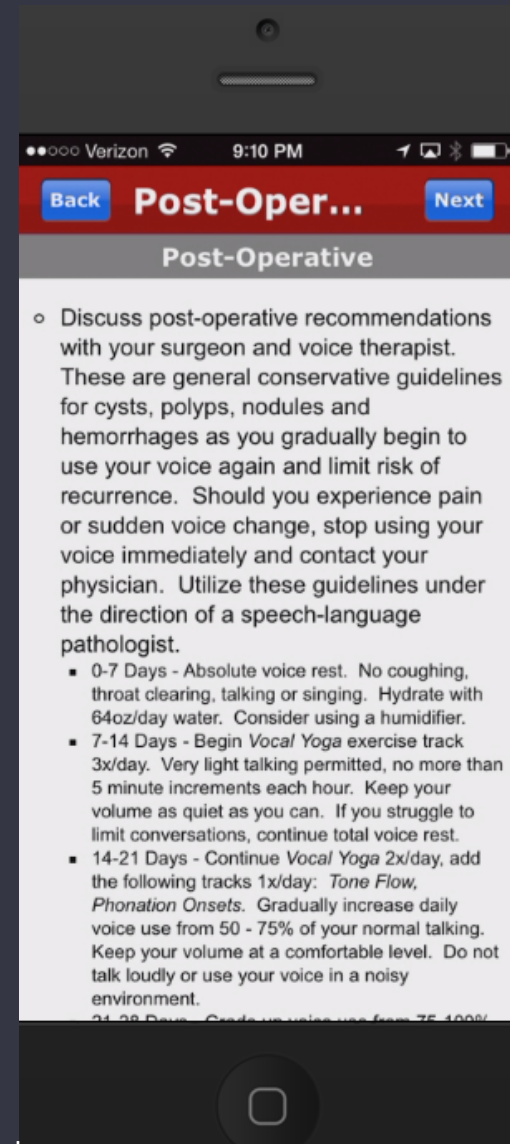
# Post-Operative



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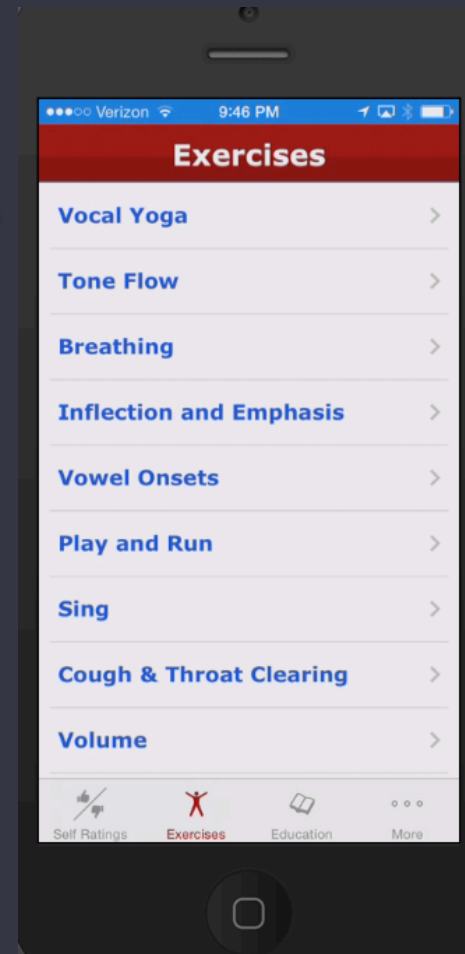
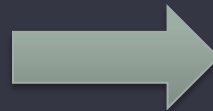
# Post-Operative

- General guidelines clinicians will likely recommend
- Disclaimer – always discuss particular parameters with physician and team.
- Program exact prescription in **Settings**



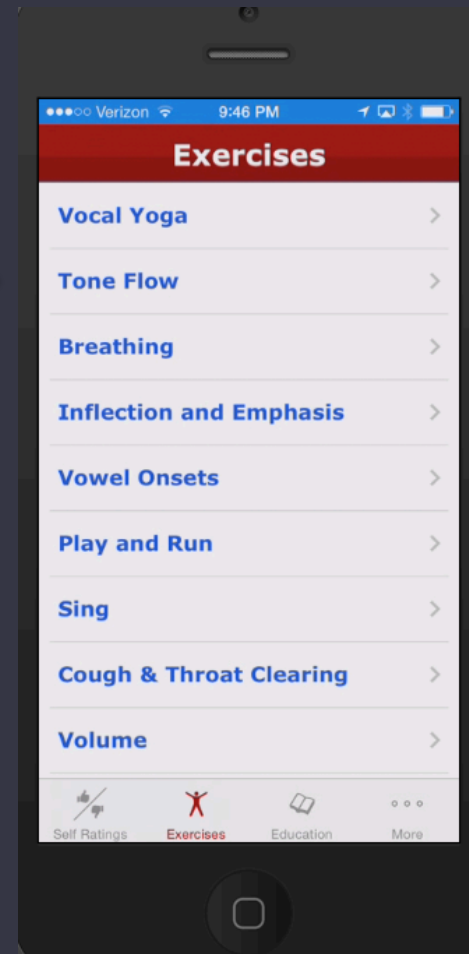
# Exercises

- Vocal Yoga
  - All diagnoses benefit
  - Balances airflow and vocal cord closure
  - Promotes pliability for vibratory cycles, which can reduce speaking effort
  - Expands pitch range



# Exercises

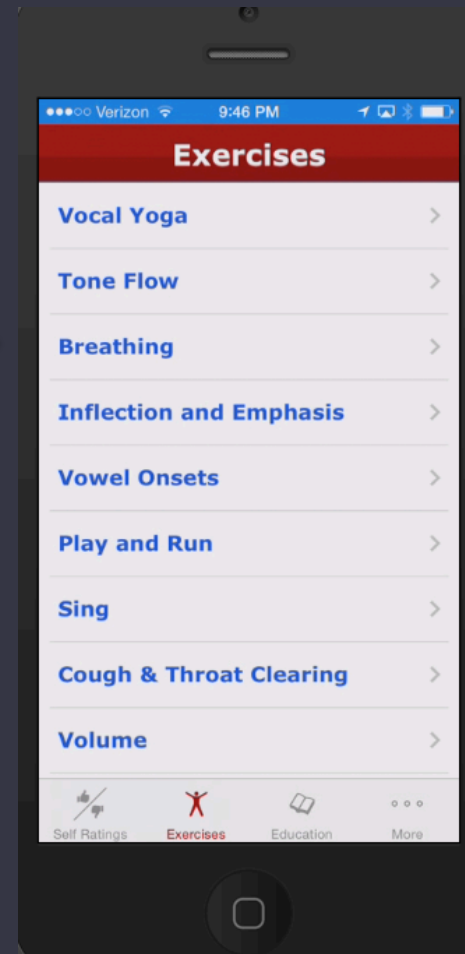
- Tone Flow
  - Resonance
  - Easy onsets
  - Muscle tension dysphonia
  - Irritable larynx syndrome
  - Vocal fatigue





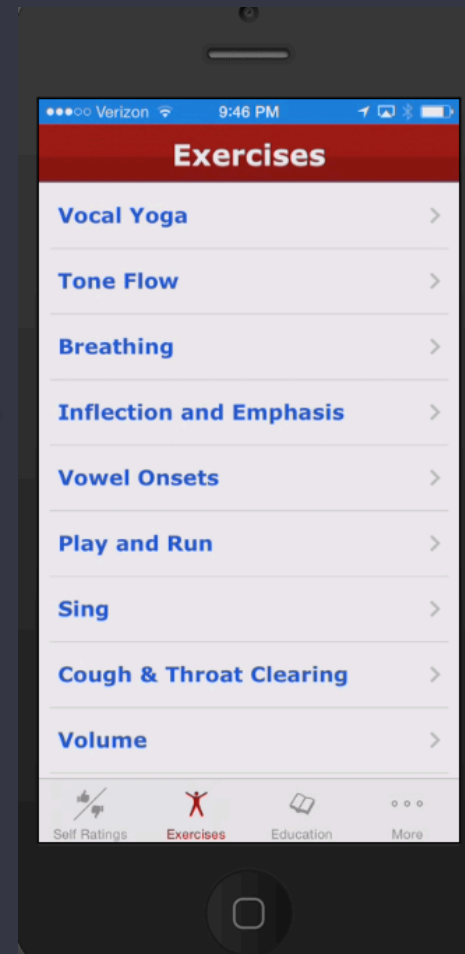
# Exercises

- Breathing
  - Irritable Larynx
  - Cough
  - Laryngospasm
  - Paradoxical Vocal Fold movement
  - Pacing
  - Shallow breathing
  - Inhale stridor



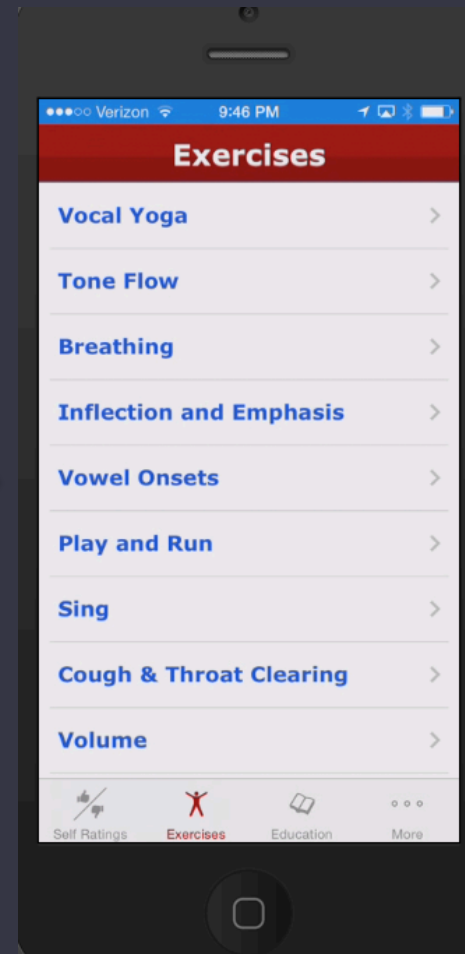
# Exercises

- Inflection & Emphasis
  - Progressive neuromuscular disease: e.g., Parkinson's, MS
  - Presbylarynx
  - Vocal fold paralysis, especially if involving superior laryngeal nerve
  - Adjunct to dysarthria therapy



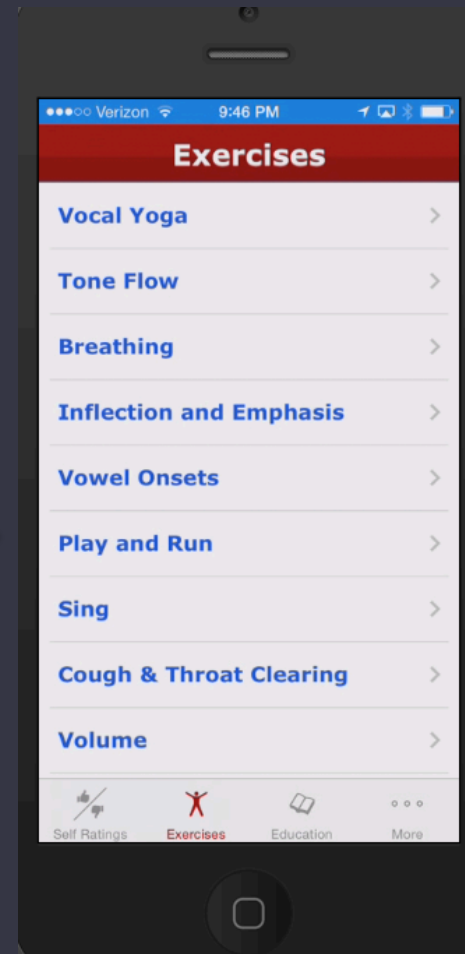
# Exercises

- Vowel Onsets
  - Vocal Nodules
  - Cysts
  - Polyps
  - Scarring
  - Hyperfunction
  - Vocal fatigue
  - Inflammation
  - Midfold free edge thickening



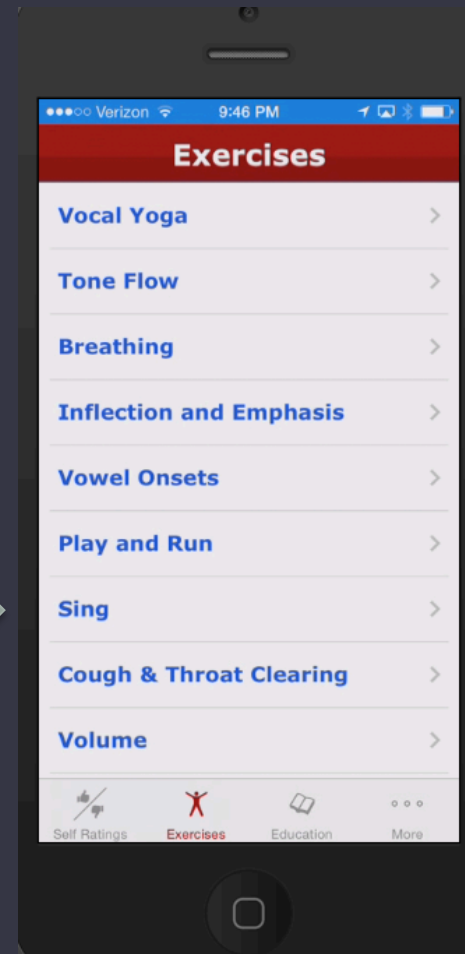
# Exercises

- Play and Run
  - Allows programming of a specific series of exercises to play in succession
  - Ideal if patient is wanting to perform exercises during commute or simply complete their Rx tasks all at once 2-3x/day



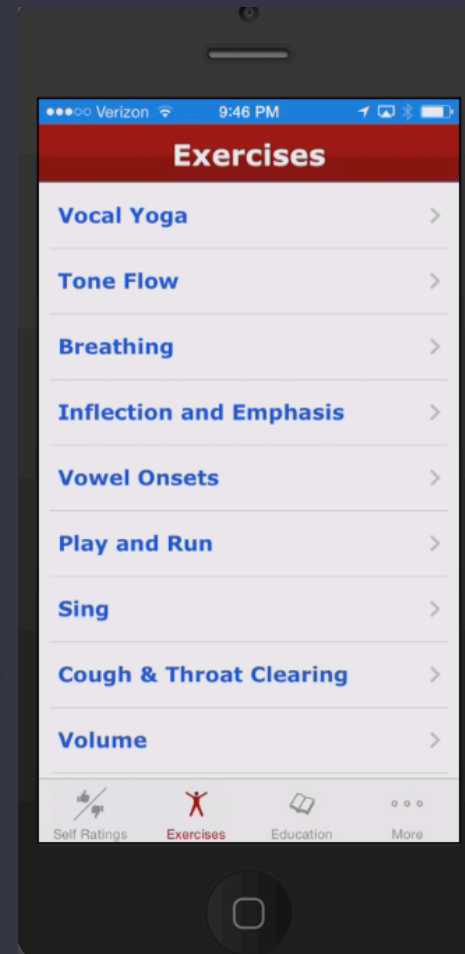
# Exercises

- Sing
  - User develops playlist in iTunes called “iVoice”
  - Songs on playlist serve to keep voice in shape
  - Works for presbylarynx, deconditioning, paresis/paralysis
  - Help patient select songs based on challenging range and agility

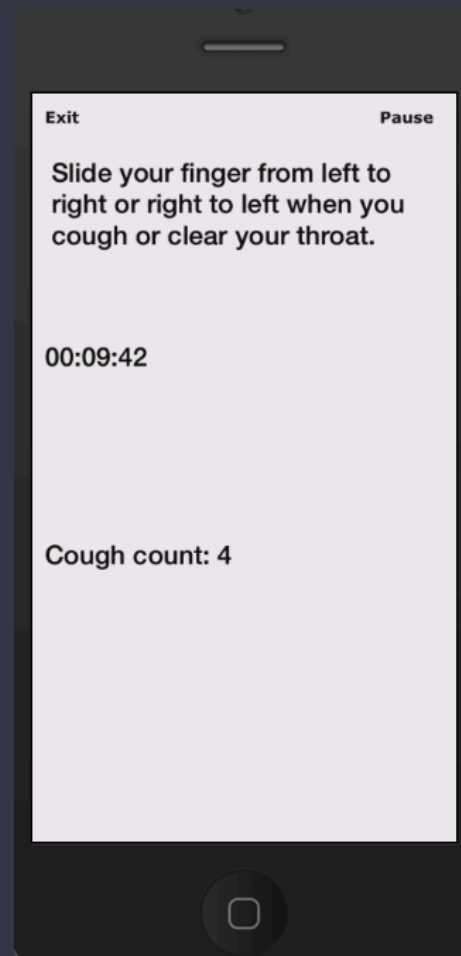
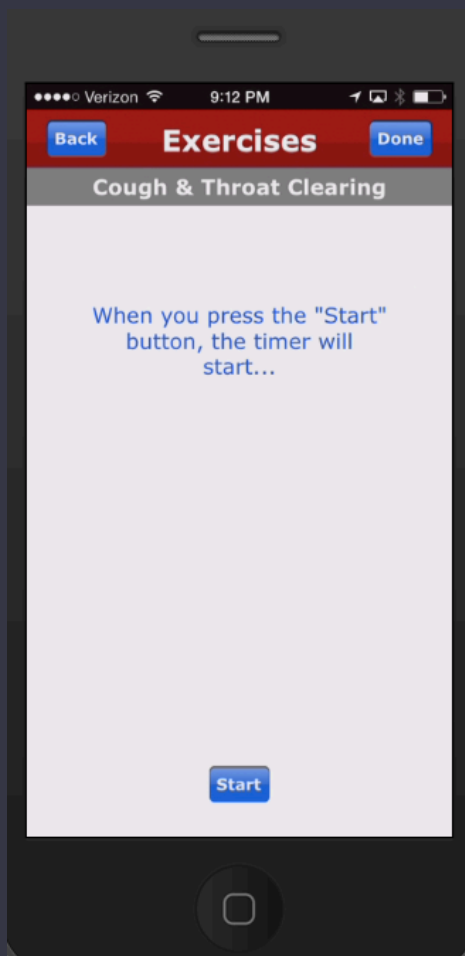


# Exercises

- Cough & Throat Clearing
  - Behavior counter
  - Set duration of “Cough Timer” under **MORE** -> **SETTINGS** -> **GENERAL** -> **COUGH TIMER**
  - Start with shorter durations to encourage compliance
  - Counter pauses if a phone call is received

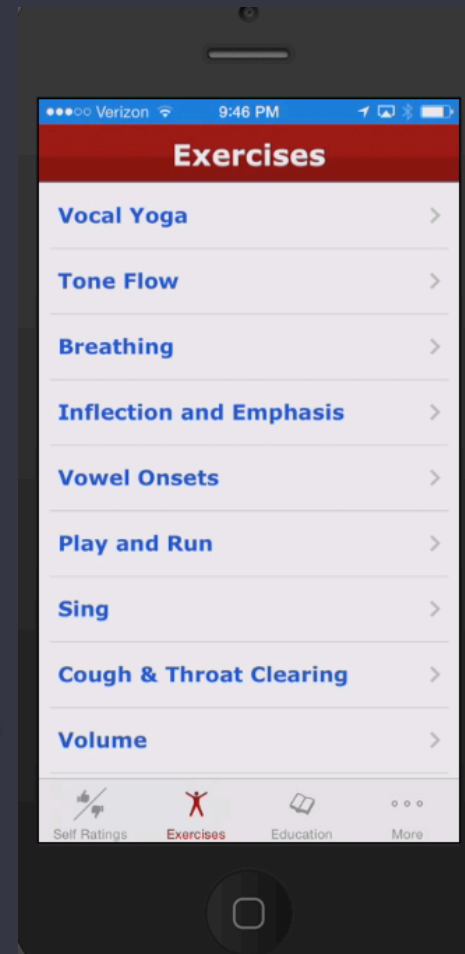


# Cough Count



# Exercises

- Volume
  - Excellent for Parkinson's disease, presbylarynx, any presentation of hypophonia
  - Can be an aspect of LSVT home exercise program
  - Hyperfunctional voices benefit as well to acquire awareness of their volume excess





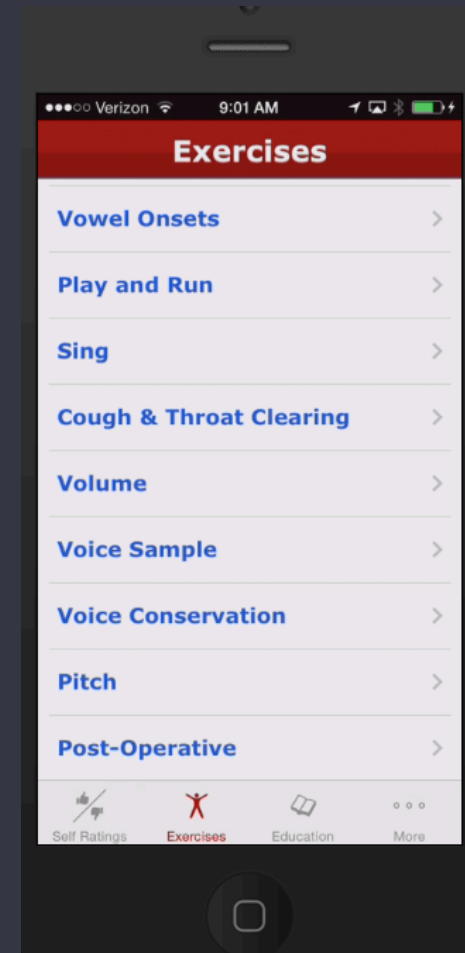
# Volume



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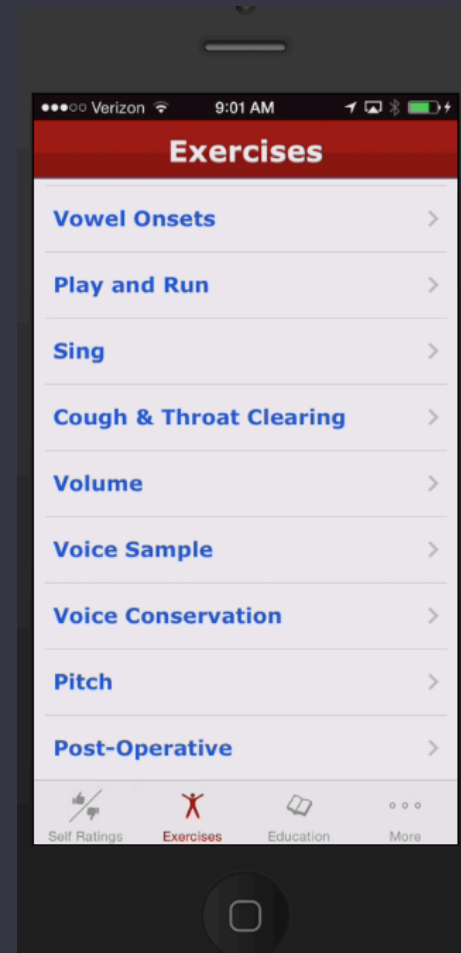
# Exercises

- Voice Sample
  - Audio biofeedback
  - All diagnoses benefit from **awareness** tasks
  - Awareness precedes change to behaviors
  - Tracks **progress** over time
  - Able to assign specific aspects of voice to monitor each week during playback.
  - **Create your own audio exercises**

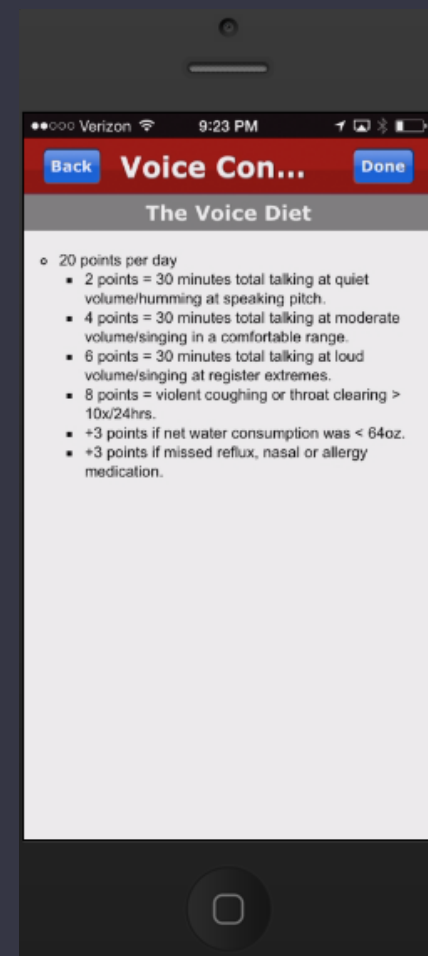
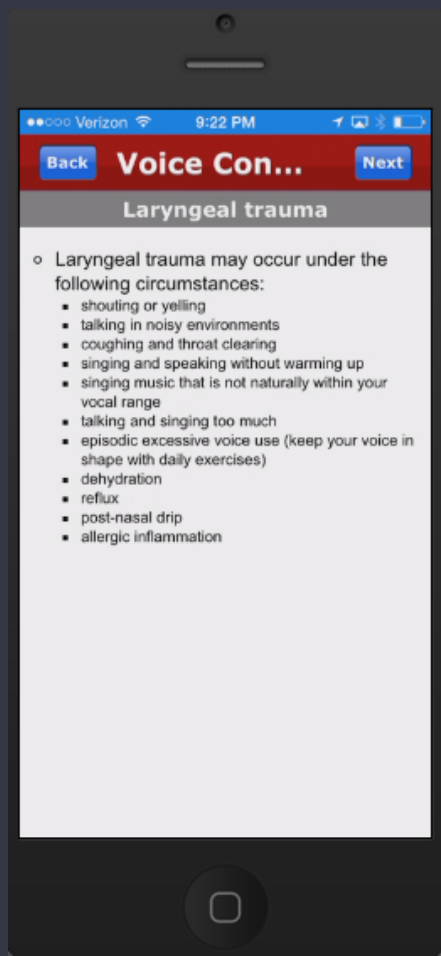


# Exercises

- Conservation
  - Behaviors contributing to phonotrauma
  - Ideas how to quantify overuse

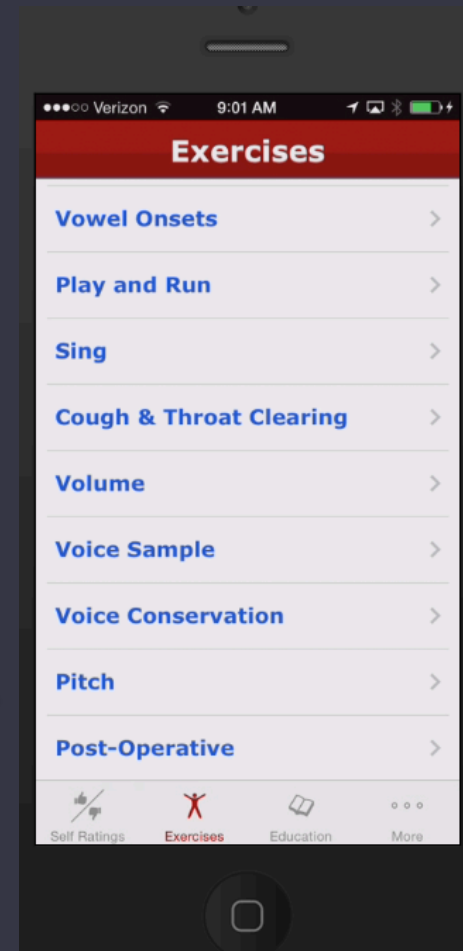


# Conservation

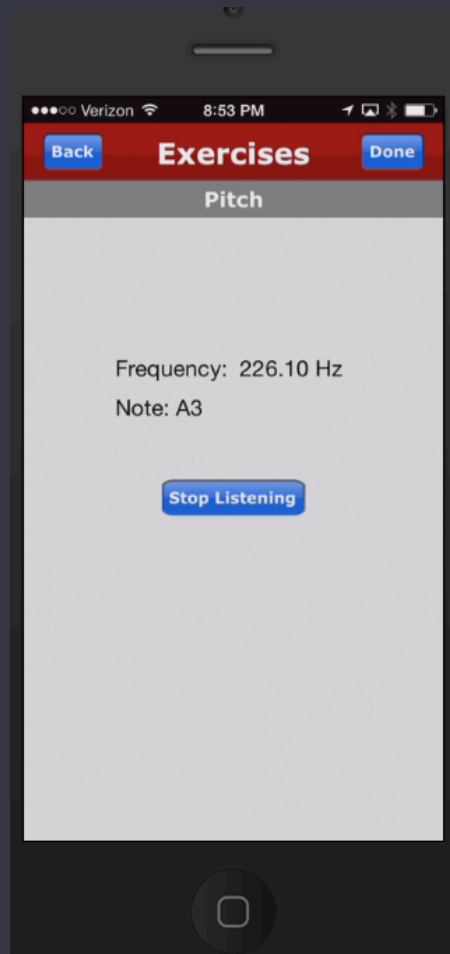


# Exercises

- Pitch
  - Modifying speaking pitch
  - Pitch range: LSVT, presbylarynx, SLN injury
  - Puberphonia, MTD, excessively low or high habitual speaking pitch
  - Awareness and cues real time during structured or unstructured tasks



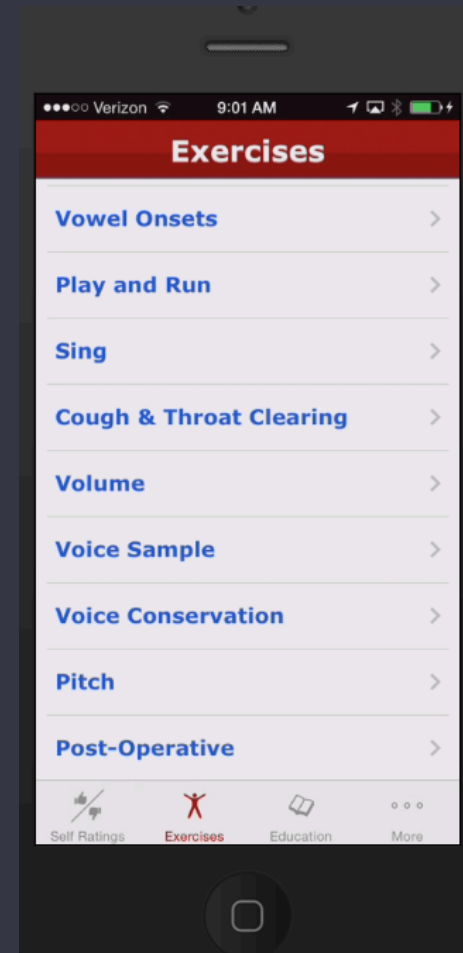
# Pitch



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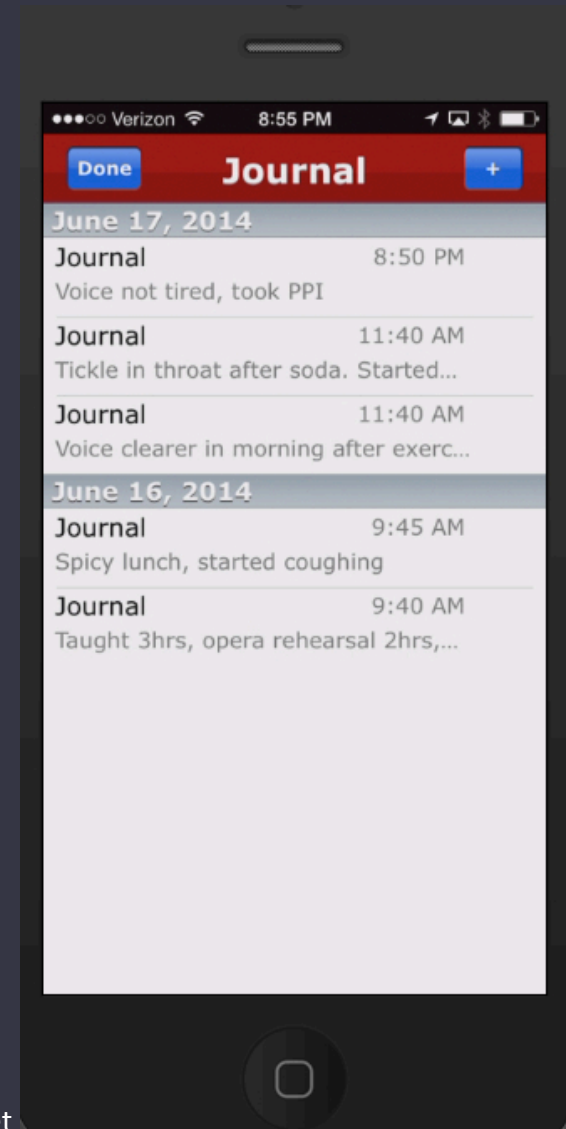
# Exercises

- Post-Operative
  - Provides cues to complete specific exercises based on days post-op.
  - All is pre-programmed in **SETTINGS** -> **POST-OPERATIVE** and can be modified at any time.
  - Post-operative general patient info under **EDUCATION** tab



# MORE Tab

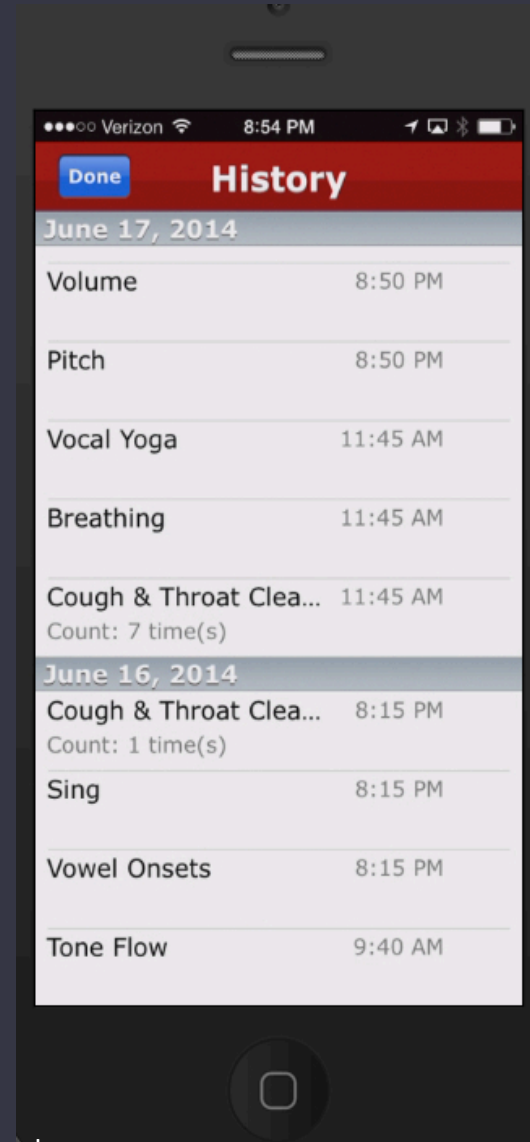
- Journal
  - Free form text to track any variety of laryngeal dysfunction
  - Helpful for individuals who tend to overuse their voice and develop lesions or vocal fatigue
  - May also be used for diet tracking in cough / PVFM patients





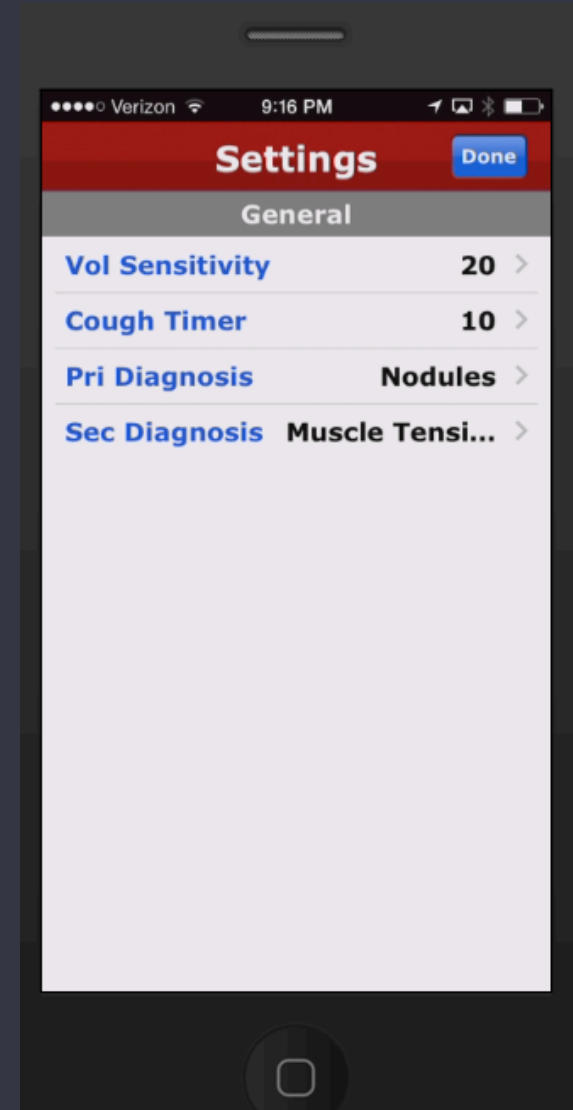
# MORE Tab

- History
  - Tracks log in times
  - Tracks tasks performed
  - Compliance data



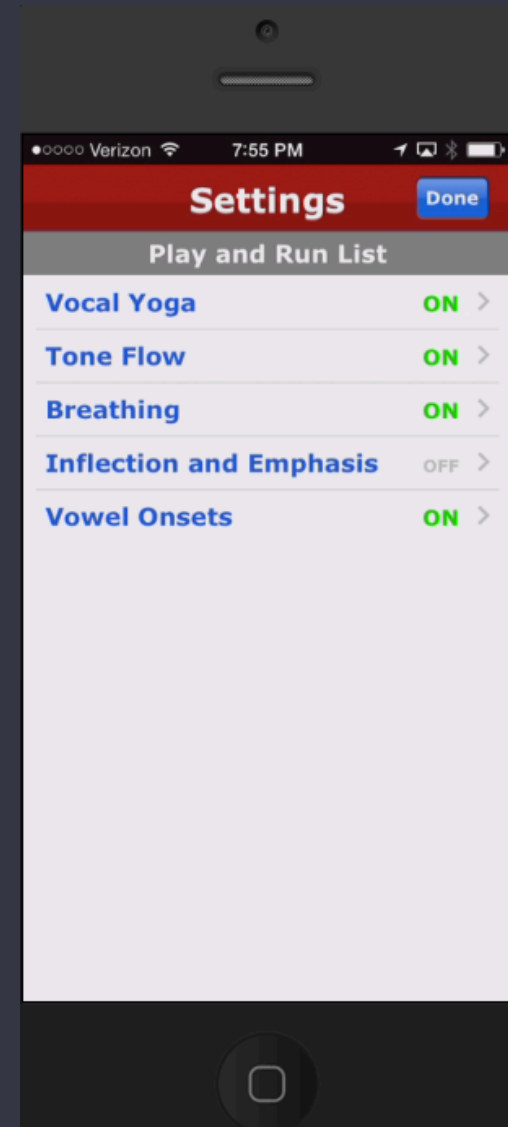
# MORE Tab

- Settings
  - General
    - Volume Sensitivity – do not recommend changing. Set for 1 foot from mouth or hanging ear bud.
    - Cough Timer – **change** based on patient needs
    - Primary diagnosis - **add**
    - Secondary diagnosis - **add**



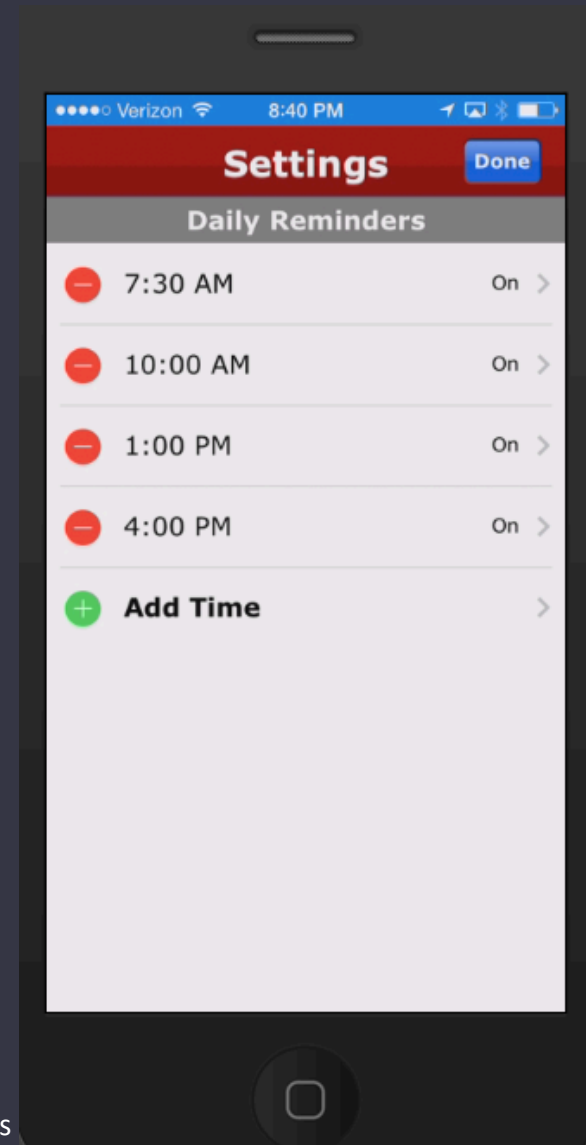
# MORE Tab

- Settings
  - Play and Run
    - Vocal Yoga
    - Tone Flow
    - Breathing
    - Inflection and Emphasis
    - Vowel Onsets



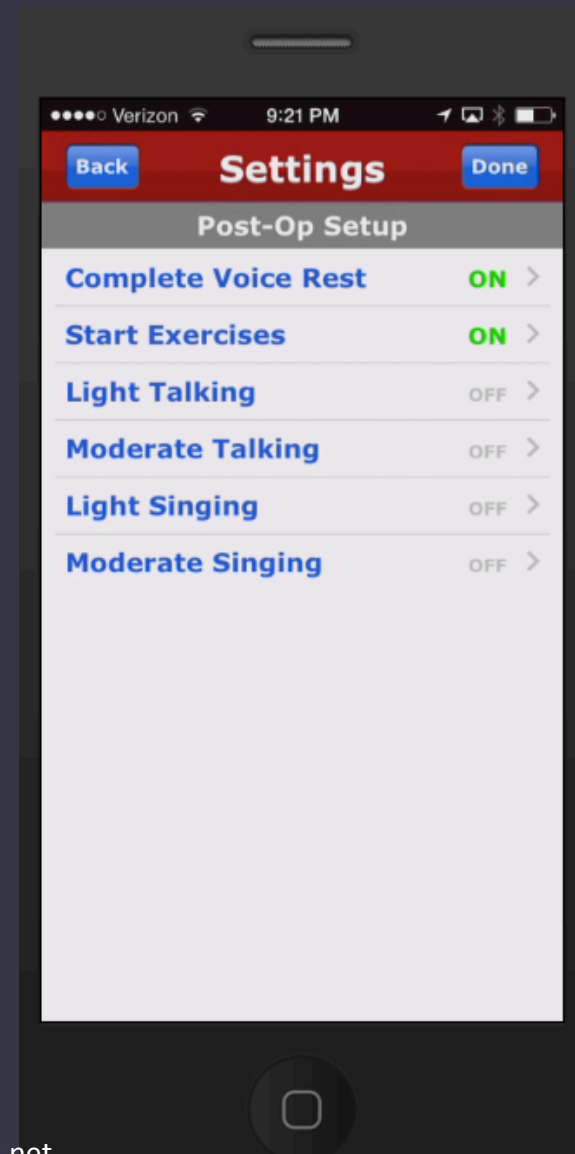
# MORE Tab

- Settings
  - Daily Reminders
    - Coordinate with your patient's schedule
      - Morning
      - Drive to work
      - Midday break
      - Afternoon
      - Evening
      - Special events
      - Recurring events



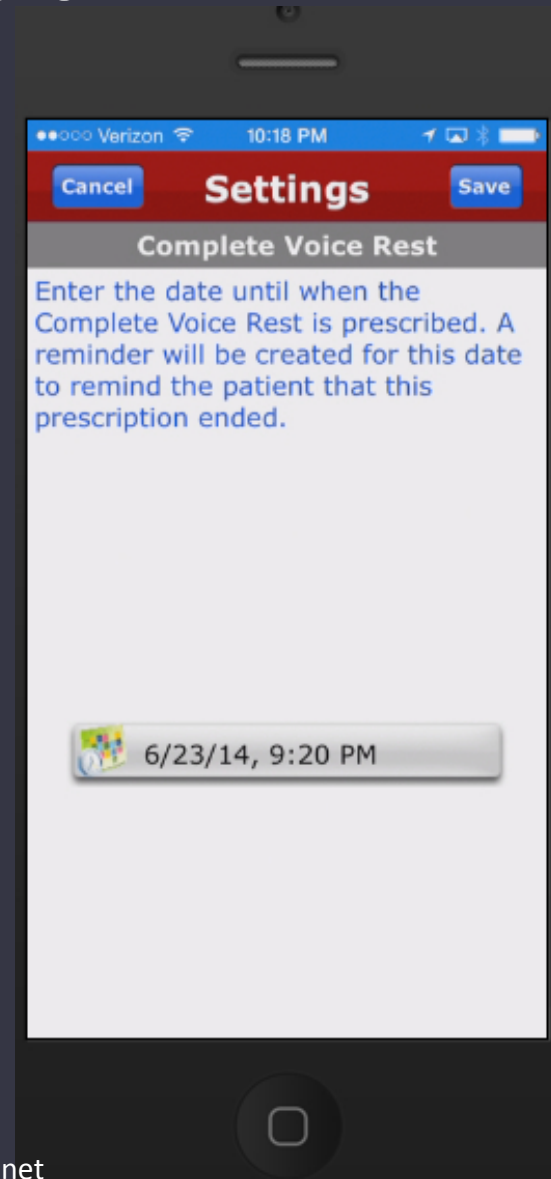
# MORE Tab

- Settings
  - Post-Operative
    - Program in **advance**
    - Able to **modify**
    - If unforeseen event occurs (e.g., new hemorrhage), delay more advanced task by x number of days/weeks



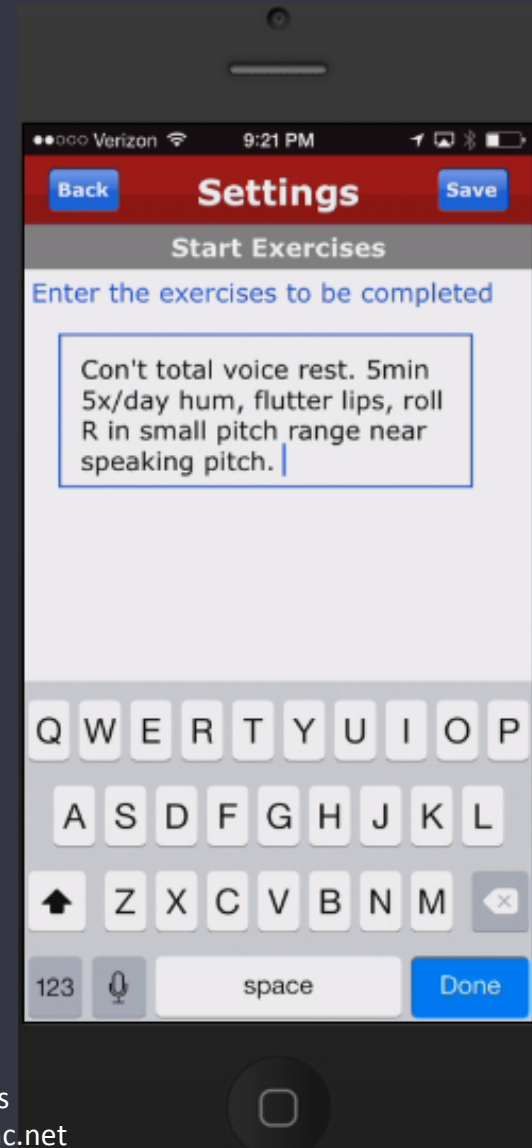
# MORE Tab

- Settings
  - Post-Operative
    - Complete Voice Rest
      - Specify **duration**
      - Able to change
      - These reminders make take up to a **minute** to interface with the reminders application of the iPhone or iPad.



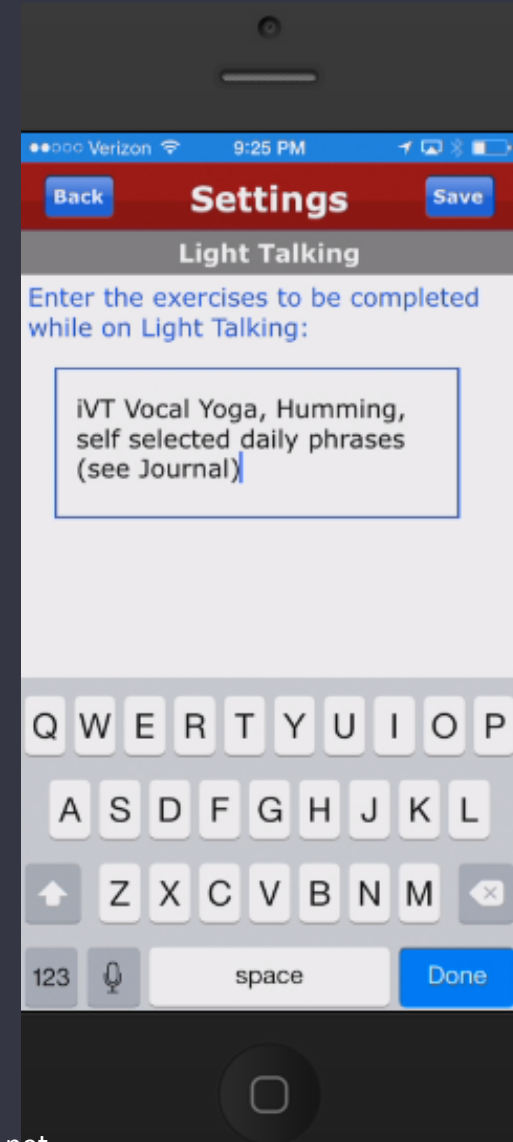
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- Settings
  - Post-Operative
    - Start Exercises
    - This will run along side the talking parameters.
      - Example: A patient may be on Light Talking and Exercises simultaneously



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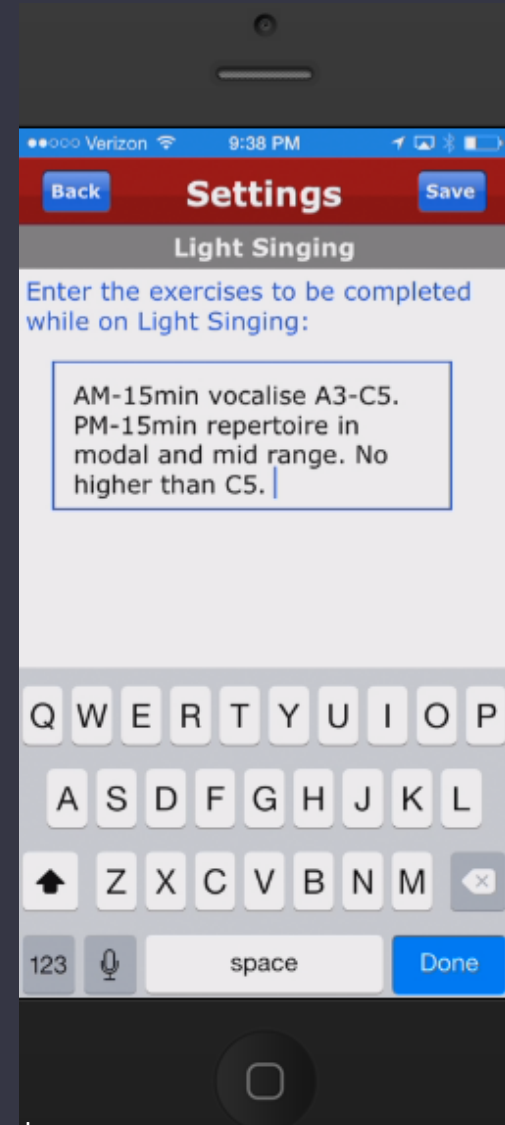
- Settings
  - Post-Operative
    - Light / Moderate Talking
      - Define light talking based on your recommendations.
      - Example: no more than 5min each hour.
      - Write in flexibility exercises you would like for them to perform while on light talking.
      - Functional phrases (similar to LSVT) can be written in Journal





# MORE Tab

- Settings
  - Post-Operative
    - Light / Moderate Singing
      - Can write exactly which vocalise you want them to perform.
      - These can be recorded into voice memos if you want them to use your model.
      - It is helpful to continue the speaking exercises.
      - Set daily reminders of whichever exercises are applicable.



# The future of iVT

- Interactive server
- Telepractice
- Patient / clinician communication
- Track compliance remotely
- Electronic medical record

iVT

## Question and Answer

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Thank you!

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