

Information for people with voice problems



Speech & Language Therapy Service

What is Speech and Language Therapy?

Speech therapy or voice therapy is a service provided to assess, treat, monitor and advise patients who have been referred by the Ear, Nose & Throat Department (ENT).

What is a voice disorder?

A voice disorder or dysphonia is a change in pitch, quality and/or resonance which impairs communication.

Why do I need to see a Voice Therapist?

The voice therapist can help you understand your voice disorder and possible causes of it and use therapy to help improve the quality of your voice.

Basic voice hygiene

Talking

Use your voice sparingly and gently. Do not shout. Do not whisper as it may strain your vocal cords.

Drinking

Try to drink 3 – 4 pints of water or other fluid each day. Your vocal cords need to be hydrated to work efficiently. Cut down on tea, coffee and coke as these contain caffeine which is dehydrating.

Coughing/throat clearing

Try not to cough or clear your throat as this traumatises the vocal cords. Swallow firmly or sip water instead.

COMMON VOICE DISORDERS AND THEIR CAUSES	
DISORDER	CAUSES
Chronic Laryngitis	Abuse, misuse of voice
Vocal cord nodules (Lumps on the vocal cords)	Abuse, misuse of voice
Psychogenic dysphonia (Normal larynx/voice box)	Underlying psychological factors
Vocal cord paralysis (Vocal cords don't move adequately)	Damage to nerves and loss of nerve function
Polyps (Fluid/blood filled sacks)	May be due to abuse or misuse of voice
False vocal cord phonation	Excessive tension of laryngeal muscles

The voice therapist can provide you with advice on how to use your voice more efficiently.

What will the Voice Therapist do/advise me?

- The Voice Therapist will take a detailed case history, including medical, medication, social and vocal history.
- She/he will assess aspects of your voice e.g. pitch, volume and quality. Your specific needs will dictate the nature of assessment and advice given.
- Assessments are non-invasive.
- Together you will negotiate a therapy plan.

How long will I see the Voice Therapist for?

- The initial session may take up to an hour and subsequent sessions are usually 30 – 40 minutes.
- The number of sessions needed depends on your diagnosis, response to therapy and your motivation.
- You will attend approximately 6 sessions at weekly, 2 weekly or monthly intervals.

Your appointment

Once we receive your referral from the Consultant, you will receive a letter asking you to phone to make an appointment.

Should you be unable to attend, please let us know so you can make an alternative appointment.

If we do not hear from you within 1 month, we will assume that you no longer require therapy and you will be discharged.

To contact the Speech and Language Therapy Department please telephone either 01709 423230 or 01709 423229.

We value your comments

If you have any comments or concerns about the care we have provided, please let us know, or, alternatively, you can write to:

Patient Services

The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

S60 2UD

Telephone 01709 424461

Email [*complaints@rothgen.nhs.uk*](mailto:complaints@rothgen.nhs.uk)

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281.

How to contact us

Speech and Language Therapy Department
Rotherham Community Health Centre
Greasbrough Road
Rotherham
S60 1RY
Telephone 01709 423230 / 423229



Sustainable Forests / Low chlorine



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The Rotherham **NHS**
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk