Presentation Title - *Dysphonia: A Comprehensive Review of Evaluation, Treatment and Evidence-Based Practice*

Presented by - Nathan Waller, MM, MA, CCC-SLP

Abstract - Evaluative techniques and treatments that reflect evidence-based practice in the management of voice disorders continue to advance. This course will provide an up-to-date, comprehensive review of assessment and treatment methods using case-based learning and hands-on application. Challenging diagnoses of muscle tension dysphonia and common airway disorders will also be examined.

Presenter Bio - Mr. Waller is a lecturer in the Northwestern University Department of Communication Sciences and Disorders. He is a clinical instructor in the voice center located at the Northwestern University Center for Audiology, Speech, Language, and Learning and is responsible for teaching the voice disorders course work for the master’s program. He works exclusively in the assessment and treatment of voice disorders.

Learning Objectives -

Outline a complete voice evaluation protocol and identify clinically appropriate assessment tools.

Describe common laryngeal findings during endoscopy and videostroboscopy and demonstrate use of descriptive language within our scope of practice for interpretation.

Identify evidence-based treatment approaches for voice disorders including behavioral, medical (including pharmacological), surgical, and combination strategies.

Analyze current research pertaining to treatment effectiveness of voice therapy.

Course Outline

Dysphonia Overview

Dysphonia as described by the American Academy of Otolaryngology and the American Speech-Language-Hearing-Language Association

Evaluation

Voice Disorders and the diagnostic process

• Interviewing your patient
• Understanding the utility of questionnaires
• Perceptual analysis
• Acoustic and aerodynamic measurement
• Laryngeal imaging
• Trial therapy

Diagnoses

Common laryngeal diagnoses and findings categorized by the following:
• Structural
• Structural/Organic
• Structural/Airway
• Structural/Vascular
• Functional
• Idiopathic
• Neurological

Evidence-Based Therapies for Voice

Overview of evidence based practice and the current state of evidence in the content area of voice.

Review of philosophical approaches to voice therapy

• Physiologic based voice therapy
• Symptomatic based voice therapy
• Eclectic based voice therapy

Review of indirect voice therapy

• Vocal hygiene and avoidance of phonotraumatic behavior

Review of direct voice therapy techniques

• Circumlaryngeal massage
• Respiratory retraining therapy
• Semi-occluded vocal tract phonation
• Resonant voice therapy
• Vocal function exercises
• LSVT
• PhoRTE (phonation resistance training exercise)

Case Study Examples
Case #1

Key findings from evaluation interview: __________________________________________
________________________________________
________________________________________

Key findings from perceptual analysis: __________________________________________
________________________________________
________________________________________

Key findings from laryngeal exam: ____________________________________________
________________________________________
________________________________________

Suspected diagnosis: _________________________________________________________
________________________________________
________________________________________

Recommendations for treatment: ________________________________
________________________________________
________________________________________

Case #2

Key findings from evaluation interview: __________________________________________
________________________________________
________________________________________

Key findings from perceptual analysis: __________________________________________
________________________________________
________________________________________

Key findings from laryngeal exam: ____________________________________________
________________________________________
________________________________________

Suspected diagnosis: _________________________________________________________
________________________________________
________________________________________
Case #3

Key findings from evaluation interview: ____________________________________________
____________________________________________________________________________
____________________________________________________________________________

Key findings from perceptual analysis: ____________________________________________
____________________________________________________________________________
____________________________________________________________________________

Key findings from laryngeal exam: ______________________________________________
____________________________________________________________________________
____________________________________________________________________________

Suspected diagnosis: ____________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

Recommendations for treatment: _________________________________________________
____________________________________________________________________________
____________________________________________________________________________

Q/A and Course Notes
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References
(Please note, additional references may be added by time of presentation)


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