

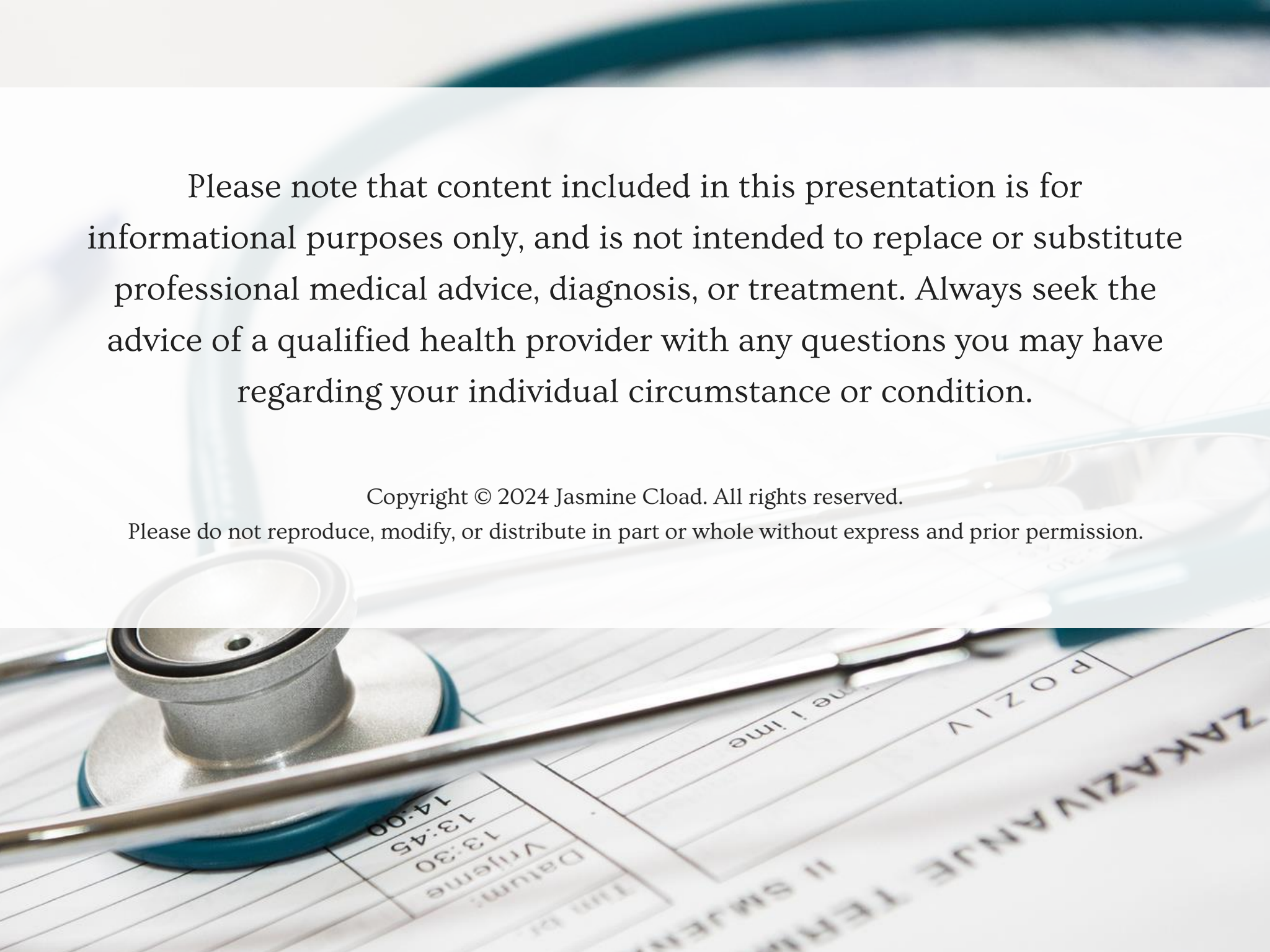
A close-up photograph of a person wearing a white lab coat, sitting at a round white table. They are holding a green pen and writing in a notebook. The person has a pink spiral bracelet on their left wrist and a ring on their left hand. The background is slightly blurred, showing a wooden floor and the legs of other people.

Speech Language Pathology & Parkinson Disease

JASMINE CLOAD, BA, MSC, RSLP, SLP(C)

Thank You
Parkinson Society BC!



A close-up photograph of a medical chart with a stethoscope and a pen. The stethoscope is silver and blue, resting on the chart. A blue pen is also on the chart. The chart has a table with columns for 'Datum' and 'Tid' (Time). The 'Datum' column has entries for '13:30', '13:45', and '14:00'. The 'Tid' column has entries for '13:30', '13:45', and '14:00'. The word 'ZAKAZIVANJE' is visible on the chart, along with 'POZIV'.

Please note that content included in this presentation is for informational purposes only, and is not intended to replace or substitute professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified health provider with any questions you may have regarding your individual circumstance or condition.

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Jasmine Cload, BA, MSc, RSLP, SLP(C)

Registered Speech Language Pathologist

- Licensed provider of SPEAK OUT!® and LSVT LOUD®
- Training with Parkinson Foundation ATTP®
- Trainer with the International Parkinson and Movement Disorders Society (MDS)
- Island Health Certificate of Excellence Recipient

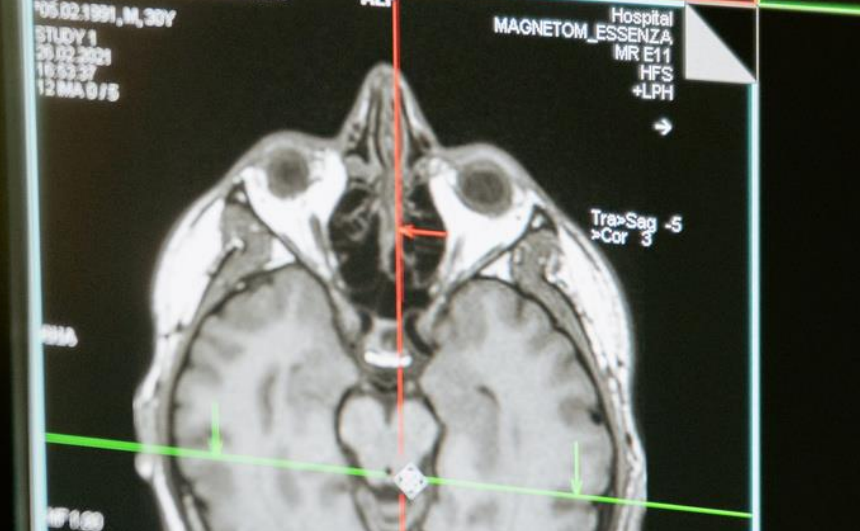


About Me & Disclosures

- Speech Language Pathologist at the Parkinson's and Movement Disorders Clinic in Victoria, Canada
- Clinical Educator with the University of British Columbia
- Volunteer member of the Adult Practice Committee with Speech and Hearing BC
- Founder of private practice SpeakSTRONG

Today's Agenda

- Welcome
- Introduction to SLP
- SLP and Parkinson Disease (PD)
- SLP Assessment and Treatment Options
- Seeking Support
- Questions



What is SLP?

Speech Language Pathology

Patient Applications Transfer Edit View Settings Orientation Type

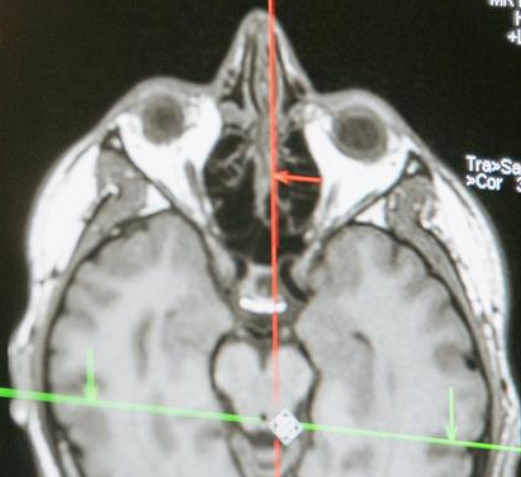


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What is SLP?

“Speech Language Pathologists are health professionals who identify, diagnose, and treat communication and swallowing disorders across the lifespan”

Speech Language and Audiology Canada (SAC), 2016

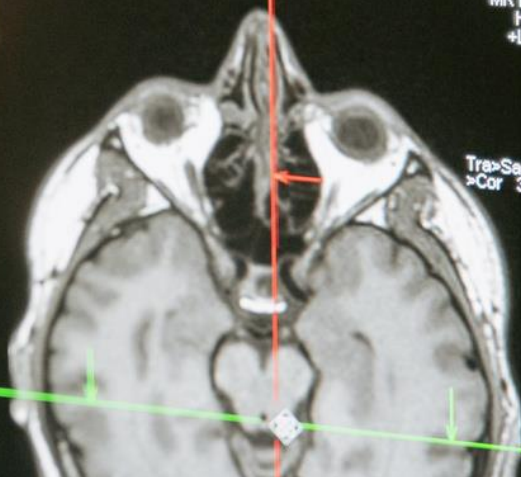


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Hospital
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What is SLP?

- Master's degree or equivalent
- Work with multiple populations
 - Pediatric and schools
 - Schools
 - Hospitals
 - Rehabilitation
 - Corporate
 - Technology
 - And more!

SLP and PD

- Speech and Voice
- Cognitive Communication
- Chewing and Swallowing
- Managing Saliva

SLP and PD

- Speech and Voice
- Cognitive Communication
- Chewing and Swallowing
- Managing Saliva



Articulation

Voice quality & volume

Expression

SLP and PD

- Speech and Voice
- Cognitive Communication
- Chewing and Swallowing
- Managing Saliva



Memory & Attention
Language Comprehension
Language Expression

SLP and PD

- Speech and Voice
- Cognitive Communication
- Chewing and Swallowing
- Managing Saliva



Comfort
Efficiency
Safety

SLP and PD

- Speech and Voice
- Cognitive Communication
- Chewing and Swallowing
- Managing Saliva



Drooling
Dry Mouth
Phlegm



AN
ESSAY
ON THE
SHAKING PALSY.
=====
CHAPTER I.
DEFINITION—HISTORY—ILLUSTRATIVE CASES.
=====
SHAKING PALSY. (*Paralysis Agitans.*)

*"his words are now scarcely intelligible; and he is...
no longer able to feed himself..."*

(James Parkinson, 1817)

SLP and PD

Estimates suggest that up to 90% of people with Parkinson disease will experience changes to their speech, swallowing, and/or saliva over the course of their disease.

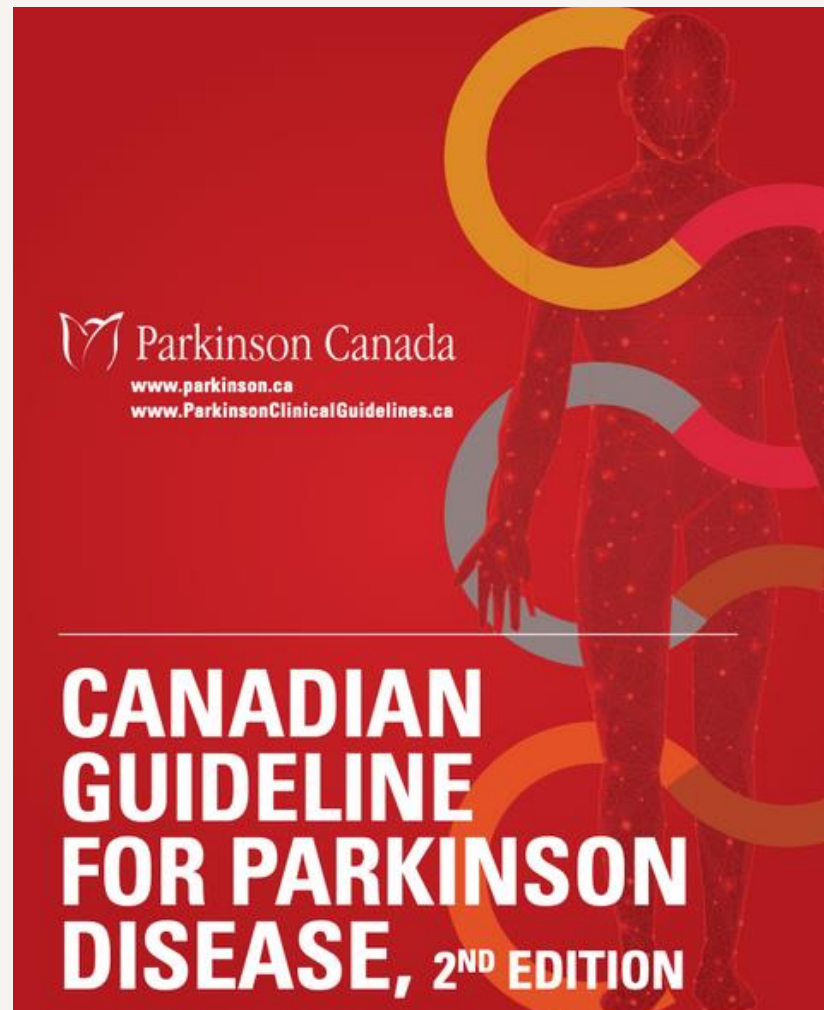
SLP and PD

Estimates suggest that up to 90% of people with Parkinson disease will experience changes to their speech, swallowing, and/or saliva over the course of their disease.

SLPs can assess and treat these symptoms to improve function and/or slow deterioration.

“Speech and language therapy is essential to the quality of life of patients with Parkinson disease”

(p. 26)



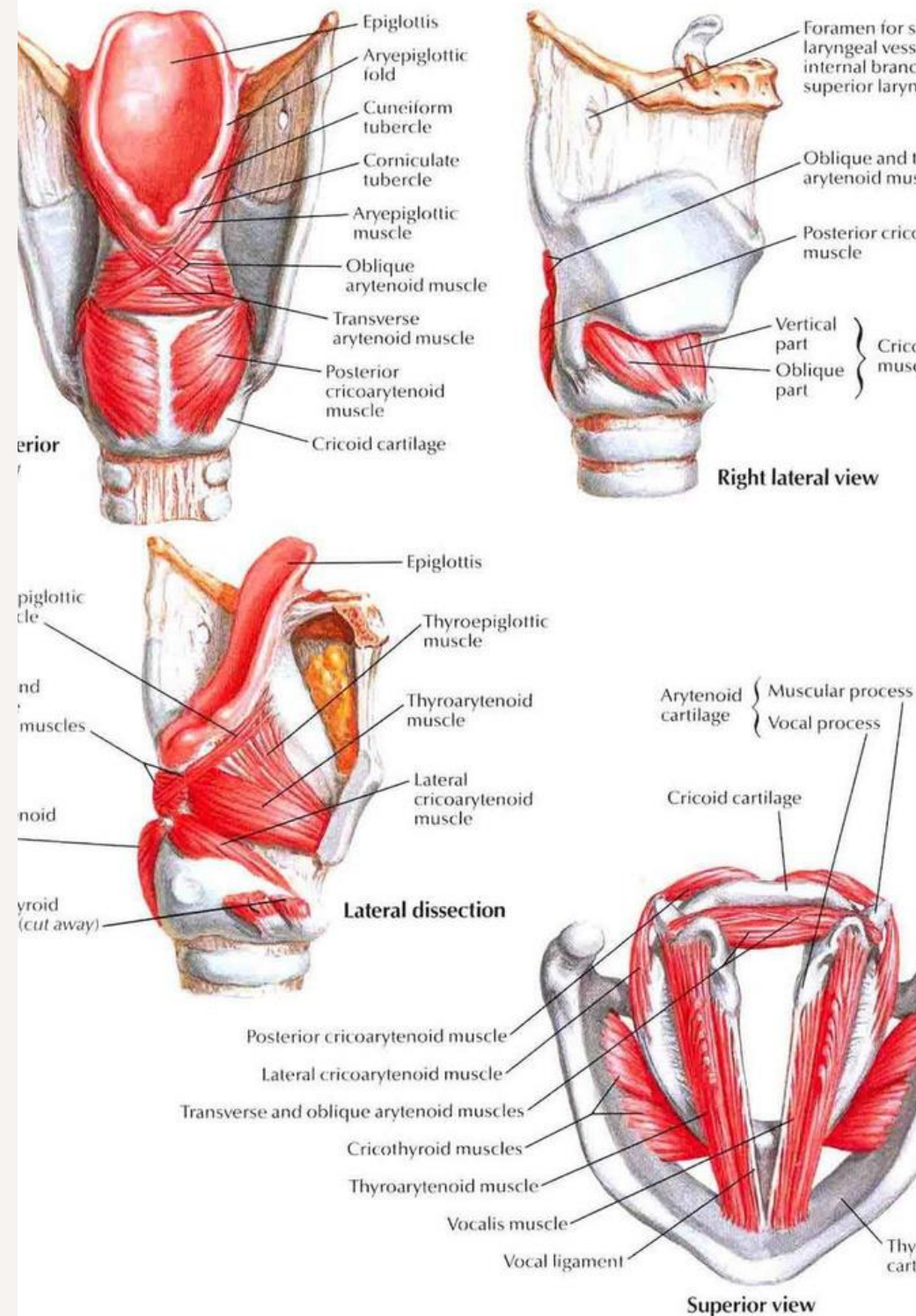
Why?

What causes these symptoms and changes in PD?



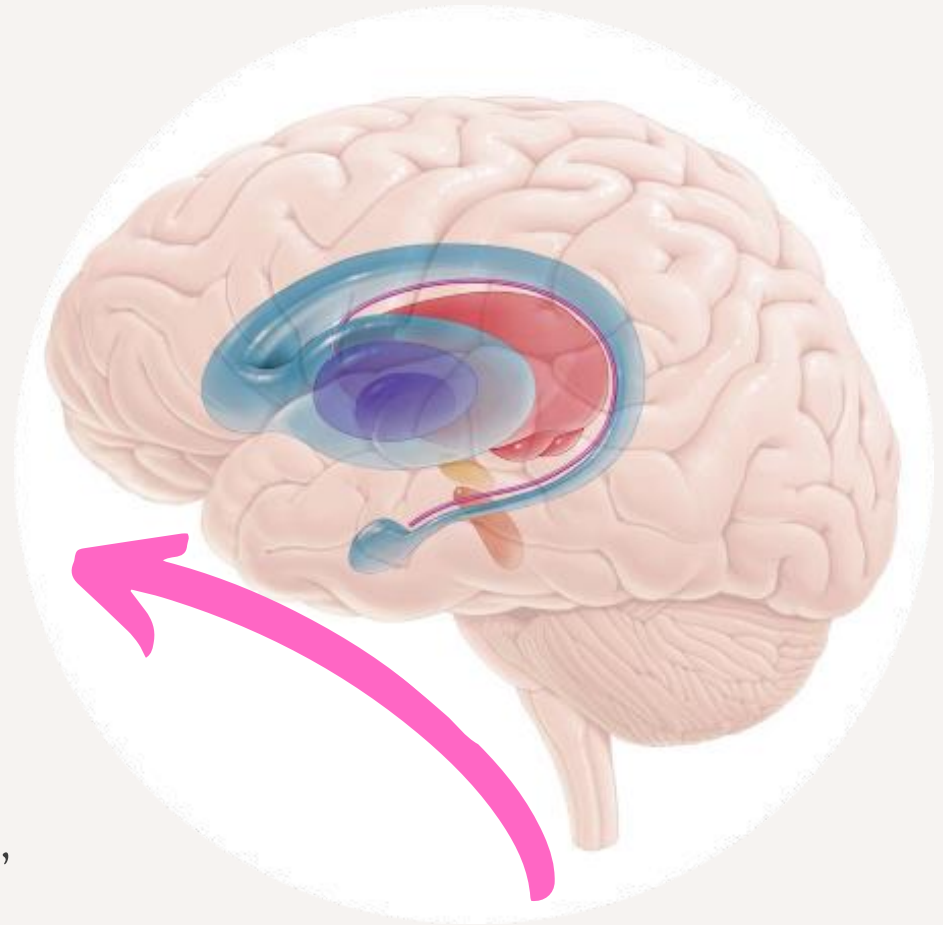
Why?

- Speaking, swallowing, and managing saliva are complex motor tasks
- Involving over 40 muscle pairs and most cranial nerves
- Their control and coordination relies on brain centres impacted by PD



Neurological & Physical Changes

- Progressive changes to the brainstem, basal ganglia, and cortical areas in PD change our use and control of swallowing and speech anatomy
- Underuse of structures, reduced insight, and various non-motor symptoms may exacerbate changes



What does SLP
Intervention
Look Like?

What does SLP Intervention Look Like?

Dependent on

- Goals
- Needs
- Resources

What does SLP Intervention Look Like?

Dependent on

- Goals
- Needs
- Resources

- Education
- Assessment
- Strategies
- Treatment
- Groups
- Follow Up
- Referrals
- In Person
- Virtual

Communication



Speech

Articulation of the face

Voice in the throat

Breathing of the lungs

Language

Understanding others

Expressing self

Word finding

Cognition

Memory

Attention

Problem solving

Speech and Voice Changes



Speech and Voice Changes



Do you notice?

Requests to repeat yourself

Difficulty speaking on phone

Difficulty in group settings

Speaking less

Not liking the sound of your voice

Voice Changes in PD

HYPOKINETIC DYSARTHRIA

Hypo = too little

Dys = difficult or impaired

Kinetic = movement

Arthr = articulation

-ia = suffix

Dysarthria type can also be a
component of differential diagnosis



<https://www.youtube.com/watch?v=gNIdxYjGVV8>

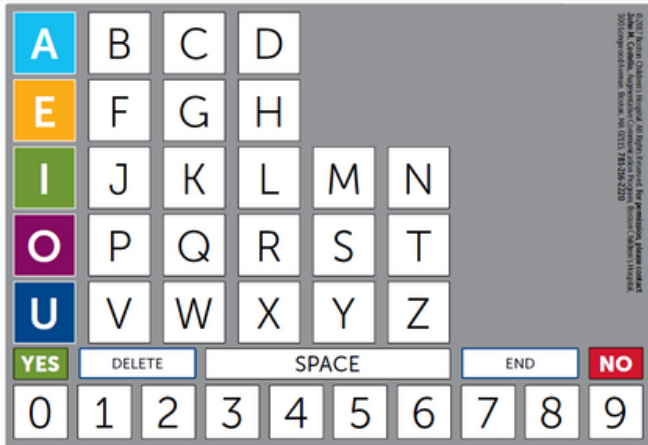
Speech and Voice Changes

A photograph of a group of people sitting at a table in a restaurant or cafe. In the foreground, a small dog is sitting on the table. The background is slightly blurred, showing other people and a vase of white flowers. The overall atmosphere is warm and social.

Assessment and treatment are available!

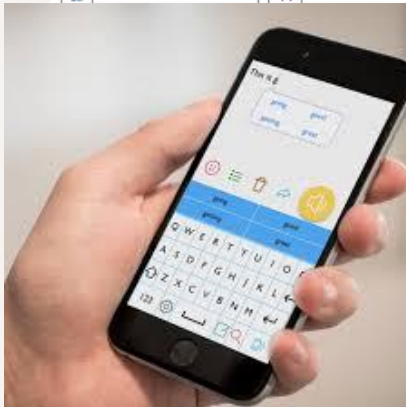
LSVT LOUD[®]

SPEAK
Live with Intent **OUT!**[®]



First: Ask whether my needs are to do with CARE/COMFORT, ACTIVITIES, or PEOPLE.
 Next: Scan through the selected list, pointing to the numbers, and watch for a YES or NO from me.

CARE / COMFORT	ACTIVITIES - I would like to	PEOPLE
1 Pain	32 Phone/video call	63 Edna
2 Uncomfortable	33 Go somewhere	64 Sam
3 Bathroom	34	65
4 Hungry/thirsty	35	66
5 Trouble breathing	36	67
6 Too hot/cold	37	68
7	38	69
8	39	70
9	40	71
10	41	72
11	42	73
12	43	74
13	44	75
		76
		77 Someone else
		78 Next page



FREE Communication Wallet Cards on the website

www.speakstrong.ca



Speech and Voice Changes



Intervention

- Effective and efficient communication
- Social fulfillment
- Safety

Treatment examples

- Strategies, therapy, alternative and augmentative options

Speech and Voice Changes



What can I start doing right now?

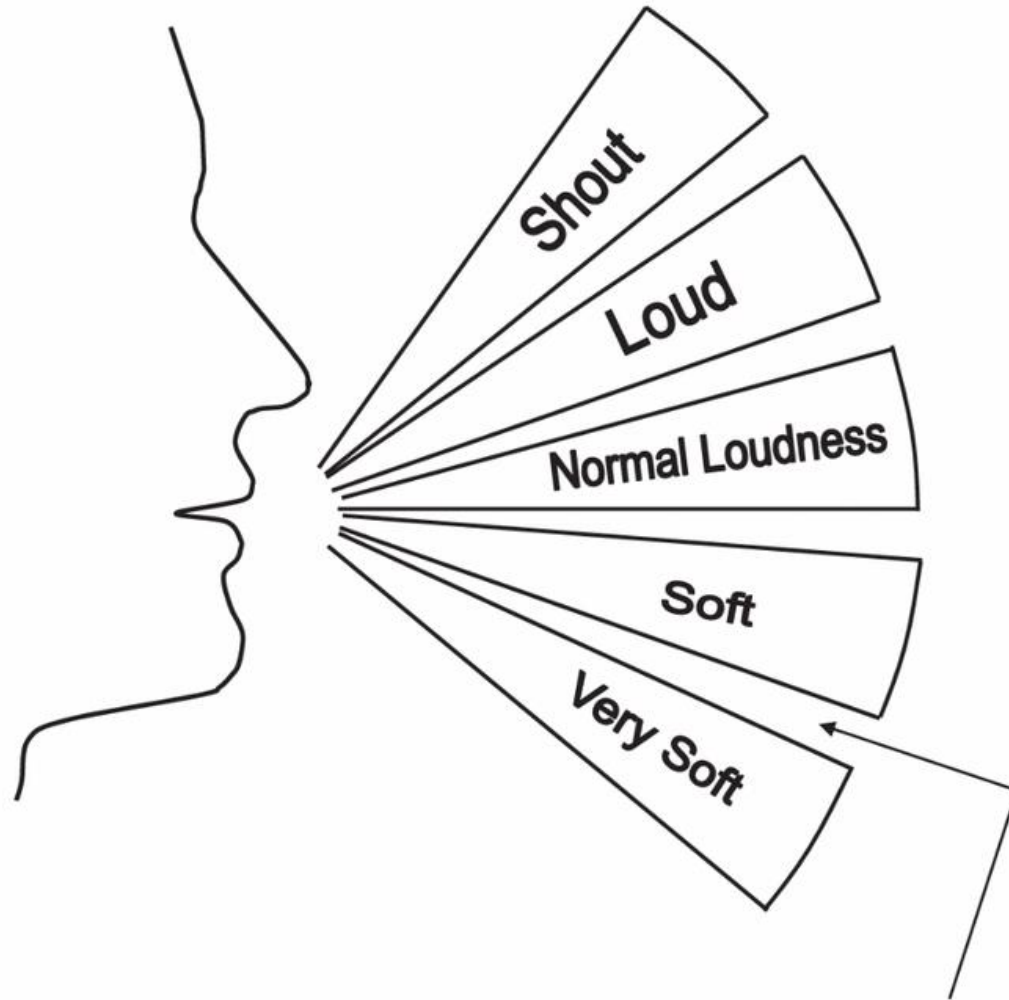
Keep talking!

Consider the environment

Consider your audience

Exaggerate

Back-up communication method



(Adapted from Carolyn Mead Bonitati, 1987)

**Vocal loudness level
of an individual with
Parkinson disease**

Try it with me!

My voice deserves to
be heard

Try it with me!

My voice deserves to
be heard

Try it with me!

My voice **deserves** to
be **heard**

Try it with me!

My voice deserves to
be heard

Swallowing Changes



Swallowing Changes

Difficulty bringing food to mouth

Difficulty chewing

Difficulty keeping food in mouth

Difficulty starting the swallow

Food or liquid feeling stuck

Coughing or choking

Difficulty swallowing pills

Sensation of food coming back up

Nasal regurgitation

Wet or gurgly voice

Increased effort, fatigue, running out of breath during meals

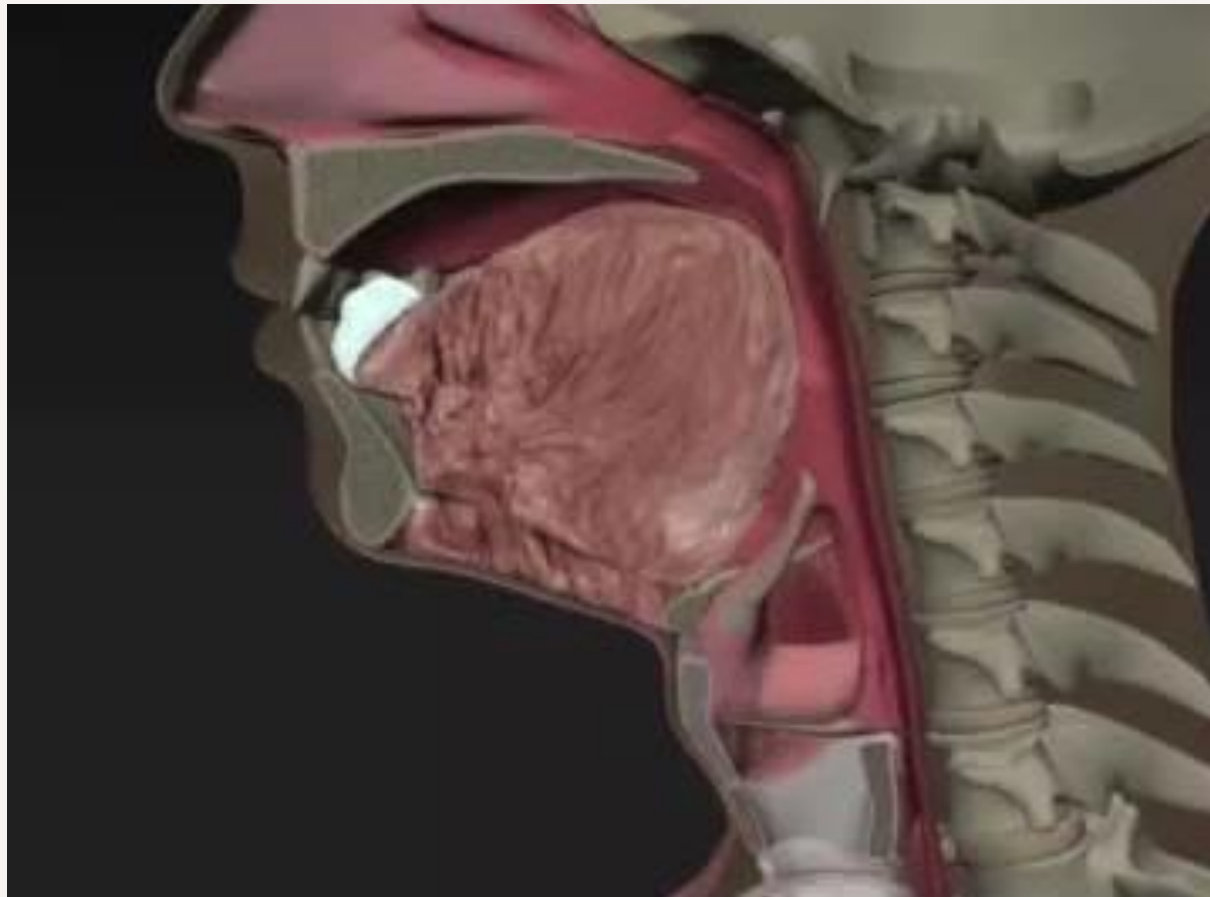
Taking longer to eat

Unexplained weight loss

Recurrent pneumonia

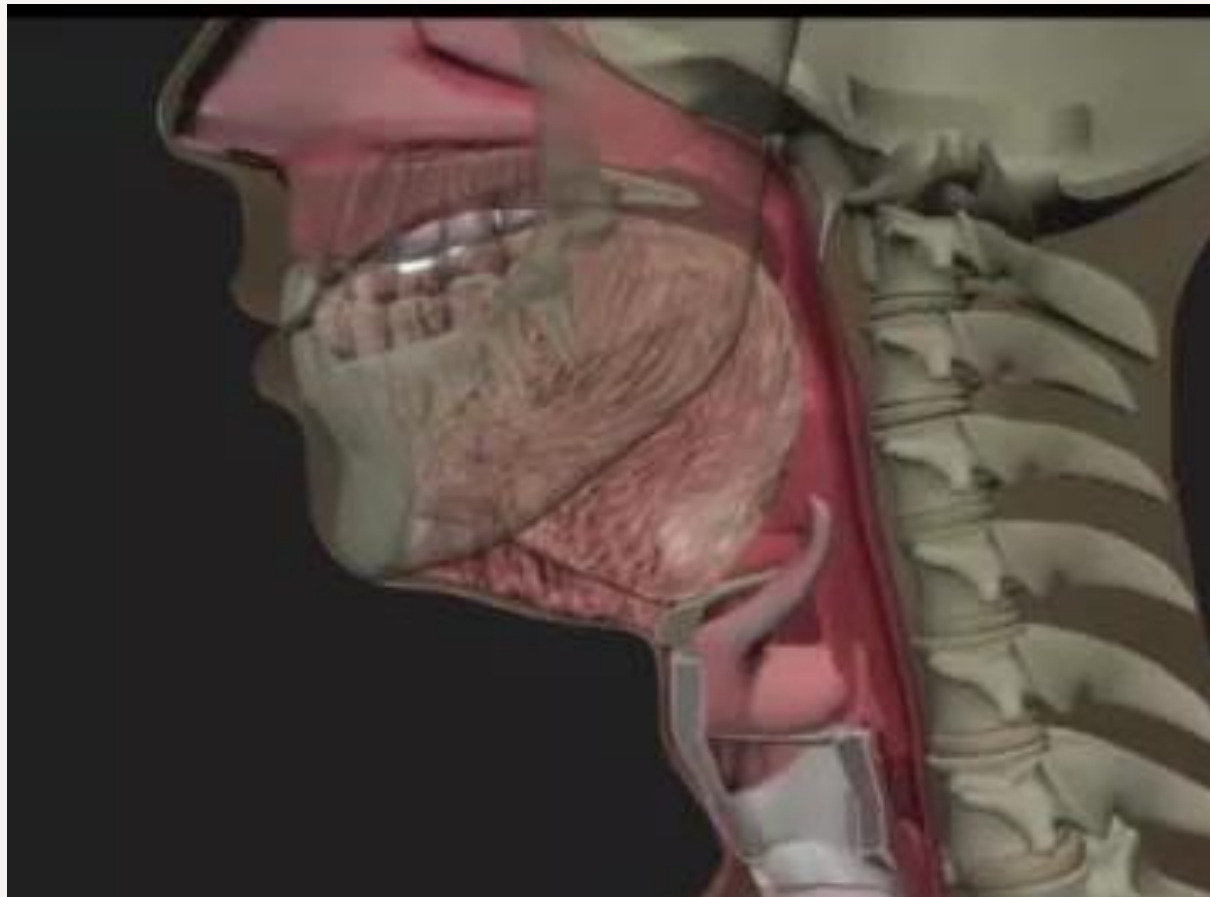
Swallow Physiology

Typical Swallow - Illustration



Swallow Physiology

Abnormal Swallow - Illustration



Swallow Physiology

Real Examples

Normal Swallow



Abnormal Swallow



Swallowing fundamentals

Clinical Disorder of the Swallow

"Dysphagia"

Multiple types and causes of dysphagia

(also multiple treatments/interventions)



Swallowing Changes

Assessment and treatment are available!

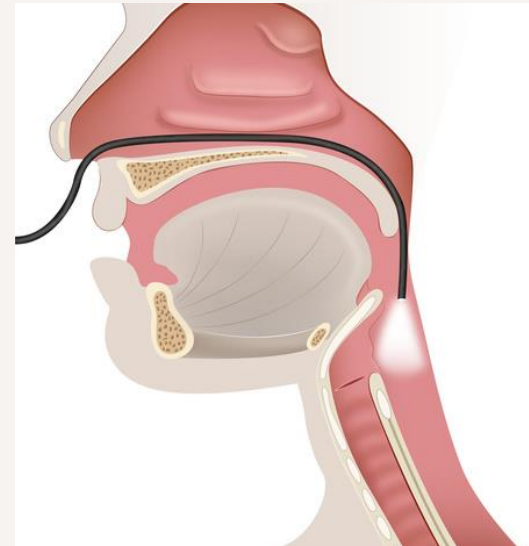
Clinical Swallow Screen

Swallow Imaging

Professional Assessment

Clinical Swallow Evaluation (Bedside Swallow Screen)







Swallowing Changes

Intervention

- Improve safety
- Improve efficiency
- Minimize risk

Treatment examples

- Strategies, texture adjustments, exercises



Swallowing Changes

What can I start doing right now?

Oral care

Stay active

Minimize distractions

Consider posture

Slow down

When To Seek Support

Audience Participation!



When To Seek Support

Audience Participation!

When can an SLP support someone with PD?

1. Time of diagnosis
2. A few years after diagnosis
3. Late stage management
4. Any point in PD journey

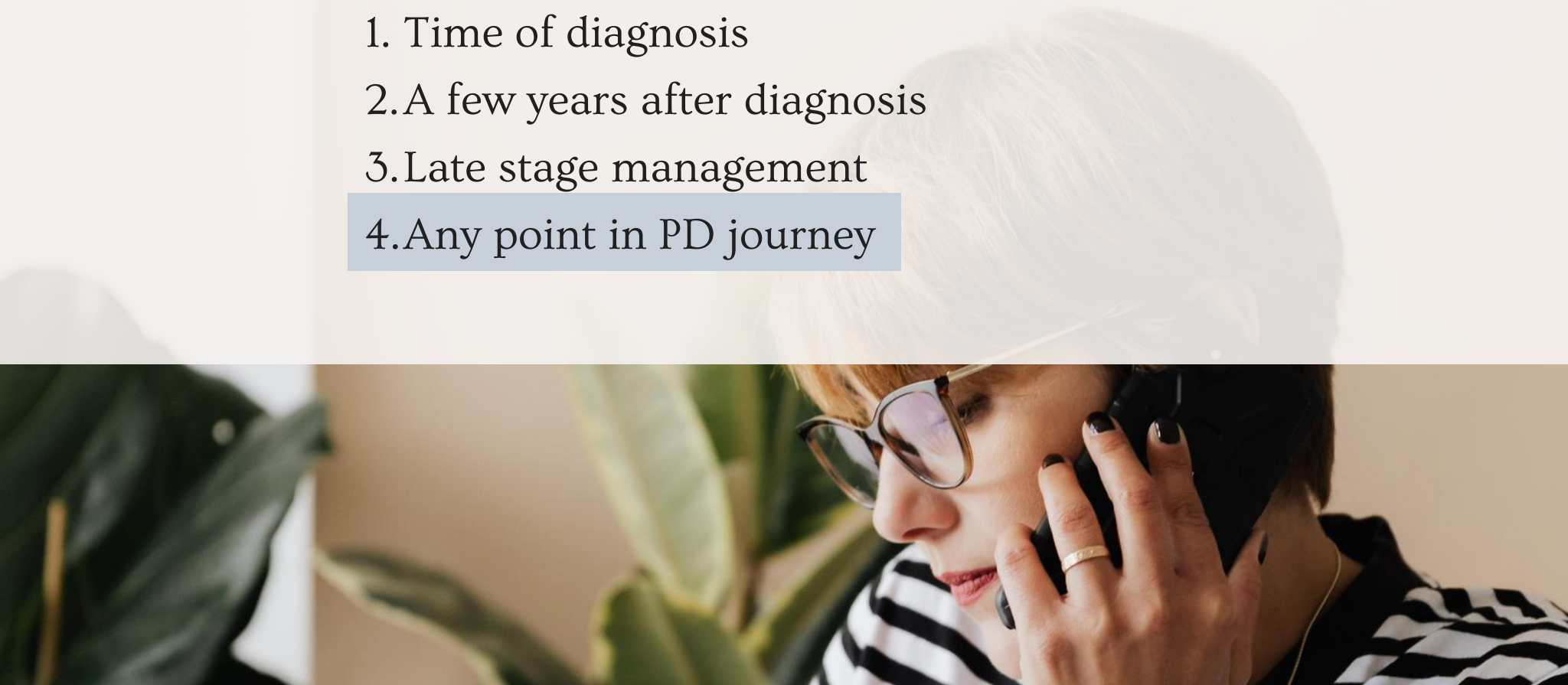


When To Seek Support

Audience Participation!

When can an SLP support someone with PD?

1. Time of diagnosis
2. A few years after diagnosis
3. Late stage management
4. Any point in PD journey



When To Seek Support

SLPs can offer support at all stages of PD.

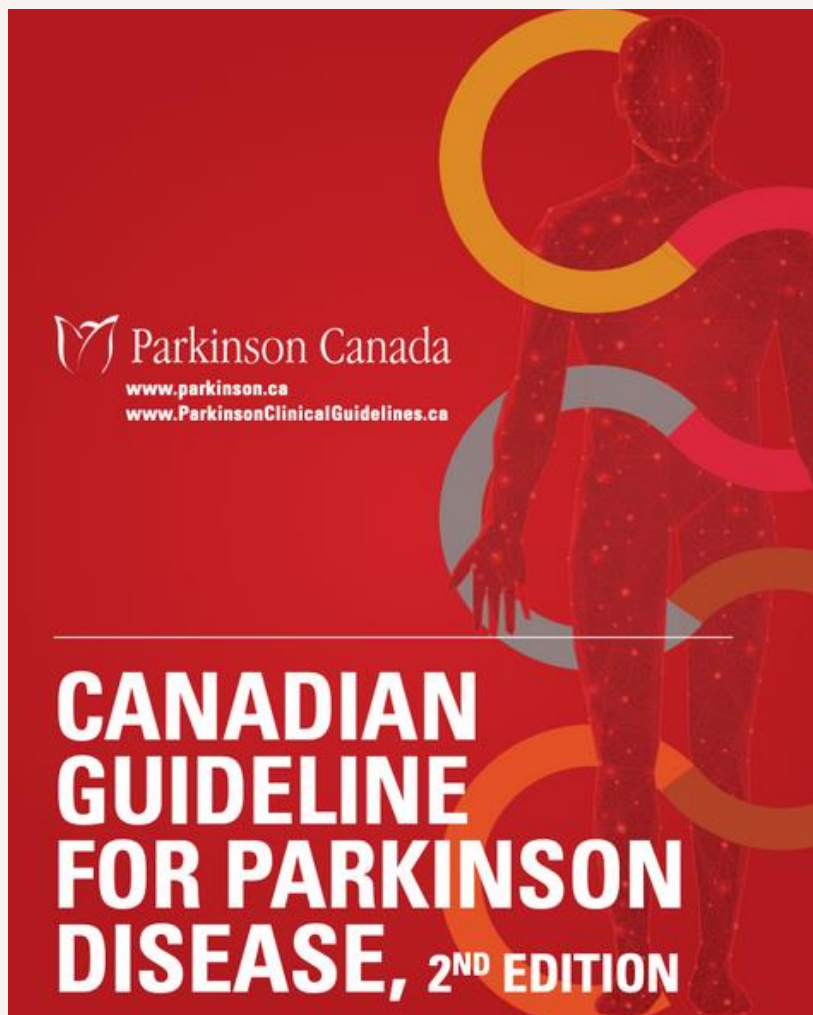
- Time of diagnosis
- Throughout diagnosis
- Late stage management

Symptoms can occur at any point in PD progression.

Generally, public referral is available when symptoms interfere with quality of life, health, or wellbeing.



How To Seek Support



"A clear limitation to the implementation of this guideline is a lack of adequate access to health care providers with expertise in dealing with individuals with Parkinson disease."

(p. 11)

How To Seek Support

Public Options (Physician Referral)

Parkinson's and Movement Disorders Clinic

Victoria General Hospital

Nanaimo Regional Hospital



How To Seek Support

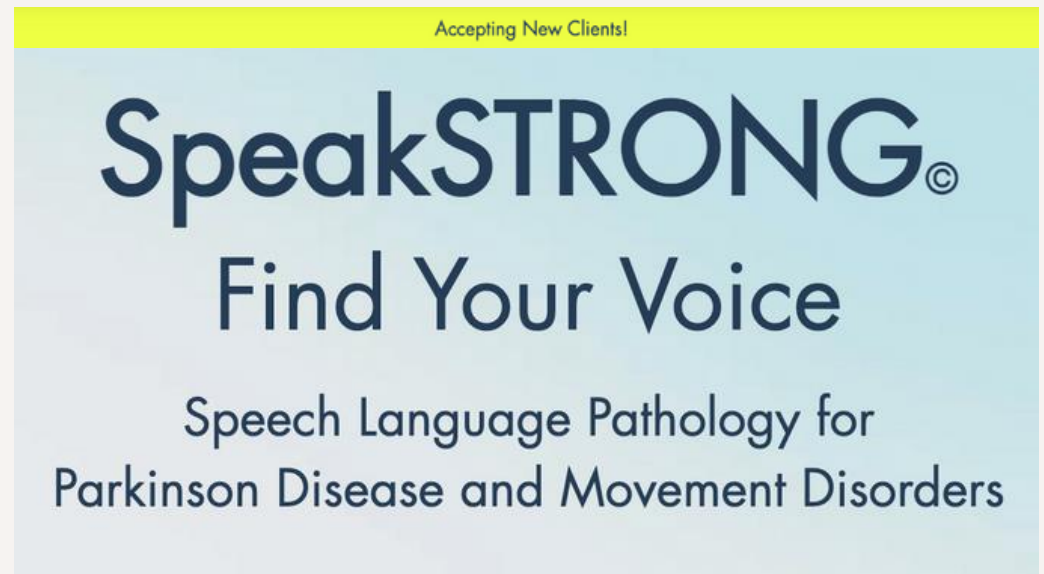
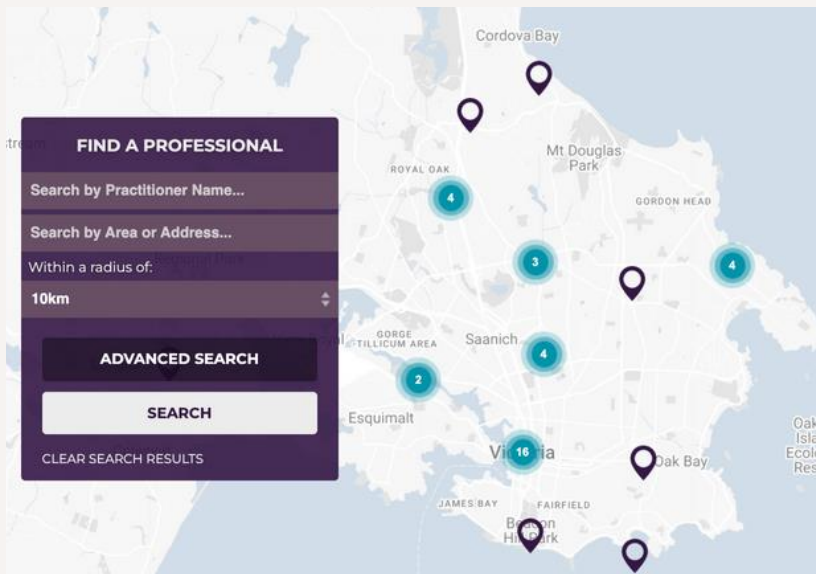
Private Options

Online tool from Speech and Hearing BC (SHBC)

www.speechandhearingbc.ca

SpeakSTRONG Clinic for Parkinson Disease

www.speakstrong.ca



How To Seek Support

Education Options

Parkinson Wellness Projects

Monthly SLP Education Seminars

<https://parkinsonwellness.ca/speech-language-pathology>





Thank you!

Questions?