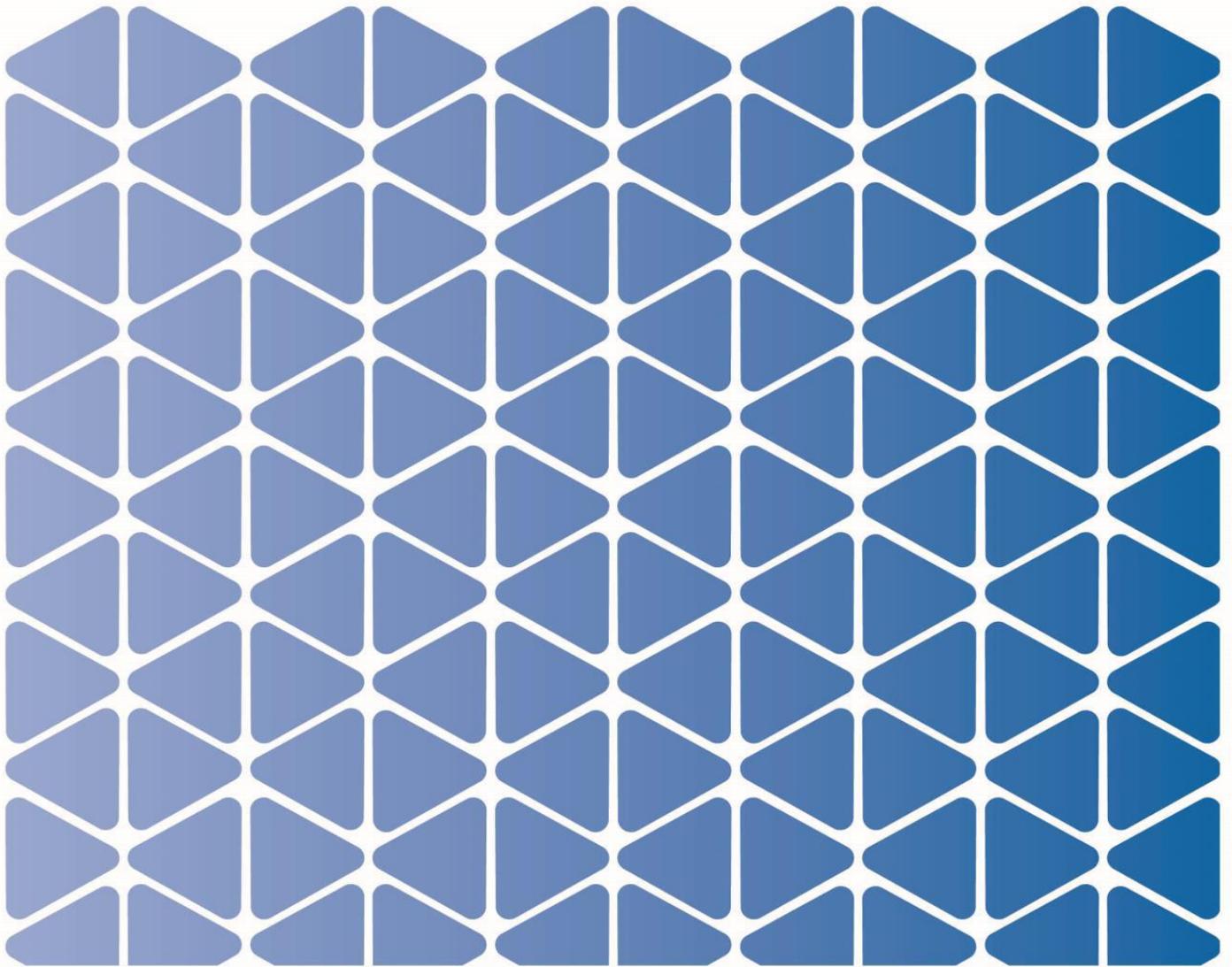




PATIENT INFORMATION

# INGRESSIVE PHONATION



## Making Sound On An In-Breath

- 1) Practise making a sound as you breathe in. To start with, gasp inwards, as if you've had a sudden surprise. Try to make this sound again, but this time, make it as long and slow and gentle as you can. Breathe out again after each sound.
- 2) Repeat the sound on the in-breath – do this several times, keeping the sound as long and smooth as you can and quite low pitched. Remember to breathe out fully after each sound. Keep face, neck and shoulders relaxed.
- 3) Once you can do this, make your sound on the in-breath, then as you breathe out, make a sighing out sound with some gentle, breathy voice, 'huhhhh'.
- 4) Repeat this several times, keeping the out sounds as smooth as you can.
- 5) Then turn the sighing sound into a vowel, so make a sound as you breathe in followed by a sighed:
  - a. eeeeeee
  - b. aaaaah
  - c. oooooo
  - d. awwwww

Repeat each of these several times.

- 6) Now try the same, but with lips closed, so make a sound as you breathe in with lips closed, followed by 'mmmm' as you breathe out.
- 7) You can then the same as 6), but add vowels. Keep the sound smooth and gentle, with a low-ish pitch:
  - a. Mmmmmeeeeeeeeeeee
  - b. Mmmmmaaaaaaaahhh
  - c. Mmmmmoooooooooooo
  - d. Mmmmmaaayyyyyyyyyyy
  - e. Mmmmmaaawwwwww

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.