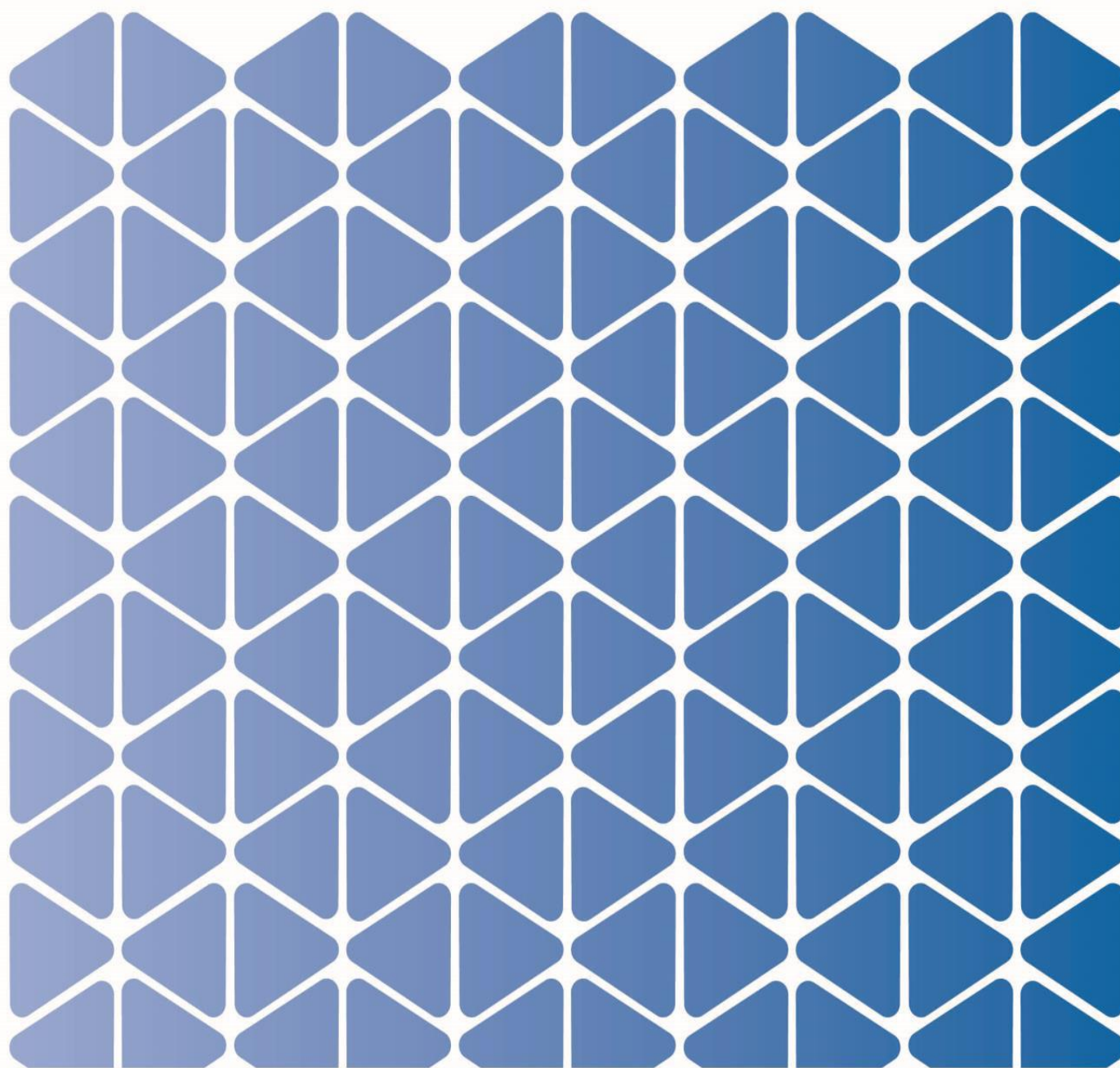


PATIENT INFORMATION

ELECTROLARYNX TRAINING PROGRAMME

Communication Therapy



Introduction:

After a laryngectomy, there are different methods that can be used to communicate, for example:

- writing
- oesophageal speech (with or without a speech valve)
- speech using an electrolarynx

The method that will be discussed in this program is the method of electrolarynx use. An electrolarynx can also be called an artificial larynx. It is a small device that produces a sound when you press the button.

During a laryngectomy surgery, the voice box is removed. The electrolarynx can then be used to produce a sound (instead of the voice box) that you can use to talk with.

Electrolarynx sounds

Some speech sounds are easier to produce than others with an electrolarynx. It is helpful to practice different sounds by mouthing and exaggerating your lip movements, before practicing with an electrolarynx. Below is a summary of different speech sounds for you to practice, initially without the electrolarynx.

Easy to hear speech sounds with electrolarynx	Hard to hear speech sounds with electrolarynx
M	P
N	B
L	T
A	D
E	K
I	G
O	S
U	Z

Difficult sounds need to be emphasised. You can do this by pushing the air in your mouth out as you say these sounds. Practice the words below without an electrolarynx. Can you hear a popping or a buzzing sound from your lips?

Pop	Pup	Pep	Pay	Pot
Tot	Tat	Tea	Toot	Top
Coo	Can	Key	Coke	Cot
See	Say	Sow	Sis	Soup

Now practice with your electrolarynx the following:

Counting, days of the week, your name.

Next try some phrases:

Easy

I am a man

On my knee

Mail me

My mum made lamb

Men kneel now

Now, no never

I know my mum

They love a lawyer

Will you, William?

Moderate

I'm not tired

I've got money

The man is coming

When do I know

I'm always late

A box of biscuits

A batch of biscuits

The myth of miss Muffet

Greek grapes

Nine nice night nurses

My dame hath a lamb

Difficult

My favourite season is spring

I don't like crisps

That is silly

Six cows graze

I would like a cup of tea

Would you like butter on toast

I like going on holiday abroad

I like to watch soccer

Do you live in Gloucester

Fat frogs fly past

Train tracks

Chop shop

Advanced

- Have a short conversation about a movie or TV programme that you enjoyed
- Have a short conversation about what you like and don't like about pets
- Describe the room that you are sitting in with someone. See how much they can understand of what you are saying. If they don't understand a part of it, try to emphasise the word that they could not understand.

Additional exercise

Your electrolarynx may also have the facility change the tone of voice. Please read the manual to find out how to do this on your specific device.

Practise the following sentences by going higher in pitch on the underlined words.

- Is that your knife?
- May I borrow your hat?
- Is that nice?
- Has he been a good boy?
- I would like a cup of tea.
- It looks like a lemon?

Practise the following sentences by going deeper in pitch on the underlined words.

- Oh no, that is not good.
- I think so.
- I will look nice tomorrow.
- That is not my opinion.
- I am tired.
- Don't go away today.

An electrolarynx is just one alternative mode of communicating if you don't have a voice. Should you have any queries please do not hesitate to discuss it with your speech and language therapist. Your speech therapist contact details are:
01905 760475

Or email

jess.sumner1@nhs.net

gemma.lafontaine@nhs.net

wah-tr.handnaph@nhs.net

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

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.