

Teletherapy in Unilateral Vocal Fold Paralysis: A Case Study

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ABSTRACT

Introduction: Vocal cord paralysis occurs as a result of damage to the recurrent laryngeal nerve. It has symptoms such as dysphonia shortness of breath and swallowing difficulty (Williamson, Shermetaro, 2019). In the treatment process of these patients, language and speech therapists (SLP) play an active role. The number of speech and language therapists in Turkey is very few, therefore accessibility to SLP is limited, especially for individuals living in rural areas.

Purpose: This study aims to investigate the effectiveness of voice therapy of a patient with unilateral vocal cord paralysis via teletherapy. So, it is aimed to determine the teletherapy effectiveness in a patient living in Şanlıurfa.

Method: The patient is 32 years old male and was diagnosed as “Unilateral vocal cord paralysis” as a result of the ENT examination. His symptoms have been going for 2 years. In the first evaluation, the case was evaluated perceptually and acoustically. His V-RQOL score was 16 out of 40 and VHI was 20 out of 43. The maximum phonation time was 8 seconds and the s/z ratio was 0.7. As for acoustics features, Fundamental Frequency (f0) was 213.054 Hz, jitter was 0.469% and Shimmer was 7.995%. During the therapy, teletherapy will be done via Skype. Vocal hygiene was introduced in the first session. Also vocal hygiene, "Vocal Function Exercises", "Glottal Attack", "Resonance Voice Therapy” techniques will be added to 6 weeks therapy plan.

Findings and Results: The therapy process is still on-going. As a result of this study, it will be determined whether the patients who can not reach SLPs can benefit from the treatment via teletherapy. It is thought that the findings of this study will be helpful for the future studies.

Key Words: Voice therapy, teletherapy, unilateral vocal cord paralysis.

References: Williamson, A. J., & Shermetaro, C. (2019). Unilateral Vocal Cord Paralysis. In StatPearls [Internet]. StatPearls Publishing.

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