

Voice therapy

You have been referred to the Speech and Language Therapy Team for a voice assessment. This leaflet will give you an overview of what voice therapy may include, but please do not hesitate to contact us if you are unsure about any aspect of your referral.

Why have I been referred?

We work with people experiencing throat symptoms. Usually, this is a change in voice, but may also include symptoms of acid reflux, a cough or a sensation of a lump in the throat. If you are experiencing these symptoms, your ENT doctor will have referred you to our service.

What does voice therapy entail?

The first appointment:

Time: The first appointment normally lasts between **40 minutes to 1 hour**.

Venue: Currently voice therapy appointments are offered either by telephone or video call. You will be provided with more information about accessing a video call in your appointment letter.

You will discuss the details of your voice difficulty and your voice requirements with a specialist speech and language therapist. They will listen to your speaking voice and ask you to copy some voice exercises.

Please note that you will not have to: sing, change your accent, act or perform.

Sometimes, we may record part of the session, but we will always ask your permission first. You will be given information about caring for your voice and further voice therapy sessions will be arranged as appropriate.

Further voice therapy sessions:

Time: Each session lasts about **30 minutes** and will usually be via video call.

The content of further sessions will depend on the nature of your voice difficulty, but may involve exploring how your voice works; the effects of breath control and muscle tension on your voice; how your lifestyle can affect your voice; devising a personalised voice therapy programme to help identify and reach your aims.

Face to face sessions: There are times when face-to-face sessions are required and this will be discussed with you on an individual basis.

What we ask of you

Voice therapy is most effective if you attend all sessions offered and follow any advice you are given. Set aside time each day to carry out recommended exercises outside your appointment times. Time required for exercises will vary significantly depending on your requirements, but as

a general guide, it will usually be around 5 minutes, three times per day.

If you are unable to attend an appointment, please contact us as soon as possible on 0118 322 5205, so that the appointment may be offered to someone else. You will be discharged if you fail to give us adequate notice or do not turn up for your appointments. Further appointments are usually arranged at the end of each session, so please bring your **diary** to each session.

Service standards

The service works to standards and guidelines that are monitored regularly. Assessment and planning of treatment will be carried out or supervised by a qualified speech and language therapist, who is registered with the Royal College of Speech and Language Therapists (RCSLT), Health Professions Council (HPC) and who has been DBS checked. All intervention will be agreed with you and reported to the person who referred you and others who are involved in your care. Confidentiality will be respected at all times.

We are committed to **training students**. If you do not want students to participate in your sessions, please let us know as soon as possible. If, at any point, you have any feedback about your experience of speech and language therapy and the service you have received, please contact: Sarah Stangroom, Head of Adult Speech and Language Therapy on Tel 0118 322 5205.

Contact us

Speech & Language Therapy
Outpatient Therapies Level 1 Battle Block
Royal Berkshire Hospital
London Road, Reading RG1 5AN
Tel: 0118 322 5205 or Email: rbft.speechlanguage@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Caroline Parry, RBFT, Speech and Language Therapy, July 2023

Next review due: July 2025