

A Whole-Body Approach to Speech-Language Pathology for People with Parkinson's



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Disclosures



- Financial:
 - Owner Southeast Parkinson's Speech Services LLC and Total Body Cognition LLC
 - Employee Wellstar Health System
 - Paid mentor (PD, motor speech, cognition) for the Medical SLP Collective
 - Trainer at the Center for Movement Challenges (LDBF Boxing for Parkinson's)
- Non-financial:
 - Advisory board member for Parkinson Foundation's Georgia chapter
 - Trained Educator for Ageless Grace

Time-Ordered Agenda



1-hour session:

- 5 minutes: Introductions and Disclosures
- 15 minutes: Movement and traditional speech therapy
- 15 minutes: Adding wellness into speech and voice activities
- 15 minutes: Adding cognitive challenges into speech and voice activities
- 5 minutes: Ideas and discussions
- 5 minutes: Q&A

The participant will:



By the end of this presentation, participants will be able to:

- Describe ways to incorporate whole-body movements into speech therapy activities.
- Utilize Parkinson's-related patient education materials in speech therapy sessions (i.e., helping patients understand and implement their physician's recommendations).
- List five cognitive tasks that may benefit people with Parkinson's.

About Me



- Career began as a 22-year old CF in 1990.
- Many adult settings: SNF, SAR, LTAC, Acute, IRU, OP, HH, Mobile MBS.
- Started specializing in PD in 2015.
- Became a certified health coach in 2017.
- Became a certified personal trainer in 2018.
- Became a Brain Health Trainer and a Precision Nutrition Level 1 Coach in 2020.
- In process of completing Sleep, Stress Management, and Recovery Coach certification.
- Competitive powerlifter with 1 world record, 3 national records, and multiple state records.



Basics About PD



WHAT IS PARKINSON'S DISEASE?

- A neurodegenerative disorder
- Almost 1,000,000 in U.S. and 10,000,000 worldwide
- Incidence increases with age.
- About 4% diagnosed before age 50.
- People assigned male at birth are 1.5% more likely than people assigned female at birth to be diagnosed with PD.
- Diverse symptoms
- Not fatal, but complications from PD lead to 14th cause of death in the U.S.
- Cause is largely unknown.
- No cure, but treatment options exist.
- Symptoms can be motor or non-motor.

HOW DOES PD AFFECT SLP-RELATED FUNCTIONS?

- Motor speech
- Voice
- Swallowing
- Cognitive-communication
- Word finding

Understanding Parkinson's. Parkinson's Foundation. (n.d.). Retrieved December 4, 2021, from <https://www.parkinson.org/understanding-parkinsons>.
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Ways to Learn More



PARKINSON'S FOUNDATION

<https://www.parkinson.org>

MICHAEL J. FOX FOUNDATION

<https://www.michaeljfox.org>

DAVIS PHINNEY FOUNDATION

<https://davisphinneyfoundation.org>

AMERICAN PARKINSON DISEASE ASSOCIATION

<https://www.apdaparkinson.org>

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PD and Motor Speech



MOTOR SPEECH

- Imprecise articulation
- Reduced vocal intensity
- Monopitch
- Monoloudness
- Repetition of syllables
- Inappropriate pauses
- Short rushes of speech

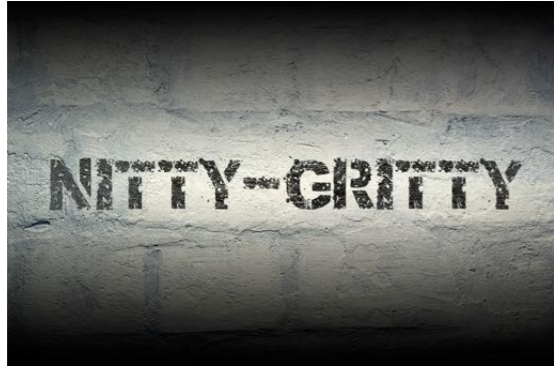
VOICE

- Hoarseness
- Breathiness
- Roughness
- Tremors

EVIDENCE-BASED TX APPROACHES

- LSVT-LOUD
- Speak OUT!
- Clear Speech
- Compensations

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Why Incorporate Movement?



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01 IT'S GOOD FOR THE BRAIN AND THE BODY

02 BETTER CARRYOVER

How to Incorporate Movement Into Speech Tasks?



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01 UPPER BODY
Play along!

02 ACT OUT
Perform everyday physical tasks while having a conversation

Incorporate Yoga Principles Into Speech Tasks?



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A Few Basics

There are many more yoga techniques and benefits that are beyond the scope of this presentation.

01

POSTURE

- Posture and PD
- Cueing for posture

02

BREATHING

- Breathing and PD
- Diaphragmatic breathing
- To cue or not to cue

Keeping Patients Safe



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01

CONSULT WITH PT/OT

02

SEATED TASKS

Adding Wellness to the Treatment Activities



01

USING THE AFTER VISIT SUMMARY

- Oral reading
- Retelling
- Comprehension
- Memory
- Thought organization

02

TALK ABOUT SLEEP

- The importance of sleep
- Strategies to improve sleep

03

MINDFULNESS

- Good for overall well-being
- Essential for people with PD who have to be intentional about every movement

04

STRESS EXERCISE

- Talk about
- Do it
- Help the patient find it
- Help the patient include it

05

RESOURCES

- Major PD organizations - NARROW the search
- Support groups

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Divided Attention 01 and Other Cognitive Challenges



01

WHAT IS DIVIDED ATTENTION?

"Divided attention is the ability to pay attention to two tasks at once such as cooking a meal while talking to a friend or driving a car and talking to a passenger at the same time – neither activity is stopped in order to carry out the other activity." -Scottish Acquired Brain Injury Network

02

WHY SHOULD IT BE ADDRESSED?

- Communication takes place over a variety of contexts.
- Divided attention tends to be challenging for people with PD.

03

PERSON-CENTERED OR DRILL?

- The goal is better adherence and carryover through personally-relevant activities.
- But, there is a role for multiple repetitions and for using low-challenge cognitive tasks such as naming tasks.

04

STRATEGY TRAINING

- Train cognitive strategies.
- Train the communication partners.

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How to Incorporate Cognition Into Motor Tasks?



01

USE ROTE TASKS

- Counting
- Alphabet-based
- Days
- Months
- Biographical information

02

INCORPORATE MEMORY DEMANDS

- When I do this, you do that.
- Switched On app
- Read and retell
- Medication recall

03

RESPONSE INHIBITION TASKS

- AKA Go/No-Go tasks

04

BRAINSTORM

- What else?

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01

IDEAS FOR EARLIER STAGES

Play along!

02

IDEAS FOR LATER STAGES

Play along!

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references



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Links to Major Parkinson's Disease Non-Profits

PARKINSON'S FOUNDATION

<https://www.parkinson.org>

MICHAEL J. FOX FOUNDATION

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DAVIS PHINNEY FOUNDATION

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