

# Voice



## What are person-centered functional goals?

- Goals identified by the client, in partnership with the clinician and family, that allow participation in meaningful activities and roles

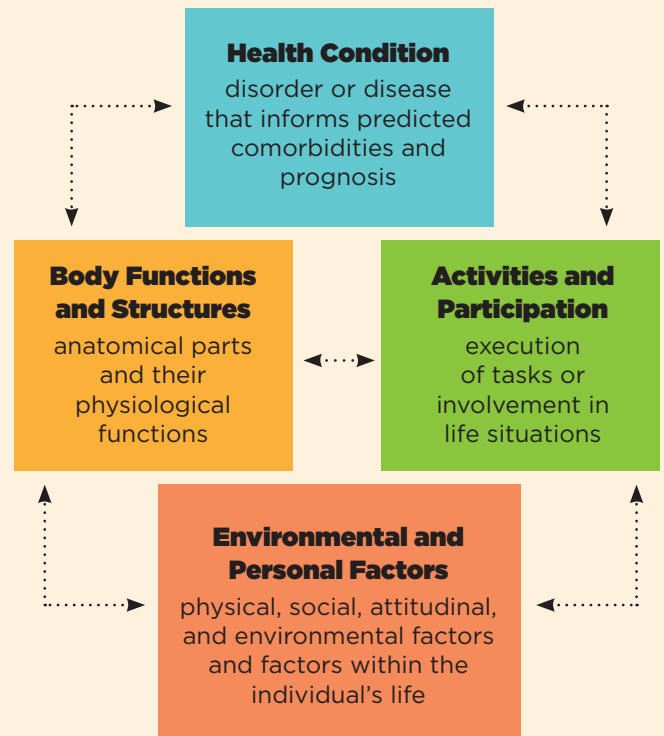
## Why target person-centered functional goals?

- To maximize outcomes that lead to functional improvements that are important to the individual
- To optimize the individual's potential to participate in meaningful activities
- To facilitate a partnership that ensures the individual and family have a voice in the care received and outcomes achieved
- To demonstrate to the payers the value of skilled services

## What is the ICF, and how does it help?

The International Classification of Functioning, Disability and Health (ICF)—developed by the World Health Organization (WHO)—is a framework to address functioning and disability related to a health condition within the context of the individual's activities and participation in everyday life.

## ICF: International Classification of Functioning, Disability and Health



# Person-Centered Focus on Function: Voice

## Case study: Ms. S

### Health Condition: Vocal nodules

#### Assessment Data

##### Body Functions and Structures

- ENT diagnosis of vocal nodules
- No history of neurological or respiratory conditions
- Rough, breathy, strained vocal quality
- Vocal quality that worsens with use and fatigue
- Increased muscle tension (neck/strap muscles)

##### Activities and Participation

- Inability to teach for longer than 10 minutes without significant vocal fatigue
- Limited ability to engage in recreational acting roles
- Reduced ability to talk in social situations at the end of the day

##### Environmental and Personal Factors

- Age: 37
- Occupation: elementary school teacher
- Vocal use: approximately 7 hours per day
- Constant background noise during afternoon classes
- Use of caffeinated beverages to hydrate herself throughout the day
- Self-described as “talkative” and “outgoing”

#### Clinical Reasoning

What impairments most affect function, based on clinician assessment & individual’s self-report?

How does the individual’s voice impairment impact fulfillment of life roles (occupational, social, recreational)?

What environmental/personal characteristics help or hinder the client’s participation in activities or situations?

#### Goal Setting

##### Ms. S’s Functional Goals

###### Long-Term Goal:

Ms. S will demonstrate healthy vocal quality in the context of her daily work and social activities during continuous voice use for at least 15-minute monologues.

###### Short-Term Goals: Ms. S will:

- identify baseline behaviors that impact vocal hygiene by charting frequency of instances of unhealthy vocal behaviors (loud talking, throat clearing) as they occur throughout the day in natural settings x 1 week;
- reduce laryngeal hyperfunction by demonstrating use of appropriate resonant voice focus on 18/20 phrases produced with the clinician in the therapy room;
- use portable microphone for at least 3 hours of teaching per day;
- explore options for reducing background noise in teaching environment and implement three strategies over the course of 1 month, reporting results back to the clinician.