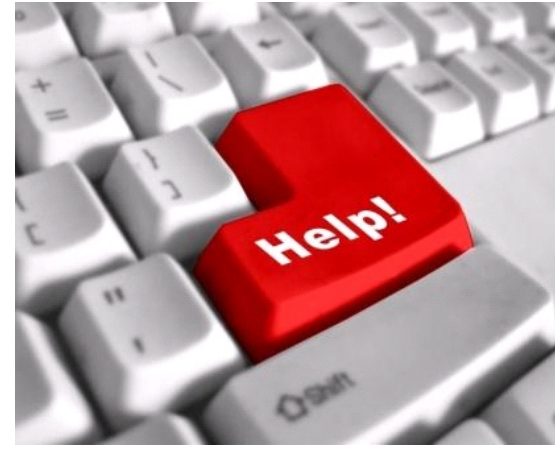


### More Speech-Language related links:

- Geneva Centre for Autism ([www.autism.net](http://www.autism.net))
- Apraxia in Children ([www.apraxia-kids.org](http://www.apraxia-kids.org))
- Augmentative/Alternative Communication Closing the Gap ([www.closingthegap.com](http://www.closingthegap.com))
- Canadian Association of Speech-Language Pathology and Audiology (CASLPA) ([www.caslpa.ca](http://www.caslpa.ca))
- Newfoundland and Labrador Association of Speech-Language Pathology and Audiology (NLASLPA) ([www.nlaslpa.ca](http://www.nlaslpa.ca))
- American Speech Language and Hearing Association (ASHA) ([www.asha.org](http://www.asha.org))
- Heart and Stroke Foundation of Canada ([www.heartandstroke.ca](http://www.heartandstroke.ca))



*Healthy People - Healthy Communities*



# Let's Talk

## A Speech-Language Pathology Newsletter

### Who Are We?

#### Speech-Language Pathologists - Part of the Eastern Health Team

Eastern Health currently employs 28 full, and part time, Speech-Language Pathologists. Like many allied health professions, training in Speech-Language Pathology is not available in Newfoundland and Labrador. Staff members received their graduate level training from universities all over Canada, and some in the United States. In turn, Eastern Health Speech-Language Pathologists regularly provide learning and training opportunities to undergraduate students seeking volunteer hours in the field, as well as to Speech-Language Pathology graduate students completing clinical internships. All staff must be certified by the *Canadian Association of Speech-Language Pathology and Audiology (CASLPA)*.

**Inpatient** Speech-Language Pathology Services are available at the following sites:

- General Hospital**
- Janeway Children's Health and Rehabilitation Centre**
- St. Clare's Mercy Hospital**
- Dr. L.A. Miller Centre**
- Dr. G. B. Cross Memorial \***
- Burin Peninsula Health Care Centre \***
- Carbonear General\***

*\*with services also provided to a number of the health centers and long term care homes in their areas.*



**Speech Language Pathology**

**Outpatient** Speech-Language Pathology Services are available as follows:

**Dr. L.A. Miller Centre** Adult clients aged 16 and older if not presently enrolled in a public secondary school. Call 777-6560 for more information.

**Janeway Developmental Team** Children from birth to kindergarten entry. Call 777-4957 for more information.

**Janeway Neuromotor Team** Children who are registered with the Neuromotor program and have speech, language or swallowing needs. Call 777-4804 for more information.

**Dr. G. B. Cross Memorial Hospital** Preschool children and adults from the local area. Call 466-5232/ 5280 for more information.

**Rural Avalon - Taylor Building, Harbour Grace** Preschool children from the local area. Call 945-6507 for more information.

**Rural Avalon - Carbonear General** Adults from the local area call 945-5602 for more information

**Burin Peninsula Health Care Centre** Preschool children and adults from the local area. Call 891-3430 for more information.

The Speech-Language Pathology Professional Practice Consultant is Mr. Chris Murphy, who can be reached at 777-8109.

### Get Them in the Door Before They are Four

Early detection of speech and language delays is important for successful communication and preventing literacy and learning problems later in life. Did you know that speech and language delays can be identified as early as 12 months, and sometimes earlier? Despite this, the majority of Speech-Language Pathology referrals are not received until children are between 4 and 5 years old. Given that an estimated 40% of preschoolers have speech or language problems, a child should be seen early by a Speech-Language Pathologist if there are any concerns. The old adage "He'll grow out of it" is too risky! When in doubt refer, as it is never too early to begin intervention. Seek advice if a child:



- Shows no reaction to sound in the first three months of life
- Is not babbling and making sounds by 10 months
- Doesn't gesture, show, give or point to get something by 12 months
- Doesn't understand simple commands like "Get your ball!" by 18 months
- Doesn't pretend play, like feeding a stuffed toy, by 18 months
- Is not using single words by 18 months
- Doesn't understand a variety of simple concepts like "big-little, up-down" by 24 or 30 months
- Is not joining two words by 28 months
- Shows other communication problems, or you have a sense that something is just not quite right with the child's communication or interactions.

### Have you Heard the News About Universal Hearing Screening Programs?

- As many as 6 out of every 1000 children are born with some degree of hearing loss.
- If children with hearing loss rec intervention/aural rehabilitation by 6 months of age, they will develop speech and language skills comparable to that of their normal hearing peers.
- Studies have revealed that approximately 50% of newborns with hearing loss do not possess any high risk factors.
- The average age of detection of hearing loss in North America is 3 years of age, which can be too late for normal speech and language development.
- Left undetected, hearing impairments in infants can also impact academic achievement, social and emotional development. If detected early, however, these negative impacts can be diminished and even eliminated through early intervention.

Universal Newborn Hearing Screening Programs assess all newborns' hearing before they are discharged home. These programs strive to diagnose and treat/rehabilitate hearing loss by 6 months of age. In doing this, it is hoped to increase a child's chance for developing and/or regaining successful communication, and in turn, to improve their overall academic and vocational achievements later in life. Universal Newborn Hearing Screening Programs are currently being expanded throughout Eastern Health.



According to Statistics Canada, seniors represent the fastest growing segment of the population in Canada. They are expected to make up 1/4 of the population (9.2 million Canadians) by 2041.

### What Services can Speech-Language Pathologists Provide to Seniors?

- Speech-Language Pathologists provide assessment, treatment and follow-up for: difficulties speaking or understanding (expressive and receptive language problems and motor speech disorders), voice problems, thinking and memory (cognitive) problems and swallowing difficulties.

### What causes communication, speech, language and swallowing problems in seniors?

- Stroke (a "brain" attack; interruption of blood supply to brain)
- Head injury
- Neurological diseases (e.g. Parkinson's, Amyotrophic Lateral Sclerosis)
- Tumors
- Respiratory illnesses
- Effects of medications
- Alzheimer's disease and related dementias or delirium
- Psychiatric disorders



### What types of recommendations might Speech-Language Pathologists make to Seniors?

- Direct treatment
- Further instrumental examination (e.g. videofluoroscopy for swallowing)
- Referrals for further investigations (i.e., ENT, occupational therapists, audiologists or other appropriate health care professionals)
- Diet/texture modification and/or safe feeding strategies
- Compensatory communication strategies
- Use of alternative and/or augmentative devices to assist with communication (e.g. computer systems)
- Client/family counseling

*For additional copies of this newsletter, please contact Mr. Chris Murphy @ 777-8109*

## Speech and Language Disorders

### What's the Difference?

The differences between speech problems and language problems are often confusing. What are the differences?

**Speech problems** include difficulties producing or using specific speech sounds, problems with voice quality and stuttering. Listeners may have difficulty understanding what someone with a speech disorder is trying to say.

**Language problems** include difficulty with understanding (receptive language) or using vocabulary, grammar or the right words for a particular situation (expressive language). For example, a person with a language problem may have difficulty following directions or expressing ideas.

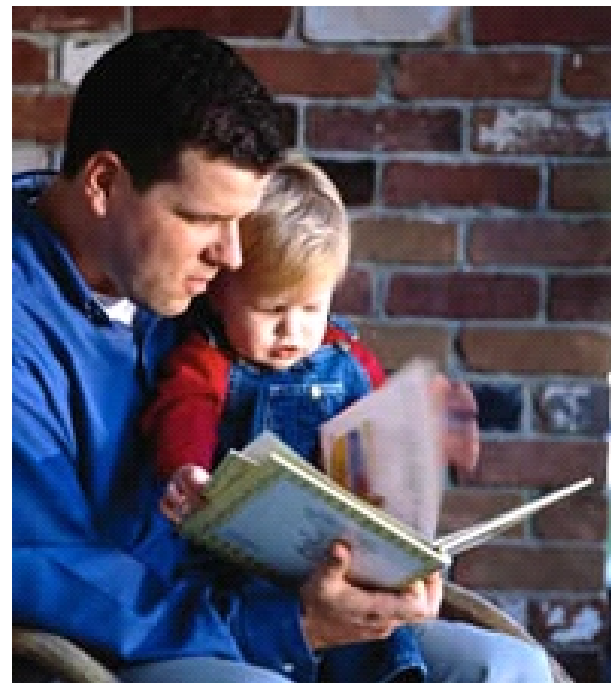
Speech-Language Pathologists are experts in all areas of communication.

### It is Never too Early to Begin Reading to Children

Speech-Language Pathologists care about Literacy. Children with speech and language delays may have difficulty with later literacy development. Reading to infants and toddlers will help stimulate imagination and improve communication skills.

**Early literacy is what children know about reading and writing before they can actually read and write.** Research shows that children begin learning these skills very early in life. By helping babies develop early literacy skills, you will help them become good readers by developing vocabulary, print awareness, story telling skills, rhyming skills, and letter recognition. When reading to a child:

- *Start by looking at wordless books, picture books, and nursery rhymes. Tell the story by talking about the pictures.*
- *Read stories, say rhymes, and sing songs to help your baby learn to listen.*
- *Have a variety of books available. Cloth books and board books are wise choices for babies.*
- *Let your child help select books; even very young children have favorite stories.*
- *And most importantly, remember to make read-to-me time a FUN time!*



## Speech, Language and Hearing Milestones -Prevent, Protect, Act

Communication develops over time and every child develops at his/her own rate. The list below outlines the ages at which *most* children will reach speech, language and hearing milestones. If a child does not develop one of the skills at the identified age range, it does not necessarily mean there is a problem. However, if a child is not achieving *most* of the skills at *or below his/her age*, please refer to a Speech-Language Pathologist and/or Audiologist. Early intervention is critical for children with communication problems, in order to reduce the risk for developing social, emotional, behavioral and/or learning problems later in life.

### Birth to 3 months:

- makes cooing sounds
- has different cries for different needs
- smiles at you
- startles to loud sounds
- soothes/calms to a familiar voice

### 4 to 6 months:

- babbles and makes different sounds
- makes sounds back when you talk
- enjoys games like peek-a-boo
- turns his/her eyes toward a sound source
- responds to music or toys that make noise

### 7 to 12 months:

- waves hi/bye
- responds to his/her name
- lets you know what he/she wants using sounds, and actions like pointing
- begins to follow simple directions ( e.g. Touch your nose)
- localizes correctly to sound by turning his/her head toward the sound
- pays attention when spoken to

### 12 to 18 months:

- uses common words (at least 10-12 words) mos.)
- enjoys listening to storybooks

- points to body parts or pictures in a book when asked
- looks at your face when talking to you

### 18 to 24 months:

- understands more words than he/she can say
- uses two-word sentences (i.e. more juice; shoe gone)
- asks simple questions (e.g. What's that?)
- takes turns in a conversation

### 2 to 3 years:

- uses sentences of three or more words most of the time
- uses 200 or more words
- understands different concepts (e.g. in-on; up-down)
- follows two-part directions (e.g. take the book and put it on the table)
- answers simple questions (e.g. Where is the car?)
- participates in short conversations

### 3 to 4 years:

- tells a short story or talks about daily activities
- talks in sentences with adult-like grammar
- generally speaks clearly so people understand him/her (is understood 75% of time)
- hears you when you call from another room
- listens to TV at the same volume as others
- answers a variety of questions

### 4 to 5 years:

- pronounces most speech sounds correctly (is understood 90% of the time)
- participates in and understands conversations even in background noise
- recognizes familiar signs (e.g., stop sign)
- makes up rhymes
- hears and understands most of what is said at home and school
- listens to/retells a story and asks/answers questions about a story

*Adapted from the Canadian Association of Speech-Language Pathologists and Audiologists (CASLPA), 2007.*



## An Easy Test to Swallow - Modified Barium Swallow

*People can be induced to swallow anything, provided it is sufficiently seasoned with praise.* Moliere.

Speech-Language Pathologists wish Moliere was correct but they know that no amount of praise or encouragement can make some people swallow. Speech-Language Pathologists treat individuals who have difficulties swallowing as a result of disease, injury or brain damage. Eating is something we take for granted. The experience of swallowing is so natural and pleasurable; we cannot imagine being unable to do so.

For Speech-Language Pathology clients with **dysphagia** (the formal word for swallowing difficulties) an assessment may involve a detailed interview to help describe the client's symptoms and experiences. The movement of a person's mouth, tongue and throat may be assessed to rule out weakness or reduced coordination. The Speech-Language Pathologist may also observe the client eat or drink various foods to make behavioral observations.



In many cases, it is impossible to fully assess a person's swallowing without more detailed evaluation. The procedure most often requested is a **Modified Barium Swallow**.

This fluoroscopic procedure is designed to examine the details of oral, pharyngeal, and cervical esophageal physiology during swallowing. The methodology for a Modified Barium Swallow differs from the traditional upper gastrointestinal, or barium swallow, in several ways: purposes of the study, type and amount of material used in the study, and procedures used, including rehabilitation strategies introduced.

Specific differences in this procedure include:

Modified Barium Swallow	Barium Swallow
1. Examines the oral cavity, pharynx, larynx and cervical esophagus.	1. Examines the esophagus.
2. Uses small amounts of liquid, paste, or solids.	2. Uses large amounts of liquid only.
3. Positions patient upright.	3. Positions patient supine and erect.
4. Views structures laterally, then A-P.	4. Views esophagus in all planes.
5. Does not follow bolus as it passes from the pharynx to esophagus.	5. Follows the bolus from the pharynx to the esophagus and stomach.
6. Does not require patient to fast prior to study.	6. Requires patient to fast prior to study.

The Speech-Language Pathologist coordinates the scheduling of the Modified Barium Swallow procedure and tailors the examination to each patient. The results are available quickly, therefore recommendations or specific exercise therapy can be put in place in a timely manner.

## Caring For Your Voice

If you have ever "lost" your voice, you can agree how frustrating voice difficulties can be. Voice care, sometimes referred to as vocal hygiene, provides a foundation for optimal voice production and can help in preventing voice problems.

### Tips for good vocal health:



- Reduce frequent throat clearing and coughing
- Do not shout or yell in any situation
- Avoid talking in noisy places
- Avoid smoking and secondhand smoke
- Reduce alcohol intake
- Drink 6-8 cups of water each day
- Reduce caffeine intake
- Reduce your voice use - don't do all the talking
- Avoid clenching your jaws or teeth when you talk
- Avoid using your voice when it feels strained

If you think you have a voice problem, contact a Speech-Language Pathologist.

## Health Information on the Internet - Fast but factual?

With the availability of the internet, finding health information has never been faster. The internet allows patients and health care professionals to locate information quickly and effortlessly. But, is the information they find factual? Each person's health concern is specific to them and no internet site is perfect. For these reasons, users should be cautious when reading health related information online. If you have questions about your health, bring them, with any information you have researched, to your physician or health care professional.

Despite limitations, the internet can provide beneficial information regarding health concerns or questions. The following are communication related websites reviewed by Speech-Language Pathology that you may find helpful.

- Parkinson's Disease Information ([www.parkinsons.org](http://www.parkinsons.org))
- The National Aphasia Association ([www.aphasia.org](http://www.aphasia.org))
- The Voice Problem Website ([www.voiceproblem.org](http://www.voiceproblem.org))
- Canadian Stuttering Association ([www.stutter.ca](http://www.stutter.ca))
- Stuttering/Speak Easy Canada ([www.speakeasycanada.com](http://www.speakeasycanada.com))
- The Stuttering Foundation ([www.stutteringhelp.org](http://www.stutteringhelp.org))
- Family-focused Early Language Intervention ([www.hanen.org](http://www.hanen.org))