



LSVT Global Public Webinar Series

Title: **Keep it LOUD! Tune-Ups and Other Post-Discharge Recommendations in LSVT LOUD®**

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Keep it LOUD! Tune-Ups and Other Post-Discharge Recommendations in LSVT LOUD®

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Plan for Webinar

Brief Introduction

Logistics

Discussion on LSVT LOUD maintenance:
Homework, LOUD for LIFE®, Tune Ups

Address your questions

Instructor Biographies

Elizabeth Peterson, MA, CCC-SLP

Ms. Peterson received her master's degree in Speech, Language and Hearing Sciences from the University of Colorado-Boulder. She began working with Dr. Lorraine Ramig's research team while completing her master's thesis. Ms. Peterson is LSVT LOUD certified and primarily delivers LSVT LOUD in the research setting. She has worked as a research associate at the National Center for Voice and Speech-Denver and the University of Texas Health Science Center, San Antonio. Ms. Peterson is currently involved in Dr. Ramig's research investigating the short and long-term impact of LSVT LOUD on neural underpinnings of speech in Parkinson disease.

Angela Halpern, MS, CCC-SLP

Ms. Halpern is an ASHA certified and LSVT certified speech language clinician. She is the Chief Clinical Officer and a faculty trainer for LSVT Global. She is also a research associate on Dr. Lorraine Ramig's Parkinson voice and speech research team at the National Center for Voice and Speech in Denver, CO. She received her master's degree in the Department of Communication Disorders and Sciences at the University of Pittsburgh. Ms. Halpern has worked extensively in the area of neurogenic disorders with a specialty in Parkinson disease. She has presented at national and international conferences with authored and co-authored publications related to voice and speech in Parkinson disease.

Disclosures

All of the LSVT LOUD faculty have both financial and non-financial relationships with LSVT Global.

Non-financial relationships include a preference for the LSVT LOUD as a treatment technique and the LSVT Companion as equipment used in conjunction with LSVT LOUD.

Financial Relationships include:

Ms. Peterson and Ms. Halpern are employees of and receive lecture honorarium and travel reimbursement from LSVT Global, Inc.

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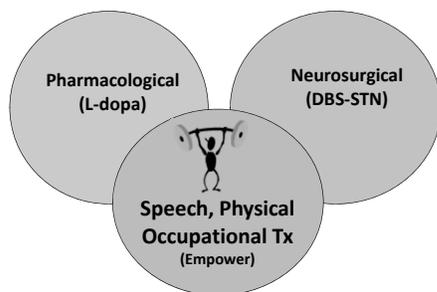
Learning Objectives

Upon conclusion of this webinar, participants will be able to:

1. Discuss the importance of ongoing at home practice and potential tools to assist in client maintenance post-discharge
2. Describe the elements of LOUD for LIFE® group maintenance classes
3. Describe the process for determining the need for Tune Up sessions

Exercise-based rehabilitation (ST, PT, OT) is becoming a routine part of management in PD

To provide symptomatic relief; improve function



Kleim & Jones, 2008; Kleim et al., 2003; Zigmond et al, 2009

LSVT LOUD Treatment Session Summary

Daily Exercises

1. Maximum Duration of Sustained Vowel Phonation (Long Ahs) – 15+ reps
2. Maximum Fundamental Frequency Range (High/Low Ahs) – 15 reps each
3. Maximum Functional Speech Loudness (**Functional Phrases**) – 5 reps of 10 phrases

Hierarchy Exercises

Structured reading – multiple reps, 20+ min.
Off the cuff – bridge the gap to conversation
Build complexity across 4 weeks of treatment towards your long-term communication goal

Homework

Includes all daily exercises and hierarchy exercises
Assigned all 30 days

Carryover Exercises

Use loud voice in real life situations outside of the treatment room
Assigned all 30 days

Home Routine is Critical

By the end of treatment, clients should have a well-established homework routine they can and will continue on their own

- Importance of homework should be discussed during assessment
- If homework routine is not followed, grounds for dismissal

Homework During Treatment

- 10 minutes one other time on treatment days
- 15 minutes twice a day on non-treatment days

Components of Homework

"Mini treatment session"

Daily Exercises

- Ahs (6 reps)
- High/Low Ahs (6 reps each)
- Functional Phrases (1 rep of 10 phrases)

Speech Hierarchy Exercises

Carryover Assignments

Discharge, Now What?

- You have completed the efficacious LSVT LOUD
 - 4 times per week for 4 weeks
 - 16 total treatment sessions
- What are your discharge recommendations?
- How do you continue to be successful with the gains you have made in therapy?
- When should you see your clinician again for a tune up?

What do data say about maintenance?

Research data have documented maintenance of outcomes in LSVT LOUD at 6 month, 12 months and 24 months post-treatment (Ramig et al., 1995; 1996, 2001a, 2001b)...

BUT...

...Clinically one of the *challenges* many people with PD face following therapy is how to maintain treatment effects over time.

- No longer regularly attending therapy
- Disease progression
- Other medical complications
- The feeling of "I'm doing well, I don't need to do this anymore."
- Lack of motivation
- Sensory impairment impacting quality of practice

AFTER LSVT LOUD Treatment

- Practice at home daily – Homework 1 time per day FOREVER!!
- Participate in community based classes
- Schedule Tune Ups every 3-6 months

After treatment, continue daily dose of LSVT LOUD homework exercises!



+



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The best combination for success!

Home Routine is Critical AFTER Treatment

LSVT LOUD HOMEWORK RECOMMENDATIONS FOLLOWING THERAPY

Continue to do structured practice sessions 10-15 minutes everyday. Determine the time and place that works best for you, and maintain that schedule. **It will practice.**
It is important to keep practicing. This will keep your voice strong, clear, and strong.

Materials:

- a clock or watch with a digital second hand
- a pen or pencil
- optional: a sound level meter

Diab. Table:

- 6-10 "AH" C: Say "AH" using your LOUD, good quality voice as LOUD as you can. Think about being LOUD and try to feel the same level of energy and loudness you did in treatment with your therapist. Repeat your tones.
- 6-10 Highs: Start with your LOUD "AH" voice and then try to reach your highest pitch and hold it for 5 seconds.
- 6-10 Lows: Start with your LOUD "AH" voice and then try to reach your lowest pitch and hold it for 5 seconds.
- Read aloud from your list of 10 functional phrases and sentences using the LOUD voice you learned in treatment. Repeat the list 3-5 times.
- Read aloud for 5-10 minutes. Any type of reading material will do. Remember to THINK LOUD, use the voice level, energy, and loudness you put into treatment each day.

The best practice is to **practice to use the new strong voice** with family and friends in conversations, on the phone, on the street, at the grocery store, etc.
This will keep your new strong voice in shape!

Good Luck!!!!!!!

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3-10

Is any type of regular, intensive voice exercise or singing adequate for people who have completed LSVT LOUD?

Research on Music Therapy

- Sixty-minute music intervention sessions, small group setting once a week for 20 consecutive weeks
- Significant improvements in singing quality and voice range at mid and post-treatment (no follow-up included in study)
- No significant changes were found for speaking quality

Elefant et al., 2012

Research on Music Therapy

- Twelve 90-min weekly group singing intervention sessions
- No significant differences in vocal loudness, pitch range, or phonation time post-intervention
- Group-based singing intervention has not been shown to result in significant improvement in measures of voice and speech impairment

Shih et al., 2012

Vocal exercise or singing activities can be fun, but they do NOT replace a daily dose of LSVT LOUD!

WHY?

- Not all exercise focuses on **AMPLITUDE**
- Amplitude focused exercise needed EVERY day due to hypokinesia and bradykinesia
- Not all exercise focuses on sensory awareness challenges in people with PD. Recognizing clients need to feel **louder** than they think just to be within normal limits!
- Not all exercises are salient/individualized.

Tools to assist in maintenance of LSVT LOUD improvements

LSVT LOUD Homework Helper Video



Not for all clients, but for some it is very helpful.

"It really helps. My dad did the LSVT therapy and we really see the difference in his speech. This video has been helping him continue speaking LOUD." – Vivian M

Four easy ways to access:

Phone: 1-888-438-5788

Online: www.lsvtglobal.com
(Select Products, then DVDs)

Amazon: www.amazon.com
(Search LSVT LOUD or LSVT BIG Homework Helper)

Vimeo: www.vimeo.com
(Search LSVT LOUD or LSVT BIG Homework Helper DVD)
Rent or purchase downloadable versions

LSVT Companion® Home Edition

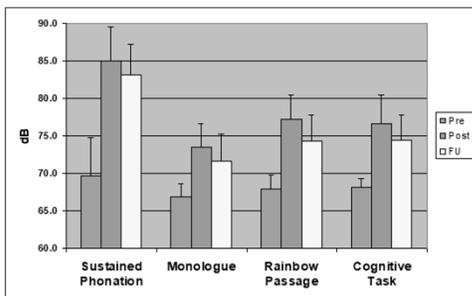


Funded by: NIH-NIDCD & Michael J. Fox Foundation

LSVT Companion Key Features

- FDA-cleared medical device
- Must be under care of an LSVT LOUD Certified Clinician (prescription)
- Provides audio and visual feedback based on goals set by the clinician
- Automatically obtains calibrated sound pressure level (SPL), frequency and duration for treatment and/or homework practice
- Clients can easily e-mails results files (Excel format) for clinician review

LSVT Companion Research

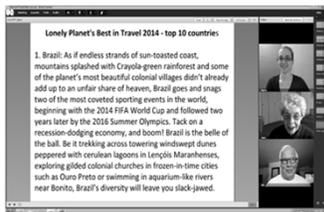


Changes consistent with those reported in previously published data Halpern et al., 2012, AJSLP

Online Structured Maintenance

eLOUD and Proud

- Group maintenance therapy (2-3 people)
- Delivered via telerehab
- 90 min, 2x/week, 4 weeks
- Vocal loudness calibration, reading and discussion in pairs, group conversation, cognitively-loaded activities



SPL	Pre-Post p	PRE-3mo FU p
Sustained phonation	.012*	.012*
Reading	.017*	.012*
Monologue	.036*	.093

Theodoros, et al., ASHA, 2017

LOUD for LIFE®

Group exercise maintenance class specifically for patients who have completed the FULL LSVT LOUD Protocol!

 Community Based

 Led by LSVT LOUD Certified Clinicians “acting as” fitness professionals

 Cash Based

LOUD for LIFE is NOT:

- Skilled therapy
- Billed as group therapy
- For people who have not yet received LSVT LOUD
- A replacement for LSVT LOUD treatment

Client Feedback



100% (7/7) of participants reported decreased practice when not attending LOUD for LIFE over a holiday break.

“LOUD for LIFE not only reinforces all we learn in LOUD but carries those concepts into the real world, forcing us to practice LOUD in a truly social, real world situation.”

Halpern, et al., 2016, ASHA

Finding a LOUD for LIFE Class

- www.lsvtglobal.com
- Click on link for “Find a Clinician”
- Click on link for “LSVT LOUD Certified Clinician”
- Type in your zip code and state
- Chose the distance you would like
- See a list a clinicians near you
- Call or email to ask if they offer a class

COMING SOON! LOUD for LIFE Providers will be listed directly in the “Find a Clinician” search tool

Tune Up Sessions

Optimal Wellness Models

DENTAL MODEL

- See the Dentist
 - Restore and improve oral health
 - Preventative care
- Get regularly scheduled cleanings every 3-6 months
- Brush and Floss Daily!

LSVT MODEL

- See your LSVT LOUD Certified Clinician
 - Restore and improve physical function
 - Prevent functional decline
- Get regularly scheduled tune-ups every 3-6 months
- Do your LSVT LOUD Exercises Daily!

Check In at 3-6 Months

You may need:

- Nothing at all
- Enhanced motivation
- Calibration rescaling
- Tune Up sessions



Tune Up Goals

- Restore outcome scores if client's measures have worsened by reinforcing good behaviors and providing positive feedback.
- Rescale amplitude of vocal loudness through daily exercises, functional phrases and reading/conversational speech...RECALIBRATE!



Tune Up Recommendations

- Establish frequency and number of visits based on assessment findings
 - Range: 0-16 visits! Average 4-6 visits
 - Continue to check-in every 3-12 months
 - Remember....PD is forever! Your speech-language clinician is an important partner on your journey!

Tune Up Session

Daily Exercises

30 minutes

- Long Ahs: 15+ reps (12-15 min)
- High/Low AHs: 15+ reps each (10-12 min)
- Functional Phrases: 5 reps (5-10 min)

Hierarchy Exercises

30 minutes

- Structured reading/conversation: 20+ min
- Off the cuff: 5-10 min
- Homework and carryover assignments: 5 minutes

Calibration: Embedded throughout entire session

Tune Up Reimbursement

Tune Ups are legitimate reimbursable “care” for people with degenerative diseases.

- Refer to Jimmo v. Sebelius

- Obtain order from neurologist
- Establish POC based on new assessment
- Submit reimbursement documentation for assessment and number of treatment sessions
- Documentation must indicate medical necessity and skilled services

Client Feedback on Homework

“More than one year later, I still continue my LSVT BIG and LSVT LOUD exercises almost daily. Because of those exercises, I have the confidence in my body to continue doing the things I love – gardening, walking with my wife, spending time with my family, traveling and reading poetry on the radio.”

- Jim A., LSVT LOUD and LSVT BIG Graduate

Does it take effort? YES!

Is it worth the effort? YES!

Will there be days when clients don't succeed? YES!

Do your best and know your speech-language clinician is there to help!

Summary

- What clients do in treatment with a clinician is REALLY important, but maybe even more important is what clients do in between times of therapy intervention!
- Ensure you fully understand your discharge recommendations
- Participate in community exercise opportunities such as LOUD for LIFE
- Check in with your speech-language clinician at 3-6 months to determine the necessity of Tune Up sessions

Further Learning Opportunities

- Public Webinars
- NEW! LOUD for LIFE® and BIG for LIFE®
- LSVT LOUD Homework Helper DVD (streaming option available)
- LSVT Companion System®, Client Edition

Upcoming Learning Opportunities

March Public Webinar:

- Small movements and LSVT BIG®? Can BIG help my small?
– Wednesday, March 21, 2018 2-3PM EDT

April Public Webinar:

- How can technology increase access to LSVT LOUD® speech treatment for Parkinson's?
– Wednesday, April 18, 2018 2-3PM EDT

How to ask questions LIVE:

1. Type in the question box on your control panel
2. Raise your hand (click on the hand icon in your control panel)
 - Your name will be called out
 - Your mic will be unmuted, then ask your question out loud
3. Email info@lsvtglobal.com if you think of questions later

Thank you!



info@lsvtglobal.com
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Please complete the survey that will launch when
you close the program.
It will take five minutes or less to complete!
