



LSVT Global[®] Public Webinar Series

Title: Be your own best advocate: Key actions for people with Parkinson's and families to ensure success with LSVT treatment

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Laura Guse, BSPT, MPT**

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Be your own best advocate: Key actions for people with Parkinson's and families to ensure success with LSVT treatment

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LSVT GLOBAL Innovation in Science. Integrity in Practice.

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Plan for Webinar

- Logistics
- Presentation of Content
- Address your questions
- Survey

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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. 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 and primarily delivers LSVT LOUD in a research setting. 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.

Laura Gusé, BSPT, MPT

Ms. Gusé has extensive experience treating people with neurodegenerative disorders in various practice settings. She was LSVT BIG certified in 2009 and now serves as Chief Clinical Officer of LSVT BIG. Ms. Guse' oversees the training, curriculum and product development related to LSVT BIG, and has helped to create many of the current LSVT BIG treatment tools, webinars, and courses. She has spoken at many national and international conferences on topics related to LSVT BIG.

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Disclosures

- All LSVT® faculty have both financial and non-financial relationships with LSVT Global.
- Non-financial relationships include a preference for LSVT LOUD® and LSVT BIG® as treatment techniques.
- Financial Relationships include:
Ms. Peterson and Ms. Gusé are employees of LSVT Global and receive lecture honorarium and travel reimbursement.

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Information to Report CE Activity

- This LSVT Global webinar is NOT ASHA or state registered for CEUs for speech, physical and occupational therapy professionals, but it may be used for self-reported CEU credit as a non-registered/non-preapproved CEU activity.
- If you are a speech, physical or occupational therapy professional and would like to self-report your activity, e-mail webinars@lsvtglobal.com to request a certificate after completion of the webinar which will include your name, date and duration of the webinar.
- Licensing requirements for CEUs differ by state. Check with your state PT, OT or Speech licensing board to determine if your state accepts non-ASHA registered or non pre-approved CEU activities.
- Attendance for the full hour is required to earn a certificate.



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Learning Objectives

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

- Discuss resources available to become educated on the research and framework of LSVT LOUD and LSVT BIG protocols
- Explain the process for obtaining a referral to begin LSVT treatment
- Describe how to find an LSVT Certified Clinician in your area
- Identify key questions to ask an LSVT Certified Clinician to ensure you receive optimal care
- Discuss the methods to ensure treatment outcomes are maximized

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Poll #1. Who is joining us?

- Person with Parkinson's
- Family member, friend or caregiver
- Physical or Occupational Therapist/Assistant (including students)
- Speech Language Pathologist/Assistant (including students)
- Other

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Steps to be your own best advocate!

- Education on treatments
- Information on referrals
- Finding an LSVT Certified Clinician
- Questions to ask an LSVT Certified Clinician
- Maximizing treatment outcomes

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Education on Treatments

How can I learn more about LSVT LOUD and LSVT BIG?

How can I educate my neurologist or primary care physician about LSVT programs?

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How can I learn more about LSVT LOUD and LSVT BIG?

ON OUR BLOG:

- <https://blog.lsvtglobal.com>
- Research Articles
- Monthly Webinars on Hot Topics!
- On Demand Webinar Library
- Featured Blog Articles, Testimonials, and Videos
- Live Seminars

ON OUR WEBSITE

- www.lsvtglobal.com
- Patients & Family Section
- What is LSVT BIG? What is LSVT LOUD?

SOCIAL MEDIA

- LSVT Global – Facebook, Instagram, Twitter, Linked In

EMAIL

- Ask our experts at info@lsvtglobal.com

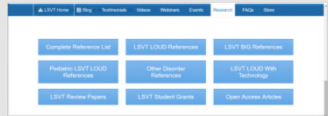
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How can I educate my neurologist or primary care physician about LSVT programs?

Research Articles: <https://blog.lsvtglobal.com/research/>

Clarify questions or misconceptions:

- Are the treatments “just exercise”? (No)
- Does LSVT LOUD make patients yell? (No)
- Will insurance pay for treatment? (Yes)
- In this regional area we tend to refer to XYZ treatment. (Refer to research)



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Information on Referrals

- What do the LSVT programs entail?
- When, how, and why does a referral happen?
- What should the prescription say?
- Do I need a laryngeal evaluation for LSVT LOUD?
- If I want LSVT BIG, should I ask for PT or OT referral or both?

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What do the LSVT Programs Entail?

- Structured, evidence-based, rehabilitative treatment protocols developed specifically for PD
- Adhere to principles of motor learning and activity dependent neuroplasticity
 - Intensive and challenging EXERCISE, specific to the unique features of PD
 - Personalized and specific functional training of voice, mobility and activities of daily living

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LSVT Protocols: based on 30 years of federally funded research and clinical experience

LSVT LOUD is speech therapy
 Delivered by LSVT LOUD Certified Speech-Language Pathologists

LSVT BIG is physical/occupational therapy
 Delivered by LSVT BIG Certified Physical or Occupational Therapists

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LSVT LOUD and LSVT BIG Treatment are SEPARATE protocols

- Each treatment is delivered 4 consecutive days a week for 4 weeks
- Individual 1-hour sessions by LSVT Certified Therapists found in all practice settings
- Daily homework practice (all 30 days of the month)
- Daily carryover exercises (all 30 days of the month)

LIFE-LONG HABIT OF PRACTICE IS ESTABLISHED!

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When, how, and why does a referral happen?

When: People often see the best results when they begin LSVT treatments before noticing significant problems, but it's never too late to start!


How: Ask your doctor for a referral and prescription

Why:

- Ensure receiving treatment from skilled and trained professional
- Insurance and reimbursement

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What should the prescription say?



- Speech therapy for LSVT LOUD
- Physical or occupational therapy for LSVT BIG
- The prescription should be for **evaluation** as well as **treatment**
- It is helpful if the prescription explicitly includes the minimum treatment frequency of 4 sessions per week for 4 consecutive weeks

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Do I need a laryngeal exam for LSVT LOUD?



- Required before starting LSVT LOUD, to be certain there are no co-occurring causes for the changes in voice and speech.
- Other medical conditions, such as gastric reflux or vocal fold paralysis, can also cause hoarse, soft or breathy voice quality. These conditions may need to be managed before starting LSVT LOUD.
- Save a step! Ask your doctor to include the laryngeal exam in your prescription.

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If I want LSVT BIG, should I ask for PT or OT referral or both?



- Physical Therapy: addresses mobility, balance, walking, getting in/out of bed and chairs, freezing of gait and more
- Occupational Therapy: addresses general mobility and transfers as well; also specializes in addressing "activities of daily living" and fine motor skills to improve function in all areas of life (home, work, etc).
- Most people with PD benefit from both, and if they work in the same facility, you could see each therapist 2 days per week (*still 4x/week for 4 weeks*)
- However, if your needs fully reside in one area (example: walking, balance, falls, freezing of gait), then it's OK to receive LSVT BIG from that discipline only.
- Either OT or PT can evaluate you and guide you in this decision-making process.


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Where should my doctor send the referral? Finding LSVT Certified Clinicians using the LSVT Global Clinician Directory

- Visit www.lsvtglobal.com to find an LSVT LOUD or LSVT BIG Certified Clinician in your area
- Helpful Tip! If a clinician lists "Type of Organization", look for types that apply to you (e.g. if not homebound, you will not want to select a home health provider)



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Questions to ask an LSVT LOUD or LSVT BIG clinician

*Are you currently accepting patients? If so, move on to these four questions:

- Do you deliver the gold standard dosage of LSVT LOUD or LSVT BIG?
 - Four days a week for 4 weeks
 - Individual 60-minute sessions
 - Daily homework and carryover assignments
- How many LSVT LOUD/LSVT BIG clients have you treated?
- What are your typical outcomes?
- Do you have a follow-up or maintenance plan for your clients?

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If you receive treatment that is anything other than the dosage, exercises, homework and carryover described – you will **NOT** be receiving LSVT. There are no modified versions.

Treatment fidelity is KEY!

If a clinician offers any modified version, don't do it! You will not receive the benefits of treatment we have established in our 30 years of research.

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Maximizing Treatment Outcomes

- Follow DAILY homework recommendations during and after treatment
- Consider a post-graduate group: LOUD for LIFE® or BIG for LIFE®
- Expect and attend tune-up sessions

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Optimal Wellness Models

DENTAL MODEL	LSVT MODEL
<ul style="list-style-type: none"> See the Dentist <ul style="list-style-type: none"> Restore and improve oral health Preventative care Get regularly scheduled cleanings every 3-12 months Brush and Floss Daily! 	<ul style="list-style-type: none"> See your LSVT BIG/LOUD Certified PT, OT or SLP <ul style="list-style-type: none"> Restore and improve physical function and communication Prevent functional decline Get regularly scheduled tune-ups every 3-12 months Do your LSVT BIG or LSVT LOUD Exercises Daily!

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After treatment, continue daily dose of LSVT homework exercises!



The best combination for success!

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Post-Graduate Groups: LOUD for LIFE® and BIG for LIFE®

Group exercise maintenance class specifically for clients who have completed the **FULL LSVT Protocol!**

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Community Based



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




Cash Based

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Finding a LOUD for LIFE or BIG for LIFE Class

- www.lsvtglobal.com
- Click on link for “Find LSVT Clinicians”
- Select desired provider type (LSVT LOUD or LSVT BIG)
- Type in your location information in the search bar
- Choose the distance you would like to search
- Look for the designation of “LOUD for LIFE Provider” under title



Angela Halpern
MS, CCC-SLP
Speech Language Pathologist
eLOUD Provider
LOUD for LIFE Provider

▾ A.H.Consultant, L.L.C.
▾ National Center for Voice and Speech
Denver

[View Details](#)

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Tune-Up Sessions

- ✦ Typically begin 6 months post-treatment, but may need sooner
- ☎ Clinician should call you to check-in OR you can contact clinician
- 📅 Range: 0-16 visits! Average: 2-6 visits
- 📄 Obtain new referral: request at your next MD visit, or in some cases over phone

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

Refer to Jimmo v. Sebelius

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Summary

- Resources are available to help you learn more about LSVT LOUD and LSVT BIG.
- We encourage you to discuss the LSVT treatments with your doctor and seek a referral – it’s never too late!
- Use the LSVT Global Clinician Directory to find a certified LSVT Clinician in your area.
- You are now armed with the tools to ask critical questions for potential LSVT clinicians to ensure you receive optimal care and outcomes!
- Follow the “LSVT Optimal Wellness Model” to ensure success during treatment and beyond.

You deserve the care and are worth the effort!

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Increasing Amplitude of Small Movements: Improving Fine Motor Skills through LSVT BIG

Date: Wednesday, April 22, 2020
Time: 2:00 PM - 3:00 PM Eastern Daylight Time (EDT) (EDT is UTC - 4 hours)

How can training bigger movements improve fine motor skills? Join LSVT BIG faculty as they discuss how increasing amplitude through LSVT BIG treatment can be used to help people with PD improve fine motor skills such as buttoning and writing.

<https://blog.lsvtglobal.com/public-webinars/>



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How to ask questions

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



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Thank you!

info@lsvtglobal.com
www.lsvtglobal.com

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