



SOUTHWEST REHABILITATION

Upcoming Events:

Didgeridoo Club

September 14, 2017
October 12, 2017

Stroke Club

September 21, 2017
October 19, 2017



In the
Spotlight

Summer Newsletter:

Speech Pathologists Role as a Part of the Head and Neck Cancer Care Team

Speech-Language Pathologists (SLP) are in a unique position to educate patients and families about ways to minimize the effects of head and neck cancer and its treatment when speech and/or swallowing issues are involved.

Dysphagia, or difficulty swallowing, is the most common side effects of head and neck cancer. Including a SLP in the initial treatment planning stage can help prevent/reduce dysphagia and promote swallow-related quality of life. The biggest concerns with dysphagia are the increased risks of aspiration and weight loss.

The Speech Pathologist can help:

- Establish a baseline
- Implement swallow study
- Provide Education
- Implement oral care protocol
- Strategies
- Exercise program

Working closely with the multi-disciplinary team, the SLP can help to establish a swallowing/nutritional baseline, implement objective swallow studies (MBSS or FEES) if indicated, provide education about the structures and functions of the swallow mechanism and how surgical procedures and/or chemo radiation therapy (CRT) can affect the ability to talk and/or eat. The speech pathologist can assist in establishing an oral hygiene program. Additionally, teaching individuals exercises and strategies to assist in maintaining or regaining the ability to talk and eat safely also falls under the role of speech pathology.

Initiating a prophylactic dysphagia exercise program has been demonstrated to decrease muscle deterioration during treatment for head and neck cancer and improve the likelihood of regaining a functional swallow s/p treatment.



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Chronic Cough:

Chronic cough that persists despite medical treatment may respond to speech pathology intervention. A multidimensional treatment program based upon methods used to treat hyperfunctional voice disorders and paradoxical vocal fold movement can be effective. Research has shown that 60% of refractory or idiopathic cough can be associated with paradoxical vocal fold movement - a sensory laryngeal hypersensitivity with heightened cough reflex. Therapy to reduce sensitivity and extrathoracic airway hyperresponsiveness includes education, vocal hygiene training, cough suppression strategies and psychoeducational counseling.

Occupational Therapy:

The speech and occupational therapy summer program was a success! Using a thematic approach, Christie Colo, OTR and Ashley Davis, SLP worked together to provide intervention. Emphasis was placed on motor movement, sensory integration while facilitating communication between peers. Using a letter from the alphabet, each word and phrase, each action, and interaction was incorporated in to this thematic approach. During Wednesdays session, the children made a human pizza "spreading" "sauce" "selecting" toppings and "sorting" the "spices." Of course, the kids washed their hands with "soap" before "starting." Southwest Rehabilitation hopes to offer the speech and occupational summer program again next year!

Meet Our New Speech Therapists:



Katie Pierson is a 7th generation Oregonian. She graduated from Pacific University's School of Communication Sciences and Disorders with her Master's in Speech-Language Pathology. Her professional interests include working with adults in the area of dysarthria, apraxia, dysphagia, as well as accent modification for non-native English speakers. She is also interested in working with pediatric patients who present with articulation, fluency, and phonological processing disorders. Katie enjoys learning foreign languages, indoor botany, swimming, and paddle boarding. We are excited to have Katie join our practice!



Makenzie Laase received both a Bachelor's and Master's degree in Speech-Language Pathology at Ohio State University. She traveled to the Oregon Coast from Columbus, Ohio and is excited to explore the Pacific Northwest! She enjoys going to the beach, hiking, snowboarding; anything the outdoors has to offer. Her professional interests range from working with adults to pediatrics with a focus on voice and dysphagia therapy. She also has a particular interest in head and neck cancer. Let's welcome Makenzie to the Oregon Coast!

