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Simulation-based Learning Program

Student workbook: Day 4

Developed as part of the *Embedding Simulation in Clinical Training in Speech Pathology* project 2014 – 2018











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Speech Pathology Australia, as the funded organisation, subcontracted The University of Queensland to lead this project.

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Day 4 timetable - overview

Day 4	
8:30am	Stop-Keep-Start debrief
8:45am	General preparation time
9:15am	Simulation 7: Mrs Beth Connor
	Simulation 8: Mr Jim Parker
	Simulation 9: Mr Selwyn Walker
	Simulation 10: Ms Emily Gleeson
12:00pm	LUNCH
12:45pm	Simulation 11: Mrs Margaret Henderson (therapy session)
3:00pm	Simulated patient feedback
3:15pm	Afternoon tea
3:30pm	Prebrief Simulation 12: Mr James (Jim) Parker - Review videofluroscopy
4:30pm	Preparation for Day 5
5:00pm	Close of Day 4

SIMULATIONS SEVEN, EIGHT, NINE AND TEN

Mrs Beth Connor is a 32 year old female who was admitted to the NSHS for surgical removal/resection of a left cerebellar lesion.

Mr Jim Parker is a 70 year old man admitted to the NSHS with a urinary tract infection, dehydration and delirium on the background of a two day history of frequent urination, fevers and confusion.

Mr Selwyn Walker is an 89 year old man admitted to the NSHS with a fractured left neck of femur.

Ms Emily Gleeson is a 35 year old female with multiple sclerosis who was admitted to the NSHS following a sudden decline in functioning of her lower limbs.

SIMULATION DETAILS:

Each student pair will assess/review one patient only for simulations 7, 8, 9 and 10. The requirements for each patient as are detailed below. For the other simulations, you are required to observe your peers and be able to provide feedback during the debrief.

Mrs Beth Connor

In this simulation you will review Beth on the neurosurgical ward to:

- 1. Discuss the post-operative course with Beth with regard to her communication skills.
- 2. Complete an informal screening assessment of Beth's speech and voice.

Your pair will have approx. 1-2 mins to complete a verbal handover to the clinical educator prior to assessing Beth, 15mins to assess Beth and 10 mins to discuss the case with the clinical educator and other students post assessment.

Mr Jim Parker

In this simulation you will review Jim on the general medical ward to:

- 1. Conduct a clinical swallowing examination.
- 2. Discuss the results of the swallowing assessment with Jim and recommend a safe oral diet and fluids based on the results.
- 3. Identify the need for an instrumental assessment of swallowing with support from the clinical educator.

Your pair will have approx. 1-2 mins to complete a verbal handover to the clinical educator prior to the review, 15mins to assess Jim and 10 mins to discuss the case with the clinical educator and other students post review.

Mr Selwyn Walker

In this simulation you will discuss Selwyn's discharge plans with the treating dietitian. Note: Selwyn is in the discharge lounge awaiting transfer back to his Residential Aged Care Facility (RACF). You will be required to:

- 1. Discuss Selwyn's concerns with regard to his dysphagia with the dietitian.
- 2. Provide education to the dietitian about dysphagia and specific management of Selwyn's dysphagia.

Your pair will have approx. 1-2 mins to complete a verbal handover to the clinical educator prior to the discussion with the dietitian, 15mins to conduct the session and 10 mins to discuss the case with the clinical educator and other students after the discussion with the dietitian.

Ms Emily Gleeson

In this simulation you will review Emily on the Neurology ward to:

1. Collect important case history information about Emily's disease progression to date and

SIMULATIONS SEVEN, EIGHT, NINE AND TEN

typical speech and swallowing function.

- 2. Complete an informal motor speech assessment at the bedside.
- 3. Conduct a clinical swallowing examination with consideration of compensatory strategies.
- 4. Recommend strategies to be used for both speech and swallowing to maximise Emily's function.

Your pair will have approx. 1-2 mins to complete a verbal handover to the clinical educator prior to your review, 15mins to assess Emily and 10 mins to discuss the case with the clinical educator and other students following the review.

INTENDED LEARNING OUTCOMES:

Mrs Beth Connor:

After participation in this clinical simulation, you will be able to:

- 1. Effectively conduct a pre-operative screening assessment of communication skills.
- 2. Effectively communicate information to the patient regarding the likely post-operative course in relation to her communication skills.

Mr Jim Parker:

After participation in this clinical simulation, you will be able to:

- 1. Effectively conduct a clinical swallow examination.
- 2. Appropriately discuss swallow assessment results with the patient.
- 3. Recommend an appropriate, safe oral diet for the patient based on results.
- 4. Identify the need for an instrumental assessment of swallow with support from clinical educator.

Mr Selwyn Walker:

After participation in this clinical simulation, you will be able to:

- 1. Effectively communicate information regarding patient's swallowing function to the dietitian.
- 2. Effectively explain need for continued modified diet and fluids.

Ms Emily Gleeson:

After participation in this clinical simulation, you will be able to:

- 1. Gather relevant case history information about a patient's disease progression to date and typical speech and swallowing function.
- 2. Effectively conduct a bedside oromotor and motor speech assessment.
- 3. Effectively conduct a clinical swallowing examination including the use of compensatory strategies.
- 4. Suggest appropriate compensatory strategies to be used for both speech and swallowing to maximise function.

SETTING:

NSHS Acute wards - various

Patient bedside and nurse's station.

RESOURCES PROVIDED:

- 1. NSHS Clinical Swallowing Examination form (located at the back of this booklet).
- 2. NSHS Basic Language Screener (located at the back of this booklet).
- 3. NSHS Informal Motor Speech Assessment (located at the back of this booklet).

Pre simulation activity

Complete the following tasks in preparation for your session.

1. Read the patient's medical records and gat	her relevant information.
Name:	Gender:
Age:	Occupation:
Reason for admission:	
Investigations (Ix):	
Diagnosis:	
Past medical history (PMHx):	
Medications (Rx):	
Social history (SHx):	

2. What information is important for you to consider from the medical chart before you conduct a session with your patient?

3.	Do you require any further information before you conduct your assessment/session of/with your patient? Where will you get this information?
4.	What will you include in your session with your patient? List the outline of your session in the space below.
5.	Before you assess this patient, you have been asked to provide a handover of this patient including you session plan to your clinical educator. Practice role playing this with a peer. If required, document what you would say here.

Simulation activity

_				
⊢∩r	the	SESSION V	VOII are	conducting:
		36331011	you are	conducting.

1.	Use the relevant assessment/screening tools (located at the back of this booklet) to conduct your session as appropriate. Indicate which forms you intend to use in the space below:
2.	Use the space provided to document any extra notes/thoughts/considerations from the session.

You will now enter the simulation sessions.

For the sessions you are observing:

Complete one structured observation guide per session you observe. Indicate which session and which pair you are observing at the top of each page.

Simulation:	Student pair:
Patient:	•
	Observations
Physical arrangement of clinic room/table for session	
Patient's general presentation (affect, motivation, physical appearance)	
Goals of the session	
Activities and materials used to achieve the goals	
Student clinicians' adaptation of session goals during session in response to patient	
Patient's receptive and expressive language skills	
Patient's speech/ voice/ fluency/swallowing skills	
Further notes/ observations/ comments:	

Simulation:	Student pair:
Patient:	_
	Observations
Physical arrangement of clinic room/table for session	
Patient's general presentation (affect, motivation, physical appearance)	
Goals of the session	
Activities and materials used to achieve the goals	
Student clinicians' adaptation of session goals during session in response to patient	
Patient's receptive and expressive language skills	
Patient's speech/ voice/ fluency/swallowing skills	
Further notes/ observations/ comments:	

Simulation:	Student pair:
Patient:	_
	Observations
Physical arrangement of clinic room/table for session	
Patient's general presentation (affect, motivation, physical appearance)	
Goals of the session	
Activities and materials used to achieve the goals	
Student clinicians' adaptation of session goals during session in response to patient	
Patient's receptive and expressive language skills	
Patient's speech/voice/ fluency/swallowing skills	
Further notes/ observations/ comments:	

Post simulation activity
Reflection task:
Following the debrief for this simulation, consider some of the important information or feedback you received or gained from this simulation (from your clinical educator, simulated patient and peers). Space to record this information has been provided below.
Notes from Simulations 7, 8, 9 and 10:

References/recommended reading:

Beth Connor:

- 1. Go to https://mayfieldclinic.com/pe-BrainTumor.htm to read about types of brain tumours.
- 2. Murray, L., & Clark, H. (2006). *Neurogenic disorders of language: Theory driven clinical practice*. Clifton Park, NY: Thomson Delmar Learning. (Section on "Brain Tumours" (pp 67-68; Chapter 4)).
- 3. Duffy, J.R. (2013). Motor speech disorders: Substrates, differential diagnosis and Management. 3rd edition. St. Louis: Mosby. (Section titled "Distinguishing among the Dysarthrias" (p357-363) in Chapter 15).

Jim Parker:

- 1. Vogels, B., Cartwright, J., & Cocks, N. (2015). The bedside assessment practices of speech-language pathologists in adult dysphagia. *International Journal of Speech-Language Pathology*, 17(4), 390-400.
- 2. Forster, A., Samaras, N., Gold, G., & Samaras, D. (2011). Oropharyngeal dysphagia in older adults: a review. *European Geriatric Medicine*, *2*(6), 356 -362.

Selwyn Walker:

- 1. Smith, H.A., Kindell, J., Baldwin, R.C., Waterman, D. & Makin, A.J. (2009) Swallowing problems and dementia in acute hospital settings: Practical guidance for the management of dysphagia. *Clinical Medicine*, *9*(6), 544-548.
- 2. Morrison, S.C., Lincoln, M.A., & Reed, V.A. (2011). How experienced speech-language pathologists learn to work on teams. *International Journal of Speech-Language Pathology*, *13*(4), 369-377.

Emily Gleeson

- 1. Poorjavad, M., Derakhshandeh, F., Etemadifar, M., Soleymani, B., Minagar, A., & Maghzi, A. (2010). Oropharyngeal dysphagia in multiple sclerosis. *Multiple Sclerosis*, 16(3), 362-365.
- 2. Piacentini, V., Mauri, I., Cattaneo, D., Gilardone, M., Montesano, A., & Schindler, A. (2014). Relationship between quality of life and dysarthria in patients with multiple sclerosis. *Archives of Physical Medicine and Rehabilitation*, *95*, 2047-2054.
- 3. Duffy, J.R. (2013). Motor speech disorders: Substrates, differential diagnosis and Management. 3rd edition. St. Louis: Mosby. (Section titled "Distinguishing among the Dysarthrias" (p357-363) in Chapter 15).

SIMULATION ELEVEN – Mrs Margaret (Margie) Henderson

Mrs Margaret Henderson is a 66 year old woman who suffered a left middle cerebral artery (MCA) stroke *over a week ago*. You will recall conducting initial swallowing and communication assessments with Margie 2 days post stroke. She has been upgraded to tolerate thin fluids and a soft diet by another speech pathologist since you have last reviewed her *(refer to progress notes in medical file for details)*.

SIMULATION DETAILS:

In this simulation you will return to Margie's bedside to conduct a therapy session with her. You will be required to:

- 1. Implement therapy tasks with Margie targeting speech and language (receptive and expressive) impairments and swallowing difficulties.
- 2. Provide appropriate feedback and prompting during the tasks to support Margie during this therapy session.

You will have approx. 15 mins per pair to provide therapy for Margie's speech, language and swallowing difficulties.

Each student pair will treat a different area (speech, receptive language, expressive language and swallowing).

The simulation will consist of three parts. All parts will be led by your clinical educator:

- 1. Prebrief—refer to pre simulation activities below.
- 2. Simulation.
- 3. Debrief.

INTENDED LEARNING OUTCOMES:

After participation in this clinical simulation, you will be able to:

- 1. Clearly explain therapy task requirements to a patient with aphasia.
- 2. Appropriately adapt session requirements within-session to reflect patient needs.
- 3. Provide relevant, specific feedback during and post therapy tasks to support a patient to participate effectively within the session.

SETTING:

NSHS Acute Stroke Unit, Ward 2C Patient bedside

RESOURCES PROVIDED:

1. Therapy resources (some located at the back of this booklet – others to be sourced locally following discussion with your clinical educator).

Pre simulation activity:

Complete the following tasks in preparation for your session.

1. Review your notes from your previous session with Margie. Record any important information in the space below.

2. Your clinical educator will advise you which area your pair will be targeting during the therapy session with Margie. What is the area you and your partner are targeting? What do you know about this area of Margie's presentation from your previous sessions with her?

3.	Read the attached session plan to become familiar with the therapy task you will be conducting with Margie. Considering what you know already, what might you be expecting during the session?
4.	Discuss the session with your partner and determine how you will break up the task so that you both have an opportunity to conduct the therapy. Practice conducting the therapy task and note down any thoughts / considerations / questions you have in the space below.

Session goals:

Therapy session plan

- 1. To introduce a rehabilitation swallowing technique (effortful swallow) to ensure that Margie's swallow function is safe and efficient.
 - 2. To complete impairment based therapy tasks targeting receptive and expressive language and motor speech skills.

Session element	Goal / Activity	Time	Materials	Criterion	Theoretical basis & rationale
1. Swallowing	 Students to teach Margie the steps required for an effortful swallow. 	10 Mins	Effortful swallow handout (located at the back of this booklet).	n/a	 Margie presents with oropharyngeal dysphagia. One component of her dysphagia is characterised by pharyngeal weakness, noted particularly with solid food. An effortful swallow is recommended to assist pharyngeal clearance of solids.
2. Receptive language	 Student clinicians to engage Margie in semantic network with choice therapy task to target her auditory comprehension skills. Semantic network - student clinicians to present Margie a picture with written choices. Margie is to point to the correct word when she is asked for each category e.g., Is it a panther, a wolf or a tiger? Semantically related and unrelated distractors will be used. 	10 mins	Resources: semantic network task (located at the back of student workbooks).	90% accuracy	 Margie presents with impaired auditory comprehension skills. Semantic network therapy tasks target neural networks to improve lexical semantics. Using the semantic relatedness of distractors can assist to grade task demands and increase / decrease complexity in relation to patient performance.
3. Expressive language	 Students to engage Margie in a cued naming (single word retrieval) task using pictures to target improved verbal expression skills. 	10 mins	Resources: Picture cards, cueing hierarchy.	90% accuracy in naming pictures	 Margie presents with impaired verbal expression skills. Picture naming tasks target neural networks to improve lexical semantics.

Session element	Goal / Activity	Time	Materials	Criterion	Theoretical basis & rationale
	Student clinicians to use given cueing				 Cueing can provide support Margie to
	hierarchy to support Margie to name		(located at the		achieve success in session and may assist
	pictures of basic, everyday objects.		back of		in identifying appropriate strategies for
	 Students may provide more or less 		workbooks)		Margie to use for word finding difficulties.
	support depending on Margie's needs				 Students can use amount and type of
	and should identify the most		Pens / paper		prompting to grade task demands and
	beneficial types of cues to use with				increase / decrease task complexity
	Margie based on performance.				relative to patient performance.
4. Motor	 Student clinicians to engage Margie in 	10	Resources:	%06	 Margie presents with moderate motor
speech	a dysarthria therapy task targeting	mins	Dysarthria	intelligibility	speech impairment. Targeting therapy at
	impaired subsystems. Appropriate		therapy		the impaired subsystems will help improve
	target areas for Margie would include		resources		intelligibility of her speech sounds.
	lip and tongue. This will improve		(you will need		 Increasing / decreasing the number of
	overall intelligibility.		to source		syllables or length of sequence will assist
	 Student clinicians to start with single 		appropriate		in grading task demands relative to patient
	syllable words and increase		therapy items		performance.
	complexity of task to CV, CVC and		from your		 Modelling / repetition of targets by
	monosyllabic words depending on		university		clinician should be faded as possible to
	Margie's needs.		clinic).		increase Margie's independence in task.
	 Students say the stimulus item. 				
	Margie repeats the item 1 to 5 times.		Pen / Paper		

Note: The above therapy activities are suggestions only. Please discuss appropriate therapy options with your clinical educator and source therapy worksheets and activities from your local clinics.

 $\underline{\text{PLAN}}; \\ (1) \ \text{Ongoing monitoring of swallow and communication and provision of therapy while on ward.}$

Simu	ulation activity
1.	Using the given session plan and provided therapy materials, conduct your therapy task with Margie.
2.	Use the space provided to document any extra notes/thoughts/considerations from your session:

3. Use the space provided to document any extra notes/thoughts/considerations from <u>your peers'</u> involvement in the session. Please note you may be required to provide feedback to your peers

You will now enter the simulation session with Margie

following the simulation.

Post simulation activity

Clinical task:

Due to bed availability Margie will be moved to a rehabilitation facility to continue her rehabilitation. With your pair, you will need to write a discharge / transfer summary as a handover to the speech pathologist working in the rehabilitation unit. A template has been provided over the page and an example discharge/transfer summary can be found below.



National Simulation Health Service

SPEECH PATHOLOGY Discharge/Transfer Summary

(Affix Patient Label Here)
URN:

Family Name:

Given Name(s):

Address:

DOB:

B: Sex:

DATE OF ADMISSION TO SPEECH PATHOLOGY: 22/07/15

DATE OF DISCHARGE FROM SPEECH PATHOLOGY: 24/07/12

MEDICAL DIAGNOSIS:

- Enterocutaneous fistulas
- Candida sepsis
- Metabolic acidosis
- ARDS
- Distributive shock
- Multifocal bronchopneumonia

SPEECH PATHOLOGY DIAGNOSES:

Mild oropharyngeal dysphagia

SUMMARY OF SPEECH PATHOLOGY INTERVENTION:

Patient was referred to speech pathology for dysphagia management post-extubation. Intervention involved modification of diet and fluids. There were nil concerns regarding motor speech or receptive or expressive language at conversation level.

STATUS ON DISCHARGE:

Oromusculature:

CN V: NADCN VII: NADCN IX, X, XI: NAD

O CN XII: NAD

Swallowing status/diet:

Patient currently on Texture B (minced moist) diet with thin Fluids. She is able to tolerate both consistencies will nil aspiration concerns. Patient has not yet returned to her preadmission diet. She reported difficulty with chewing hard solids, which may be due to deconditioning.

RECOMMENDATIONS:

- 1. Continue with Texture B (minced moist) diet and thin fluids.
- 2. Please complete swallow review and determine suitability for upgrade.
- 3. Continue dysphagia management as required.

SPEECH PATHOLOGIST:	Sarah Perkins (#302)	Signature:	
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Reflection task:
Following the debrief for this simulation, consider some of the important information or feedback you received or gained (from your clinical educator, simulated patient and peers). Space to record this information has been provided below.
Notes from Simulation 11:
Notes from Simulation III
References/recommended reading:
1. Stroke Foundation (2018). Clinical Guidelines for Stroke management 2017. Retrieved 18 June 2018,
from https://informe.org.au . 2. Australian Aphasia pathway: Best Practice for Aphasia across the Continuum of Care. (2014).
2. Addition Apriliant patrictary, best indedection Aprilant across the continuant of care, (2014).

www.aphasiapathway.com.au .

<u>NB:</u> You will now commence the pre-brief for Simulation 12 which includes a review of Jim's recent videofluroscopy. Your clinical educator will take you through a video of his videofluroscopy and assist with your preparation for the simulation on the morning of Day 5.

SIMULATION TWELVE - Mr Jim Parker and Mrs Betty Parker

Mr Jim Parker is a 70 year old man admitted to the NSHS with a urinary tract infection, dehydration and delirium on the background of a two day history of frequent urination, fevers and confusion. Mrs Betty Parker is Jim's wife.

SIMULATION DETAILS:

In this simulation you will conduct a session with Jim and Betty in a speech pathology office of the NSHS hospital. The medical team have agreed that Jim is suitable for discharge following education from the speech pathology team on the outcomes of the videofluroscopy. Jim's wife, Betty, has arrived to attend the meeting and will then take him home. The aims of the meeting are to discuss:

- 1. The results of Jim's Videofluroscopic Swallow Study (VFSS).
- 2. Recommendations for diet and fluids based on the results of the VFSS.
- 3. Education on appropriate foods and thickening fluids.
- 4. Plans for ongoing management of Jim's swallowing by speech pathology following his return home.

You will conduct the session in your pair. Each student pair will have an opportunity to conduct the session with Jim and Betty. Each session will run for **15minutes**. Other students will not be observing the session.

INTENDED LEARNING OUTCOMES:

After participating in this simulation, you will be able to:

- 1. Effectively communicate the results of the assessment using appropriate language.
- 2. Make appropriate choice regarding modified foods and fluids in the management of a known patient.
- 3. Clearly explain to the patient and carer how to appropriately manage his dysphagia in a community/home environment.
- 4. Respond effectively and appropriately to patient and family questions and concerns.

SETTING:

Speech pathology office, NSHS hospital.

RESOURCES PROVIDED:

- 1. VFSS video footage (if required to show Jim and Betty).
- 2. Pictures/resources of modified diet and fluids to demonstrate to Jim and Betty (located at the back of this booklet).
- 3. Suggested resource: Dysphagia app on iPad.

Pre simulation activity

Complete the tasks in preparation for your session.

1. Your clinical educator will show the VFSS footage and provide you with the written VFSS report (which you should put in the patient medical file under *Investigations*). Discuss the results and recommendations within your group. Document any notes from this discussion below.

- 2. In your pair, discuss how you will conduct the session with Jim and Betty (refer to the session overview below and the session plan over the page). Consider the following and document your answers below: You will have a further 15 minutes tomorrow morning to continue this.
 - a. How will you explain dysphagia to Jim and Betty? What might you use to support your discussions?
 - b. What recommendations are you providing about the food and fluid Jim will require when discharged home? How will you explain these? Do you need any more information about modified diets/fluids in the community?
 - c. What questions might Jim and/or Betty ask? How will you answer these?
 - d. Will it be different having two people in your session? How will you manage this?
 - e. What would your follow-up plan be for Jim? Why?
 - f. How do you plan to break up the session so that you both have an opportunity to conduct part of the session?

Session overview

Introduction and outline of the session: re-introduction to Jim and introduction to Betty. Provide an outline of the session – VFSS results, diet and fluid recommendations and modifications required, management plan for discharge home. Revise the role of speech pathology with regard to swallowing management.

- 1. **Clinical bedside swallowing management:** provide a brief overview of bedside management of swallowing whilst Jim has been admitted to hospital.
- 2. **VFSS results:** students to discuss the VFSS procedure and provide reasons as to why this was required to be conducted with Jim. Briefly outline the results to Jim and Betty.
- 3. **Recommendations:** Discuss swallowing recommendations diet and fluid modifications and strategies. Students will need to provide information and education about thickened fluids and how to achieve the desired diet modifications including foods to avoid. Advise Jim and Betty that thickened fluids will be delivered to the home so there will be no need to thicken fluids.
- 4. **Plan:** Discuss the plan which includes: a referral to a community speech pathologist who will be able to visit Jim at home, reassess his swallow and determine the need for ongoing diet and fluid modifications, repeat VFSS in 2-4 weeks here at the hospital.
- 5. **Education and support:** provide education regarding speech pathology services and answer any questions regarding swallowing.
- 6. **Follow-up plan and questions:** Discuss understanding of information provided, opportunity for further questions. Clarification of follow-up plan at home.

Session goals:

- 1. Explain results of VFSS.
- 2. Provide patient with recommendations for safest consistencies.
- 3. Provide education around how to modify food and fluids.
- 4. Provide patient and his wife with plan for ongoing management of Jim's dysphagia.

Session element	Goal / Activity	Time	Materials
1. Welcome / intro / explanation of Session 2. Results of VFSS	 Student clinicians to Introduce themselves to Jim and Betty. Outline the aims of the session. Revise the role of the speech pathologist with regard to swallowing. Provide an overview of bedside management. Student clinicians to Remind Jim that the procedure was done 	1-2 mins	N/A Diet/fluids
	 Briefly explain results of assessment i.e. What did the VFSS demonstrate? How does this differ from a normal swallow? What does this mean for Jim? Outline recommendations for dysphagia management i.e. What are the recommendations? Why have they been recommended? What is a modified diet and/or thickened fluids? How do they modify Jim's diet and fluids when he returns home. 		handout (located at the back of this booklet). Minced and moist handout (located at the back of this booklet). Suggested resource: Dysphagia app
3. Wrap Up / questions / plan	 Student clinicians to Discuss the plan for ongoing management of Jim's dysphagia i.e. Referral to speech pathologist in the community. Repeat VFSS. Who they can contact with questions following discharge. Answer any of Jim and Betty's questions and clarify any information. 	3-4 mins	N/A

Notes:

DAY 4 STATISTICS RECORD

Date	UR and PATIENT NAME	Time spent on Patient-Related Tasks (Please round to nearest ¼ hour)		
Date	OR AND PATIENT NAME	Preparation	Direct Contact (i.e. Ax or Tx)	Documentation





THERAPY RESOURCES

DAYS 4 and 5

SIMULATIONS 7-12



CLINICAL SWALLOW EXAMINATION (CSE)

Patient:	URN: [Date of assessment: Ass	sessor:						
Observations/Revi	iew of End of bed chart								
Current diet/nutri	tional status:								
☐ Nil by Mouth and ☐ Non-oral feeding gastrostomy (PEG)	☐ Diet – general or modified ☐ Nil by Mouth awaiting SP review ☐ Non-oral feeding: e.g. nasogastric tube (NGT), nasojejunal tube (NJT), percutaneous endoscopic gastrostomy (PEG), percutaneous endoscopic jejunostomy (PEJ), intravenous fluids (IV fluids), total parenteral nutrition (TPN).								
parenteral nutritio	n (TPN).								
Level of Alertness	☐ Alert and stable ☐ Responsive	☐ Drowsy but rousable ☐ Fluctuating alertness ☐ Fatigued during session	☐ Non-responsive/unable to be roused						
Behaviour	☐ Cooperative ☐ Non cooperative	☐ Agitated ☐ Aggressive	Unable to maintain attention						
Positioning	☐ Lying in bed (LIB)☐ Resting in bed (RIB)	☐ Sitting upright in bed (SUIB) ☐ Sitting out of bed (SOOB)	☐ Difficulty establishing appropriate posture (e.g. poor head control/sitting balance/staff required to assist						
Hearing/sight	☐ Glasses Details:	Hearing adequateHearing impaired	Wearing hearing aidsNo hearing aids						
Dentition/oral hygiene	☐ Natural dentition Details:	☐ Dentures Details:	Oral hygiene						
Respiratory Status	SpO ₂ Respiratory Rate (RR) Please select from the below:								
Communication	Please select from the below: Room air O ₂ via NC (nasal cannula) FiO ₂ Language spoken: Interpreter required? Yes / No Is the patient able to follow basic instructions? Can the patient functionally communicate their needs/wants? E.g., pain, hunger, thirst, need for the toilet etc. Are there any concerns regarding the patient's communication skills? If yes, provide details: dysphonia dysphonia dyspraxia AAC user Details: Other? Specifiy: Is there a need for further assessment of this patient's communication skills? Provide details:								



Oromotor / cranial nerve assessment

Cranial Nerve		Observations	Comments/Notes **Strength, Symmetry, Speed, ROM, Coordination**
CNV		Jaw opening / closing	
		Jaw opening / closing	
Trigeminal		with resistance	
		Jaw strength	
		Lateral movement of	
		jaw	
CNVII		Facial symmetry at rest	
		Raise / lower eyebrows	
Facial		Close / open eyes	
		Frown	
		Lips protrusion (kiss)	
		Lips retraction (smile)	
		•	
		retraction of lips (oo-	
		ee)	
		Lip seal (puff cheeks	
		and hold air)	
CNIX, CNX		•	
		("ah")	
Glossopharyngeal		Vocal quality	
and Vagus		Volitional cough	
		Dry swallow	
		Breath support	
CNXII		Tongue at rest	
		Tongue protrusion	
Hypoglossal		Tongue lateralisation	
		Lateralisation with	
	_	resistance	
		Tongue elevation (nose)	
		Tongue depression	
	_	(chin)	
		Elevation / depression	
	_	SMR	
		Tongue ROM (lick lips)	
		DDK	
Other comments:			
	. , , ,		



Swallowing assessment

Current nutritional status	☐ Oral diet Details:	☐ NBM (nil by mouth)	Alternative feeding: NGT / NJT PEG / PEJ TPN	
Consistencies trialled	☐ Thin fluids ☐ Mildly thick fluids ☐ Moderately thick fluids ☐ Extremely thick fluids	□ Normal diet□ Soft diet□ Minced-moist diet□ Puree diet	☐ Single sips ☐ Continuous drinking ☐ Mixed consistencies ☐ Other:	
Other information	·		Independence with feeding: Self-feeding Requires assistance Details:	
Phase of swallow Parameters to observe/assess Comments/Notes				
Oral Lip seal Oral manipulation / control of bolus Mastication of solids Oral preparation / transit time Nasal regurgitation Oral residue post swallow Prompt required to clear? Yes / no; Effective Y, Pharyngeal Swallow initiation / trigger Number of swallows per bolus Hyolaryngeal excursion Breath-swallow synchrony Vocal changes post swallow (i.e. wet voice) Airway protection i.e., Cough/throat clear – is it immediate or delayed.				
Were any comp	pensatory swallow strategies triallo	ed? □ Y	∕es □ No	
044				
Other comment				

N	S	1>

Summary of f	findings			
Dysphagia:	□ Nil	☐ Oral Phase	☐ Pharyngeal Phase	
Severity:	☐ Mild	☐ Moderate	☐ Severe	
Dysphagia ch	aracterised by:			
Patient at risl	k of aspiration:	☐ Yes	□ No	
Details:				
Recommenda	ations			
☐ NBM	☐ Referrals re	equired:		
☐ Oral diet	☐ Fluids:		_ □ Diet:	
☐ Safe swallo	ow/compensator	y strategies:		
☐ Instrument	tal assessment re	equired?		
☐ Swallow re	habilitation plan	:		



BASIC LANGUAGE SCREENER

Patient:	URN:		Date	of assessment: Assessor:		
AUDITORY COMP	PREHENSION					
Yes / No Questions: verbal or gestural).	I'm going to as	sk you	some	e questions. Answer yes or no <i>(response</i>	rs may	be
F	Personal			Abstract		
Is your name Jeff /	Jess?	1	0	Does it snow in winter?	1	0
Do you live in <inset or="" suburb="" town="">?</inset>	rt correct	1	0	Are circles round?	1	0
Is there a television	in the room?	1	0	Is this a hotel?	1	0
Are you in hospital	?	1	0	Can a car fly?	1	0
Are you awake?		1	0	Does April come before October?	1	0
	Personal score:			Abstract score		
				TOTAL SCORE (personal + abstract):		_/10
One stage command instruction before you	ds: I'm going to			Score of the whole		/5
Raise your arm		Toucl	h you	r nose		
Shake your head		Lick y	our li	ps		
				Score _		/4
Two stage and sequ whole instruction be		ds: I'r	n goii	ng to ask you to do some things. Please	listen	to the
Point to the ceiling a	and then to the f	loor				
Before clapping you	r hands, close yo	ur eye	es			
After you touch you	r nose, touch the	e bed				
				Soare		/ 2



Complex commands (if appropriate):

Tap the chair twice with a clenched fist, while looking at the ceiling					
Blink your eyes twice, then point to the ceiling and then the door					
	Score / 2				
VERBAL EXPRESSION					
Automatic Speech: Can you tell me your					
Full name:					
Address:					
	Score / 2				
Connected speech:					
Can you tell me a bit about your family?					
What is/was your occupation?					
Serial speech: Can you					
Count from 1 to 20:					
Say the days of the week:					
Say the months of the year:					

Score _____ / 3



Naming

	nfrontation (object): Locate/point to t tient 'What is the name for this?'	he following objects in the hospital room and asked the
1.	Pen	
2.	Bed	
3.	Cup/Mug	
4.	Light	
5.	Chair	
<u>De</u>	escription: I am going to describe an ob	ject. I want you to name the object that I am describing.
1.	What do we drink with?	
2.	What do we clean our teeth with?	
3.	What do we tell the time with?	
4.	What do we sleep in?	
5.	What do we write with?	
Ca 1. 2. 3. 4.	rase/sentence completion: n you finish these sentences for me? Up and Left and Boys and Shut the The grass is	- - -
Re	petition	Score / 5
	ords: y these words after me	
1.	apple	_
2.	sun	_
3.	plant	_
4.	table	_
5.	hospital	_



Phrases/ sentences:

Say these phrases after me...

		Score / 5
5.	Along the river, there was a little brown cottage	
4.	Do you know what the day is?	
3.	Roses are red, violets are blue	
2.	Pick up the phone	
1.	The plane was fast	

Picture description:

Look at this picture (use attached stimulus sheet). Tell me what is going on in this picture.

<transcribe patient response here>

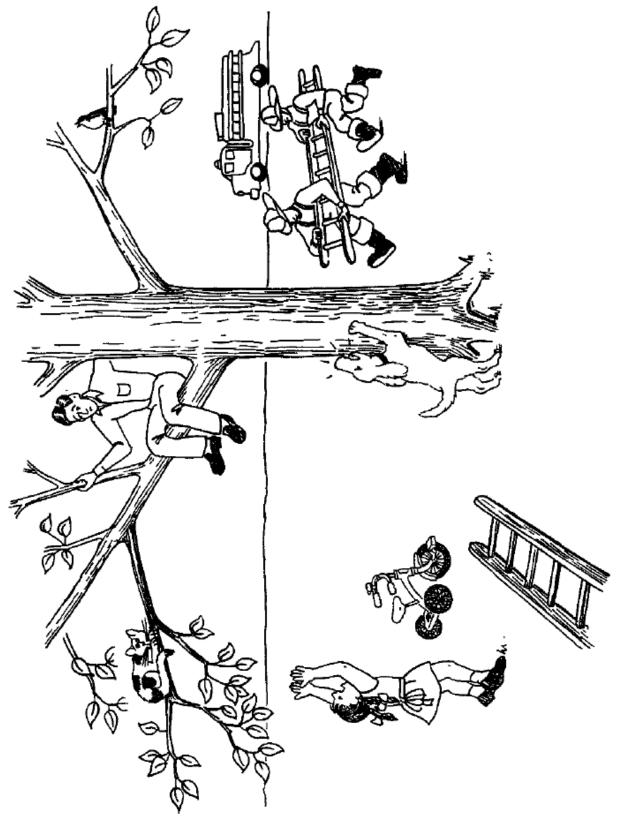


READING COMPREHENSION (use attached stimulus sheet)

Please read t	hese instruction	ons and follo	w them.		
Point to your	:				
1. nose					
2. bed					
3. chair					
4. ceiling					
5. pillow					
Complete the	e following:				
6. touch	your nose				
7. wave	your hand				
8. shake	your head				
9. touch	your ear and yo	our knee			
10. close	your eyes and ta	ap your leg			
					Score / 10
WRITTEN E	XPRESSION	(use the atta	ached writing sul	otest response forms)	
Name:					
Address:					
•					Score / 2
Copying C	0	Α	_ F	Y	
car					
bottle					
fly to the mo	on				
					Score / 8
<u>Dictation:</u>		_	_	_	
P	М	R	_ D	E	
pen					
pillow					
Jump up and	down				

Score _____ / 8







Read and follow these instructions:

Point to your nose

Point to the bed

Point to the chair

Point to the ceiling

Point to the pillow

Touch your nose

Wave your hand

Shake your head

Touch your ear and your knee

Close your eyes and tap your leg



Written expression response form

My name is:			
My address is:			
Copy these:			
C	F		
0	Υ		
Α			
car			
bottle			
fly to the moon			
Letters:			
1			
2.			





3					
4					

Words/phrases:

1			
⊥.			

2. _____

3. _____



INFORMAL MOTOR SPEECH ASSESSMENT – DYSARTHRIA & APRAXIA

Patient:	URN:	Date of assessment:	Assessor: _	
Assessment of crani	al nerve function			

- Obtain information regarding: symmetry, strength, range, speed and coordination of orofacial movements.
- Observe musculature: at rest, during movement, during sustained postures, reflexive movements as appropriate.

Cranial nerve:	Observation:
V	
VII	
IX, X	
XII	

Vowel prolongation

Instruction to patient: Take a deep breath and say 'Ah' for as long and as steadily as you can, until you run out of air.

• Time _____ (seconds)

• Observe: Pitch, loudness, vocal quality, jaw, face, tongue and neck.

Normative Data: maximum duration of sustained phonation "ah"

Age group	Ages (years)	Mean (seconds)	SD
Male young children	3 -4	8.95	2.16
Male children	5 – 12	17.74	4.14
Male adults	13 – 65	25.89	7.41
Male seniors	65+	14.68	6.25
Female young children	3 - 4	7.5	1.80
Female children	5 – 12	14.97	3.87
Female adults	13 – 65	21.34	5.66
Female seniors	65+	13.55	5.70

(Colton & Casper, 2006)



Motion rate tasks

nstruction to patient: 'Take a breath and repeat	for as long and as steadily as you can'
--	---

• Observe speed, range, coordination and regularity of movements (articulatory of lips and jaw) and presence of interruptions or extraneous movements.

p^p^p^	
k^k^k^	
t^t^t^	
p^t^k^	

NB: If patient has difficulty with p^t^k^p^t^k^ substitute with 'buttercup'.

Normative data:

Motion Rate Task:	Median syllables per second:
/p^p^p^/	6.3 (SD 0.7)
/t^t^t^/	6.2 (SD 0.8)
/k^k^k^/	5.8 (SD 0.8)
/p^t^k^/	5.0 (SD 0.7)

(Taken from Duffy, 2005)

Motion Rate Task:	Mean syllables per second:		
65-74 years	Males	Females	
/p^p^p^/	6.9 (SD 0.81)	6.3 (0.69)	
/t^t^t^/	6.8 (SD 0.43)	5.9 (SD 1.00)	
/k^k^k^/	6.3 (SD 0.75)	5.6 (SD 1.03)	
/p^t^k^/	6.1 (SD 5.4)	5.9 (SD 1.09)	

Motion Rate Task:	Mean syllables per second:		
74-86 years	Males	Females	
/p^p^p^/	6.7 (SD 0.74)	5.9 (1.02)	
/t^t^t^/	6.4 (SD 1.08)	5.9 (SD 0.87)	
/k^k^k^/	5.8 (SD 1.17)	5.2 (SD 1.06)	
/p^t^k^/	5.4 (SD 1.67)	5.7 (SD 0.69)	

(Taken from Pierce, Cotton & Perry, 2013)



CONNECTED SPEECH

Conversational / discourse analysis

Possible topics to elicit discussion:

- What brought you to hospital?
- What are your concerns with your speech?
- Where have you been to on holidays?
- Please tell be about the place where you were born / grew up?
- Hobbies/interests
- Tell me about your family

<transcribe response here>

Grandfather passage (Darly et al., 1975)
Instruction to patient: Read the following story out loud (use attached Grandfather Passage)
Comments:

Note:

- Approximate time to read aloud by normal speakers with normal reading skills: 35-45 seconds.
- Number of words in passage: 115 words.



Dysarthria Rating Scale

(Modified from Mayo Clinic in Duffy, 2005)

Rate speech by assigning a value of 0-4 to each of the dimensions listed below. $0 = \text{Normal} \mid 1 = \text{Mild} \mid 2 = \text{Moderate} \mid 3 = \text{Marked} \mid 4 = \text{Severely Deviant}$ **May be appropriate to use +/- to indicate in-between ratings.

Dimension	Element	Rating	Dimension	Element	Rating
	Pitch level (+/-)			Forced inspiration-	
				expiration	
	Pitch breaks		RESPIRATION	Audible inspiration	
PITCH	Mono pitch			Inhalatory stridor	
111611	Voice tremor			Grunt at end of	
	D.4			expiration	
	Myoclonus			Rate	
	Diplophonia			Short phrases	
	Mono loud			Increased rate in	
				segments	
	Excess loudness variation			Increased rate overall	
LOUDNESS	Loudness decay			Reduced stress	
	Alternating loudness		PROSODY	Variable rate	
	Overall loudness (+/-)			Prolonged intervals	
	Harsh voice Hoarse (wet) voice Continuously breathy			Inappropriate	
				silences	
			Short rushes of		
				speech	
				Excess and equal	
VOICE	Transiently breathy		ARTICULATION	stress Imprecise consonants	
QUALITY			ANTICOLATION		
	Strained strangled			Prolonged consonants	
	Voice stoppages			Repeated phonemes	
	Flutter			Irregular articulatory	
				breakdowns	
	Slow alternating			Distorted vowels	
	motion rate (AMR)				
	Fast AMR			Hypernasality	
OTHER	Irregular AMR		RESONANCE &	Hyponasality	
	Simple vocal tics		INTRAORAL	Nasal emission	
	Palilalia		PRESSURE	Weak pressure	
	Coprolalia			Consonants	



Grandfather passage (Darly et al, 1975)

Read the following story aloud:

You wish to know all about my grandfather. Well he is nearly 93 years old, yet he still thinks as swiftly as ever. He dresses himself in an old black frock coat, usually with several buttons missing. A long beard clings to his chin, giving those who observe him a pronounced feeling of the utmost respect. Twice each day he plays skilfully and with zest upon a small organ. Except in the winter when the snow or ice prevents, he slowly takes a short walk in the open air each day.

We have often urged him to walk more and smoke less, but he always answers, "Banana oil!" Grandfather likes to be modern in his language.



Tests for Apraxia of Speech (AOS) and Oral Apraxia

(Taken from Mayo Clinic Apraxia Screener)

1.	Repeat:	2. Name the days of the week
	/a/	Sunday
	/o/	Monday
	/i/	Tuesday
	/u/	Wednesday
	/٤/	Thursday
	/au/	Friday
	/aɪ/	Saturday
	/eɪ/	
	/ɔɪ/	3. Repeat:
	/m/	mum
	/p/	peep
	/b/	bib
	/n/	nine
	/t/	tote
	/d/	dad
	/k/	coke
	/g/	gag
	/f/	fife
	/s/	sis
	/z/	zoos
	/s/	shush
	/ʃ/	church
	/tʃ/	judge
	/ਖ਼/	lull

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4.	Repeat rapidly:	(equal stress? Yes / No)	
	Snowman		
	Several		
	Tornado		
	Gingerbread		<u></u>
	Artillery		<u></u>
	Catastrophe		
	Impossibility		
	Statistical analy	/sis	
	Methodist Epis	copal Church	
	zip – zipper – zippe	ring	
	please – pleasing –	pleasingly	
	sit – city – citizen –	citizenship	
	cat – catnip – catap	oult – catastrophe	
	door – doorknob –	doorkeeper – dormitory _	
Th	e valuable watch wa	s missing	
ln	the summer they sel	l vegetables	
Th	e shipwreck washed	up on the shore	
Ple	ease put the grocerie	s in the refrigerator	



Effortful Swallow Exercise

<u>Aims</u>:

- To make the swallow stronger.
- To help food and drink move into the stomach safely.

Instructions to patient:

Remember you will need to squeeze hard with all of your muscles that you use when you swallow your food and drink.

- 1. Take a sip of water or a mouthful of food.
- 2. Think about squeezing very hard with your tongue and throat muscles.
- 3. Swallow hard feeling the effort of the muscles working in your neck when you swallow your food or drink.

If you have any queries regarding your swallowing or this technique, please contact the NSHS Speech

Pathology department.



PICTURE NAMING – LIST OF PICTURE CARDS (picture cards at back of booklet)

Target	Response	Correct
1. TV/television		
2. Remote		
3. Toothbrush		
4. Toothpaste		
5. Hairbrush		
6. Phone		
7. Bed		
8. Chair		
9. Couch		
10. Table		
11. Lamp		
12. Glass		
13. Plate		
14. Spoon		
15. Knife		
16. Fork		
17. Clock		
18. Ball		
19. Book		
20. Socks		
21. Shoes		
22. Jug		
23. Hat		
24. Cardigan/Jumper		
25. Tshirt/Shirt		
26. Plant/flower		
27. Watering can		
28. Newspaper		
29. Pen		
30. Scissors		
TOTAL		/30



Spoken Naming Cueing Hierachy (Cardell and Lawrie, 2012)

Clinician's Cueing Hierachy:

Note: Encourage the individual to silently rehearse each word 'in their head' before saying the word aloud to optimise the retrieval of the correct phonological form.

Target = 'bed'

1. Phonemic cue (PC)	It starts with a 'b'.
2. Semantic cue (SC)	You sleep in it.
3. Sentence completion cue (Sent)	You sleep in a
4. Sentence completion and phonemic cue (Sent & PC)	You sleep in a b
5. Anagram using letter tiles (An)	
6. Written word cue/arrange letter tiles (W)	
7. Written word cue and phonemic cue (WC &PC)	
8. Repetition (Rep)	

Note: The above hierarchy is not 'set in cement'. Use your clinical judgement to modify the hierarchy of cues, according to the client's individual processing profile.



PICTURE NAMING - PICTURE CARDS



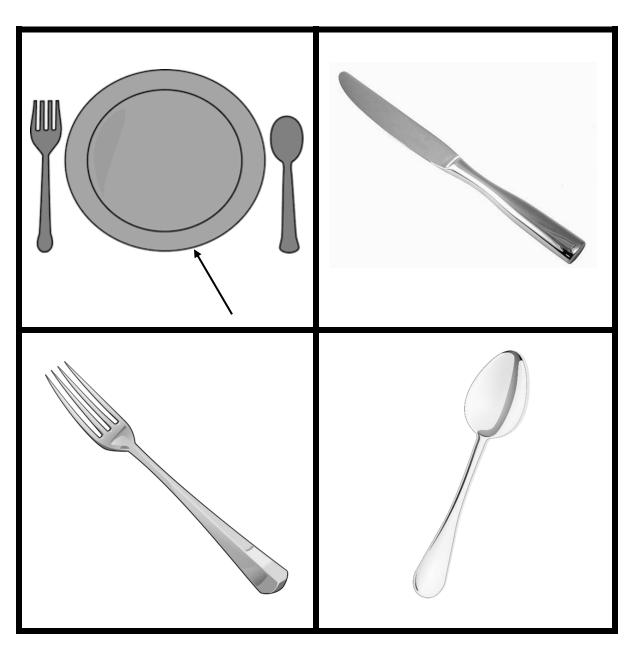












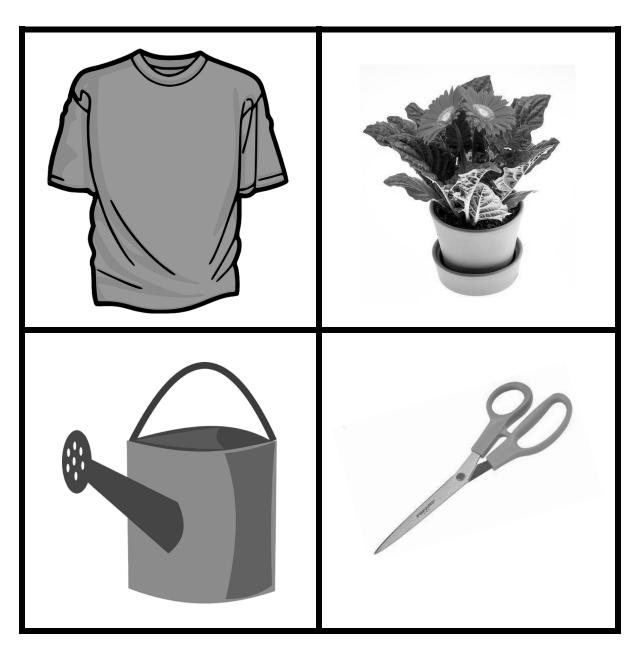




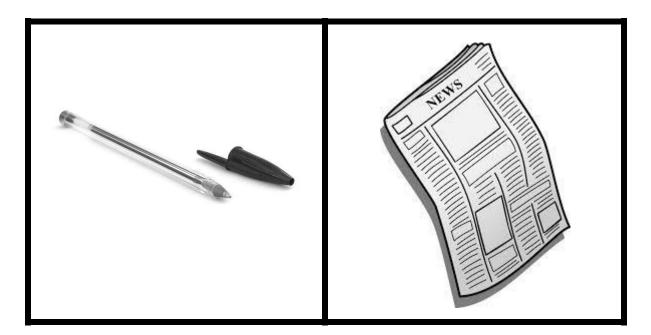














References/recommended reading:

- 1. Chapter 6, Rehabilitation pp. 79-95 of the Clinical Guidelines for Stroke Management 2010, National Stroke Foundation http://www.strokefoundation.com.au/clinical-guidelines
- 2. Section titled "Distinguishing among the Dysarthrias" (p357-363) in Chapter 15 of the Online version of Duffy, J.R. (2013). *Motor speech disorders: Substrates, differential diagnosis and management*. 3rd edition. St. Louis: Mosby. (Get via UQ library)
- 3. Sections (listed below) from: Murray, L., & Clark, H. (2006). *Neurogenic disorders of language: Theory driven clinical practice*. Clifton Park, NY: Thomson Delmar Learning.
 - "Aphasia" pp 25-38 (Chapter 2)
 - "The Team" pp 88-92 (Chapter 4)
 - "General Assessment Procedures" pp 92-108 (Chapter 4)
- 4. Colton, R.H., & Casper, J. (2006). *Understanding Voice Problems: A Physiological Perspective for Diagnosis and Treatment*. Baltimore, MD: Lippincott Williams & Wilkins.
- 5. Darly, F.I., Aronson, A.E., & Brown, J.R. (1975). Motor Speech Disorders. Philadelphia: W.B. Saunders.
- 6. Duffy, J.R. (2005). *Motor Speech Disorders: Substrates, Differential Diagnosis and Management*. 2nd Ed. St Louis, Mo: Elsevier Mosby.
- 7. Pierce, J.E., Cotton, S., & Perry, A. (2013). Alternating and Sequential Motion Rates in Older Adults. *International Journal of Language and Communication Disorders*, 48(3), 257-264.