



LSVT LOUD[®] Professional Webinar Series

Title: **Life after LSVT LOUD[®]: Strategies for maintaining improved communication**

Presenters: Elizabeth Peterson, MA, CCC-SP
Heather Hodges, MA, CCC-SLP

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Life after LSVT LOUD®:
Strategies for maintaining improved communication



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GLOBAL Innovation in Science. Integrity in Practice.®

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Presenters



Elizabeth Peterson
 MA, CCC-SLP
 LSVT LOUD® Faculty



Heather Hodges
 MA, CCC-SLP
 LSVT LOUD® Faculty

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Presenter 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 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. In her current role with LSVT Global, Ms. Peterson serves as an LSVT LOUD Faculty Instructor and manages their ongoing webinar program to help educate allied health professionals, individuals with PD or other neurological conditions and all others involved in their care, on topics related to neurogenic voice and speech disorders and the LSVT programs.

Heather Hodges, MS, CCC-SLP
 Ms. Hodges received her master's degree in Speech, Language, and Hearing Sciences from the University of Colorado. She has been part of Dr. Ramig's research team since 2004. Ms. Hodges is a consultant, expert clinician, training and certification faculty and CE Administrator with LSVT Global. She also enjoys her role within LSVT Global collaborating and presenting on Google's Project Euphonia, which aims to improve voice recognition software for those with dysarthria and dysphonia. In addition to specializing in neurogenic voice and speech disorders, Ms. Hodges worked for 13 years at an outpatient hospital specializing in diagnosing and treating dysphagia, dysphonia, and upper airway disorders. She has presented nationally and internationally on LSVT LOUD, Parkinson's disease, PVFM/VCD, cough, and dysphagia. Ms. Hodges has published articles and a book chapter on speech treatments for upper airway disorders. Educating others on the diagnosing and treatment of upper airway disorders remains a focus and passion for her.

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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 as a treatment technique.
- Financial Relationships include:
 - Ms. Peterson is an employee of and receives lecture honorarium from LSVT Global, Inc.
 - Ms. Hodges is a consultant for and receives lecture honorarium from LSVT Global, Inc.

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Webinar Logistics



- Microphones muted
- How to ask questions
- Handouts
- Survey
- Continuing Education Units (CEUs)

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Information to Report CE Activity to ASHA

This presentation is being offered for 0.1 ASHA CEUs. In order to receive CE credit please do the following:

1. Watch this one hour presentation in its entirety.
2. Complete the self-assessment/survey
 - **Live Webinar Viewing:** Survey will launch at end of webinar and be sent in a follow-up e-mail 1 hour after the webinar
 - **On-Demand Webinar Viewing:** Survey link can be found below the webinar description in the On Demand webinars section of your clinician account and in the YouTube webinar description below the video.
 - E-mail webinars@lsvtglobal.com if you have difficulty finding the survey.
3. Please note, LSVT LOUD Live and On Demand webinars are each registered for ASHA CEUs as one course through the end of 2023. The reports will be submitted at the beginning of 2024 and will include all qualifying live and on demand webinars attended with completed self-assessment survey.
4. Once reported, it can take ASHA several weeks to post course completion activity on your account. However, when it is posted it will reflect the proper year that you participated in the presentation(s).
5. Certificates:
 - **Live Webinar Viewing:** You will receive a certificate after completion of the webinar
 - **On Demand Webinar Viewing:** You must complete the survey in order to receive a certificate.
 - Certificates include your name, date of the webinar, and the number of hours earned. It may take 1-2 weeks for certificates to be emailed.



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Learning Objectives

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

1. Summarize the importance of an ongoing home exercise program
2. Implement potential tools to assist in client home practice during treatment and after discharge
3. Outline the elements of LOUD for LIFE® group maintenance classes and how clients can participate in established classes
4. Identify steps for building your own LOUD for LIFE groups



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6 Keys to Maintaining Treatment Gains

Success starts on Day One!

Adherence to the protocol

Preparation of your patient for discharge

Continued practice after discharge

Community Engagement

Tune Up Sessions

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Setting up for Success

Set clear expectations at evaluation of what is required of the LSVT LOUD program and your expectations of the results they would achieve.

Educate on homework requirements to receive the expected results both during and after treatment.

Provide with resources for both during and after treatment.

Monitor level of calibration throughout treatment.

Assist with problem solving through reported barriers.


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Initial Treatment Sessions

- Ensure that they know the **IMPORTANCE** of the daily home exercise program
- Every day, inquire about their home practice.
- Address any barriers to adherence


Their adherence = Their success

- You are their guide in helping them to be successful with adherence to the HEP



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Monitoring Quality of Home Practice

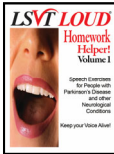



- Consistent behavior and productions between home and treatment room
- Audio/video record home practice
- Do home practice on phone with you or leave voicemail while practicing
- Ask patient to demonstrate the first trial each exercise
- Ensure water drinking during practice

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During the Month of Treatment

- Use of Homework forms and back-and-forth folder to log and track participation in HEP
- Create audio/video recordings; use LSVT LOUD Homework Helper video; use LSVT Coach, Home Edition for applicable clients
- Assign carryover exercise everyday AND follow up at next visit to check on success/impact of carryover assignments
- Train caregivers to be good helpers at home when necessary





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Clinician Account Tools to Support YOU!

- Weekly Carryover Assignment Examples
- Calibration Chart
- Skills Checklist

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Caregiver Tips

Download the Caregiver Tips Sheet from your Clinician Account

- Discuss with patient
- Provide simple, repetitive, concise cues
- Cue at appropriate hierarchy level, at certain times during day
- Provide positive feedback and encouragement
- If the person with PD would like a practice partner, complete the exercises and activities with them
- Observe part of a therapy session to learn how to be successful at home

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Throughout Treatment

- Monitor progress with intermittent calibration assessment
- Keep it challenging!
 - Layer in more complexities throughout the weeks to force calibration
- Talk about the plan for discharge
- Review opportunities for continued exercise
- Connect with support groups, classes, peers

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- Ensure that a good homework routine has been established.
- Limit your modeling.
- Have they taken responsibility for their home exercise program?
- Do they understand the importance of talking LOUD?
- Have they learned the internal cue for LOUD?
- Are they calibrated?
 - Monitor how many cues are needed during structured exercises.
 - Watch for spontaneous moments of good quality loudness.

Final Week of Treatment

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My patient wants to keep coming to therapy but is more skilled therapy necessary?

<ul style="list-style-type: none"> • They are not yet calibrated • They have potential to meet unmet goals • They continue to show steady progress <p>YES, more skilled therapy is necessary</p> <p>↓</p> <p>Schedule more sessions</p>	<ul style="list-style-type: none"> • They are calibrated • They have met their goals • They have an established HEP <p>NO, more skilled therapy is NOT necessary</p> <p>↓</p> <p>Connect with LOUD for LIFE classes</p>
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Scheduling and Documentation for Additional Sessions

Educate	Educate patient on why you are extending therapy
Schedule	Schedule sessions to continue with the treatment protocol in the same 4 times per week format
Update	Update your documentation and plan of care
Indicate	Indicate in your documentation why you are extending treatment
Provide	Provide information to show medical necessity and the reasonable expectation that they will continue to progress and work towards meeting goals.

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Final Therapy Session

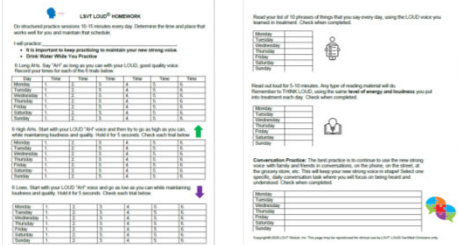


- Re-assess all tests and measures that were completed at evaluation, without cues for LOUD.
- Compare & contrast all testing with the patient.
- Celebrate successes and gains!
- Review all goals.
- Reinforce importance of daily home exercise program.

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Home Practice Form for Daily Practice after Treatment

Document found in Treatment Forms in Clinician Account



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Reinforce Exercise and Follow-Up Plans



Daily Practice of LSVT LOUD Exercises
1x/day Forever

- "Show off LOUD" daily
- Tune-ups
- LOUD for LIFE®






"Other" voice and speaking exercises they enjoy
Examples: Singing, Book Club, Toastmasters

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What can you do to keep your patient motivated between tune-ups?

Daily Practice of LSVT Exercises

- Home Exercise Program
- Updated Audio/Video recordings; LSVT Homework Helper Video
- LSVT Coach
- LOUD for LIFE
- Periodic Check-Ins



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LSVT Coach® Home Edition



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

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LSVT Coach Key Features

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

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Post-Graduate Groups: LOUD for LIFE®

- Group exercise maintenance class specifically for patients who have completed the FULL LSVT LOUD Protocol
- Typically meet 1-2 times per week for 1 hour
- Cash based
- Led by LSVT LOUD Certified Clinicians who have completed the LOUD for LIFE online training
- Can have a variety of classes grouped by ability levels as interest grows
- Can market to the community at large, not just your own organization
- Can be done virtually or in person

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LOUD for LIFE Goals

PRIMARY GOALS
Support regular practice of LSVT LOUD Exercises and LOUD voice to help maintain treatment gains over time!

- Enhance motivation to exercise in a fun way!

SECONDARY GOALS

- Provide social interaction
- Reduce care partner burden
- Promote general wellness and reduce overall healthcare costs
- Provide opportunities for peer interactions to reinforce calibration

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LOUD for LIFE Training for LSVT LOUD Clinicians

Online Training:


- Training is now available online to previously certified LSVT LOUD clinicians
- Can be completed in approximately 2.5-3 hours for a nominal fee
- Full details and registration information can be found at: www.lsvtglobal.com (click on "Store", then select desired course from dropdown menu under "LSVT Courses")



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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
- Have your patient join a Virtual LSVT Global class!



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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Don't have a LOUD for LIFE class in your area?

LSVT for LIFE Virtual Exercise Platform by LSVT Global

- Lsvtforlife.com

Monthly Membership with free 30-day trial

Includes:

- Weekly, live, themed classes – currently Fridays via Zoom
- Recorded classes – on demand and patient-guided
- Streaming of the LSVT LOUD Homework Helper Video
- Functional Tips and Tricks videos

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What do data say about maintenance?

Research data have documented maintenance of outcomes in LSVT LOUD at 6 months, 12 months and 24 months post-treatment (Ramig et al., 1995; 1996, 2001a, 2001b; 2018)...


Having said that...

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...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
- Complacency: The feeling of "I'm doing well, I don't need to do this anymore."
- Lack of motivation
- Sensory impairment impacting quality of HEP
- Apathy

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Check In at 3-6 Months

Clients may need:

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

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Tune-Up Recommendations

Establish frequency and number of visits based on your assessment findings

- **Range:** 0-16 visits
- **Average:** 4-6 visits
- **Follow patients every 3-12 months**
 - More Frequent (every 3-4 months): Atypical PD, Cognitive Impairments, with changes to DBS
 - Less frequent: IPD, Young, healthy, very motivated and adherent to HEP, good support, active

Remember...PD is forever. You are an important partner on their journey!

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Return to Therapy

- Is a new MD order required?
- How do they get the order?
 - Contact you
 - Contact the MD
 - Does it matter which MD?
- Long-term Care: How will you be monitoring for their return?
- Do they set up their tune up appointment before discharge?
- Will you be calling them with a reminder?

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Tune-Up Assessment

- ✓ Complete Evaluation
- ✓ Re-test all tests completed previously
- ✓ Complete additional testing if clinically indicated
- ✓ Compare previous testing to current testing & use this to assist in determining your plan of care
- ✓ Set updated goals
- ✓ Choose relevant Hierarchy Exercises

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Tune-Up Treatment

- Treatment session **structure remains the same**
 - 60-minute sessions
 - Complete:
 - 3 Daily Exercises
 - Hierarchy Exercises
 - Carryover Assignments
- **Frequency and duration** are determined by your testing and clinical judgment
- **Adapt and/or progress** Daily Exercises
- **Functional Phrases** can be the same or different than previous treatment
- **Hierarchy Exercises** completed at the level determined by tune up assessment

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Tune-Up Reimbursement

- Tune-ups ARE a medical necessity
- They are reimbursable and billable to insurance
- People are living with a progressive neurological disorder
 - Expect they will need intermittent periods of intervention
 - Maintain best level of functional ability!
- Tune-ups can be provided in any setting



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Summary

- | | | | |
|--|---|--|---|
| 1 | 2 | 3 | 4 |
| Set your patients up for success from the beginning. | Promote ongoing exercise and LOUD for LIFE classes. | Establish a schedule for returning for tune-ups. | Partner with your patients on this Parkinson's journey! |

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LSVT LOUD Webinar

Join us in May!

Dysarthria Secondary to Stroke and Traumatic Brain Injury (TBI): When and how to use LSVT LOUD

Tune in to learn how LSVT LOUD can help individuals with dysarthria secondary to stroke and TBI communicate more effectively and improve their overall quality of life.

Date: Tuesday, May 16, 2023
Time: 8:00 PM - 9:00 PM Eastern Daylight Time (EDT)



Register from your LSVT Clinician Account

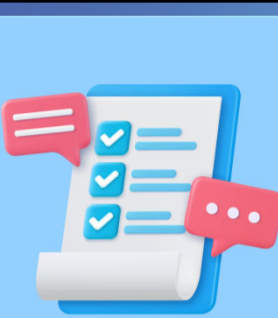
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How to ask questions



1. Type in the chat box on your control panel
2. Raise your hand!
3. Email info@lsvtglobal.com
4. Join our monthly LSVT LOUD Office Hours
 - Wednesday, April 12, 2023 or Wednesday, May 10, 2023
 - 8:00 to 8:30 PM Eastern Time (USA)
 - Register from your Clinician Account, Clinician Support

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Survey Information

Live Webinar Participants

- Display on screen directly after webinar
- Also emailed one hour after webinar

On Demand Webinar Participants

- Survey link located below the webinar description in the On Demand webinars section of your clinician account and in the YouTube webinar description below the video
- Email webinars@lsvtglobal.com if unable to find survey link
- Required to receive certificate

It will take five minutes or less to complete!

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Thank you!



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