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Title: Enhancing Well-Being Through Vocal Techniques Post Total Laryngectomy

Body: The impact of losing the voice after laryngectomy can be devastating to a person's identity, mental health, family and work life with many reporting a need to overcome depression and social isolation (Moors, 2020 et al, Pivovarchuk, 2023). In addition to the numerous challenges in relation to speech rehabilitation and voice production as a result of surgery, tracheoesophageal speech requires a lot more breath than normal speech (O' Neill 2021), so increasing lung strength, working on breathing, voicing, articulation and tongue movement are major components in restoring communication. ENT Dr. Thomas Moors "became particularly intrigued by voice problems after laryngectomy and the difficulty these patients face in their emotional expression" (Moors, 2016 para 3) and wondered, if singing techniques make a difference? As the use of music can improve general health and reduce anxiety and depression (Bradt, 2011), and inspired by the work of Dr. Moors, a pilot laryngectomy choir was set up to work on articulation, phonation, beat-boxing techniques, breathing, small pitch glides, and confidence building, all while having a fun. The choir is continuing on to investigate how much of an impact singing techniques can have on speech intelligibility, phonation time, pitch range and general well-being

Authors: Dr. Trish Rooney MTU Cork School of Music, Eimear Hannigan, SIVUH

Affiliations: MTU Cork School of Music, SIVUH