

Voice Care Appraisals

Early intervention and education to reduce the incidence and longevity of voice problems

What is Full Spectrum's Voice Care Appraisal?

Full Spectrum's Voice Care Appraisals are designed to assess and provide information on how each participant's voice works - specifically, how their voice is being effected by environmental, physiological and emotional factors in the workplace and socially. The importance of managing vocal load, how to prevent vocal deterioration, and how best to remediate any vocal habits or vocal change experienced will be discussed.



Full Spectrum offers 2 levels of Voice Care Appraisal

- 1. Group Workshop:** A group seminar giving a general outline of voice production, symptoms to be aware of and voice care tips.
- 2. Voice Care Assessment:** Individual 30 minute assessments. A health and lifestyle questionnaire will be provided, to be completed prior to this assessment. Acoustic and perceptual analysis will be completed within the session to give a baseline to compare any future measurements. Concise individualised voice care programmes will be provided with at least 2 specific strategies and techniques given for ongoing practice.

Why Choose Full Spectrum's Voice Care Appraisal?

- To educate employees on their voice and voice care, to prevent, or minimise, vocal problems
- To proactively facilitate an efficient level of vocal projection in your employees
- To develop individualised employee voice management strategies
- To reduce employee absenteeism related to voice

Individualised Solutions

Participants in Full Spectrum's Voice Care Assessment will be provided with a comprehensive "Voice Care Passport" detailing their screening results along with Full Spectrum's individualised Voice Care package.

Executive Summary

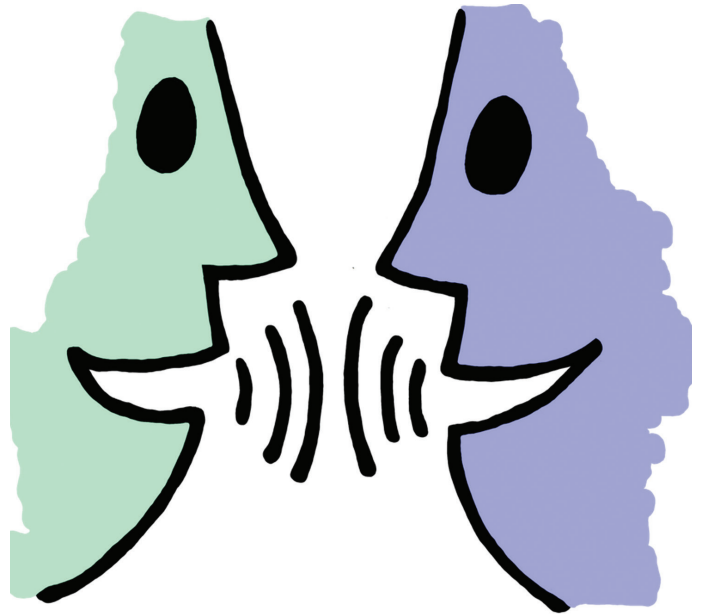
Management and HR have the option of requesting an Executive Summary. The Executive Summary entails a detailed report, highlighting group outcomes for the Voice Care Assessment. This report can be broken down to compare variations between departments, different unit locations (where applicable), age and gender. Your Executive Summary can then be used to specifically tailor future interventions of the Corporate Health Programme for your organisation.

Voice Care Appraisals

Full Spectrum's Voice Care Appraisals Include elements of the following specific to each level of screening

1. Health and Lifestyle Questionnaire

As a component of the Voice Care Appraisals, all participants are required to complete this questionnaire. The questionnaire provides essential background information required to determine the cause of voice change. The level of vocal load, which is how much someone uses their voice, is important in determining risk of developing voice problems. Professional voice users, such as teachers, barristers and actors, are much more likely than other members of the population to develop vocal problems. Emotions play a role in voice change, as might the development of a cold. Workplace requirements, social engagements, and more, all affect the voice.



2. Voice Care Assessment

Acoustic Voice Analysis is completed through a recording of a read passage, then analysed with our specialised computer programme (PRAAT). It provides information on each participant's speaking fundamental frequency, which can then be compared to national norms. It gives a formal measure, and confirms our perceptual analysis, as to whether a person is using their most efficient resonant voice.

Perceptual Voice Analysis utilizes several questionnaires which provide a baseline of voice presentation. Relevant scales, specific to each participant are utilized.

- **Oates Russell Profile:** gives information on pitch, loudness and quality and degree of impairment
- **Voice Handicap Index 10 (VHI):** a 5 point scale assessing different areas effecting voice
- **Vocal Tract Discomfort Scale:** gives information on a 7 point scale of frequency and severity of sensations/symptoms
- **Reflux Symptom Index:** indicates if laryngo-pharyngeal reflux (LPR) is affecting voice
- **Singing Voice Handicap Index 10 (SVHI 10):** used specifically with singers

3. Voice Care Passport

Participants in Full Spectrum's Voice Care Assessment will be provided with a comprehensive "Voice Care Passport" detailing their screening results, along with Full Spectrum's individualised Voice Management package. Each participant will be provided with at least 2 specific strategies and techniques tailored to their specific needs. Techniques are expected to be practiced regularly on a daily basis to achieve results. The primary goal is to achieve an easy, efficient and resonant voice.

Full Spectrum Corporate Health Solutions

11A Gray St, Bondi Junction, NSW 2022 ■ Ph: 1300-767-426

Email: corporate@fullspectrum.com.au Website: fullspectrumhealth.com.au