

AUDITORY STIMULATION OF VOICE IN THERAPY OF VOCAL FOLD NODULES IN CHILDREN

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Introduction: Vocal fold nodules in pediatric patients are a difficult clinical issue because of numerous etiological factors, differences in children anatomy, characteristics of behavior and emotional attitudes in the developmental age and low efficacy of therapeutic procedures in such cases. The above mentioned elements lead to recurrent episodes of this condition and have impact on effectiveness of treatment especially in school age children.

Aim: The aim of the research was to analyze results of the novel auditory stimulation method in applied in therapy of vocal fold nodules in children.

Material and methods: Material includes 198 children in the age 7-12 y. o. All Children were examined laryngologically and phoniatically. The following auditory tests were performed: auditory attention test, pitch differentiation test and volume and sound length differentiation tests.

The therapy aimed to stimulate three crucial spheres, which are important in the pathomechanism of pediatric dysphonia, meaning hearing, voice and emotions of the child. The biggest advantage of the therapy was the possibility to influence all the spheres in a child at one time, comprehensively. Auditory control in the process of voice production is an important element conditioning effectiveness of the continued rehabilitation of voice. Listening which is connected with psychological activity of people directly influences human voice. Modifying the listening processes we can influence voice and speech quality. Active listening process is therefore a skill which can be trained with specific sound stimuli.

Results: After the therapy in 170 of children (83%) the vocal fold nodules remitted and voice improvement was observed. The result was confirmed by MDVP objective measures.

Conclusion: Obtained results of the applied auditory stimulation of voice indicate that this method is clinically valuable. The elaborated program of auditory stimulation for children with dysphonias and voice nodules, considering abnormalities within development of auditory and emotional functions is an effective method of therapy of voice in pediatric patients.