

Communication Prompts to Help You Describe Your Voice,
Tell Your Doctor what is Happening, What bothers You
and What You Would Like to Have Happen With Your Treatment

By Carol Doles

- Symptoms
 - o My voice is ...
 - § quiet, breathy, hoarse, high-pitched, inconsistent (breaks in sound), strangled, shaky
 - o My throat feels/has ...
 - § strangled, has intermittent "squeezing", like I have a lump in it
- Response to Treatment (examples of notes that might be taken to share with the doctor)
 - o Swallowing
 - § choke on thin liquids, solids, can swallow if tuck chin/pay attention/use a straw/temperature of liquid
 - o Voice Changes
 - § hoarseness, low volume, breathy, spasms, tight, strangled, squeeze, soft edge, quiet voice that cracks when pushed, whisper is the best you can produce, pitch is high
 - o Breathiness
 - § soft spoken, breathy, cannot speak without becoming lightheaded
 - o Duration/Progression of Symptoms
 - § day after the injection: no change
 - § second day after the injection: slight breathiness by evening, fewer spasms
 - § end of first week: slight trouble swallowing but no choking if I was careful, tucked my chin, drank from a straw, drank hot liquids
 - § end of first week: softer voice/low volume, had trouble being heard in loud environments, too

breathy to read aloud to my grandchildren – became lightheaded when speaking, could speak, but not sing at church

§ second week: swallowing was fine

§ second week: volume slowly returned to about 50% my normal volume

§ eight weeks: felt the first spasms return, still have volume, voice sounds normal most of the time

§ ten weeks: voice is normal most of the time, but I have spasms while speaking on the phone

§ twelve weeks: voice is near my baseline

o Concerns

§ I was too breathy last time

§ I choked on liquids

§ Side effects were minimal, but my benefits were just ok

o Desires for Treatment

§ I have an event/work and my volume was too low for too long last time

§ I would like for my benefits to last longer