

# EXPRESS WITH CONFIDENCE

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Centre of Excellence:  
**Speech therapy and  
Audiology**





# SPEECH THERAPY

Speech and Language Therapy (SLT) is the practice of enabling people to communicate to the best of their ability.

Our Speech Language Therapists work closely with infants, children and adults who have various levels of speech, language, communication problems and swallowing difficulties. We also deal with patients who have cognitive linguistic deficits.





Africa is the youngest continent in the world today and developing very fast, hosting about 1 billion people, which is 14% of the world population and very compatible with the modern smart electronic age. Complementing the great African dream with comprehensive healthcare support is Mediheal Group of Hospitals.

We have been leading the healthcare segment with high quality medical services and have participated in inspiring improvements with our patients in mind. Thanks to their incessant trust and support, our spectrum of services today is spread across Kenya, Uganda, Tanzania, Rwanda and Burundi.

We are constantly looking to attract highly qualified medical professionals who live up to the high standards we set for ourselves. We always procure state-of-the-art equipment that is being used across the world, and make sure that our diagnostic labs consistently meet international standards for accuracy and reliability.

As I look back on the years of successful development and aspirations beginning with the establishment of Mediheal Group of Hospitals, I feel both proud and excited about the future. As a progressive healthcare provider, we aim to keep expanding with new facilities and continue the momentum as one of the fastest growing healthcare groups in Africa.

**Dr. S. R. Mishra**

MS - Obstetrics & Gynaecology (India)

Dip. Gynae Endoscopy (Germany)

Chairman, Mediheal Group

“Complementing  
the great African dream  
with comprehensive  
healthcare support...”



**“We incorporate the latest practices, leverage on advanced technology, and adopt customized approach in solving communication impairments and hearing problems in people of all age groups and genders.”**

As a Speech Language Pathologist and Audiologist, I have been exploring and addressing communication disorders and hearing problems for the last 13 years. I hold expertise in evaluating and treating speech, language, learning and hearing disorders in both children and adults.

After my Graduation in Speech Language Pathology and Audiology from All India Institute of Speech and Hearing, Mysore University, India, I received my certification from the Indian Speech and Hearing Association and license from Rehabilitation Council of India. My approach has always been to examine the physical, physiological and psychological aspects of hearing, and provide intervention and technology-based rehabilitation to people with hearing loss and problems with balance.

At Mediheal Group of Hospitals, we believe that hearing is vital to the overall wellness of an individual. Our Speech Language Pathology program provides education to patients and families regarding communication impairments, therapy goals and home programs to better assist patients in improving and restoring communication abilities. Mediheal Audiology diagnoses and treats individuals with hearing and balance disorders, and provides services that include fitting and dispensing hearing aids or other assistive devices, counseling individuals concerning hearing loss, providing auditory rehabilitation and making noise measurements.

We incorporate the latest practices, leverage on advanced technology, and adopt customized approach in solving communication impairments and hearing problems in people of all age groups and genders.

**Dr. Santha S**

Speech Language Pathologist &  
Audiologist



**“Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication...”**

We, at Mediheal Group of Hospitals, have always strived to raise the bar for healthcare in Africa to meet the highest international medical standards. A warm and friendly ambience, high-quality medical services and personalized nursing care have always been the hallmarks of hospitals since inception.

Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication, to the quality of care and sensitivity to everyone who walk through our doors. The continuum of care is an added edge that we offer as we aim to elevate the overall health of the society.

With eminent doctors leading each practice, we are committed to delivering world-class healthcare to an increasing number of people who have come to consider Mediheal as their preferred choice of hospital. We recruited doctors with training and experience at top international hospitals and implemented evidence-based protocols that are followed by leading global institutions. They provide treatment, supportive care and preventive measures spanning over 15 specialties and super-specialties of medicine. We receive a large number of international patients every year trusting our expertise and services.

We believe technology plays a vital role in delivering superior healthcare and hence have made effective outlays in procuring the best of equipment to serve our patients. We have introduced several cutting-edge technologies and procedures to the people of Africa that have improved the clinical outcomes significantly.

As we evolve, we try to sustain the highest level of competence through various academic programs and initiatives for our staff. Together, we aim to bring our vision for Africa to life by embarking in a journey to redefine healthcare in Africa.

**Gokul Prem Kumar**

Vice President - International Patient Services

## SERVICES

**Speech Therapy services is suggested if the patient is suffering from any of the following conditions:**

- Apraxia of speech
- Dysarthria
- Orofacial Myofunctional Disorder
- Misarticulation
- Selective Mutism
- Autism
- Stuttering
- Aphasia
- Delayed Speech and Language Development
- Attention Deficit Hyper Active Disorder
- Mental Retardation
- Down Syndrome
- Cerebral Palsy
- Learning Disability
- Dsl with Hearing Loss

## APRAXIA

Apraxia is a speech disorder which makes it difficult for a person to speak in a manner which is formed correctly and consistent.

**Causes:** Stroke, Brain Injury, Genetic Disorder

**Therapy:** Oro Motor Exercises, Multisensory Feedback, Picture Boards, Augmentive and Alternative Communication

Apraxia also known as Acquired Apraxia of Speech, Verbal Apraxia, or Childhood Apraxia of Speech (CAS)

- Ideomotor Apraxia
- Ideational/Conceptual Apraxia
- Constructional Apraxia
- Gait Apraxia
- Limb-Kinetic Apraxia
- Oculomotor Apraxia
- Apraxia of Speech (AOS)

## DYSARTHRIA

Speech disorders caused by sensorimotor impairments of the articulatory movements are called Dysarthria. These articulatory movements are characterized by weakness, reduction in speed, malcoorcination, and altered muscle tone.

**Causes:** Tumors, Parkinsons Disease, Multiple Sclerosis, Cerebral Palsy and Muscular Dystrophy

**Therapy:** Adjusting speech rate, muscles, increasing breath support, mode of communication **i.e.,**

**Gestures/ Writing /Computers**

Types of Dysarthria:

- Flaccid
- Spastic
- Ataxic
- Hypokinetic
- Hyperkinetic
- Unilateral upper motor neuron
- Mixed (E.g. spastic-ataxic; flaccid-spastic)
- Undetermined

## OROFACIAL MYOFUNCTIONAL DISORDER

Oro Myofacial Disorder (OMD) is abnormal movements or positioning of the tongue, lips, and jaw during speech or swallowing, or at rest.

**Causes:** Nasal Allergies, Large Tonsils, Adenoids, Thumb Sucking, Family History

**Therapy:**

- Speech Language Therapists (SLTs) examine structures of the mouth and face and work to increase the child's awareness of the tongue, lips, and jaw position at rest, during speech and swallowing to improve muscle tone, strength, or coordination
- Exercises to retrain patterns of muscle movement
- The SLTs also work to eliminate behaviors contributing to OMD (e.g., thumb sucking)



## MISARTICULATION

Misarticulation is an articulation disorder with a motor production basis, which leads to trouble with certain phonemes.

**Causes:**

**In children:** Autism, Down Syndrome, Hearing Loss, Cerebral Palsy, Head Injury

**In adults:** Stroke, Head Injury, Amyotrophic Lateral Sclerosis, Parkinsons Disease, Mouth Cancers

**Therapy:** Copying, Modelling, Articulation Drilling and Correcting

**Types Misarticulation:**

- Substitution
- Omission
- Distortion
- Addition





## SELECTIVE MUTISM

Selective Mutism is a rare childhood anxiety disorder where the child is unable to speak in certain situations or to certain people

**Causes:** Anxiety Disorders (Social Phobia, Separation Anxiety and Obsessive Compulsive Disorder), Hereditary, Familial History, Shy or Timid Temperament

**Therapy:** Stimulus Fading, Shaping, Self-modeling Technique

## AUTISM

Autism is a complex neuro-behavioural condition that includes impairments in social interaction, developmental language and communication skills combined with rigid, repetitive behaviours.

**Causes:** Genetic Syndromes, Brain Damage due to Meningitis or Encephalitis, Rubella

**Therapy:** Enhancing Communication Systems, Behavioural Management (Self-regulation), Developing Self Care/Management Skills

Approaches used during sessions: PECS, Key Word Signing, Visual Schedules, Social Stories, Technology Use, Emotional Regulation, Sensory Integration, Sensory Diet

## STUTTERING

Stuttering, also known as stammering, is a speech disorder in which the flow of speech is disrupted by involuntary repetitions and prolongations of sounds, syllables, words or phrases as well as involuntary silent pauses or blocks in which the person who stutters is unable to produce sounds.

**Causes:** Family History, Psychogenic

**Therapy:** Lidcombe Program, Breathing Techniques, Prolongation Exercises

### Types of Stuttering:

- Developmental
- Neurogenic
- Psychogenic



## APHASIA

Aphasia is an impairment of language, affecting the production or comprehension of speech and the ability to read or write.

**Causes:** Traumatic Brain Stroke/ Tumours. Language problems occur due to damage of the left side of the brain, and damage to the right side leads to problems like poor attention or memory loss.

**Therapy:** Improving Cognitive Skills, Language Skills, Sequencing of Articulatory Movement for Speech Sound Production, Augmentive and Alternative Communication

### Types of Aphasia:

- Broca's Aphasia
- Wernicke's Aphasia
- Anomic Aphasia
- Global Aphasia
- Primary Progressive Aphasia

## VOICE DISORDER

Voice Disorders are medical conditions involving abnormal pitch, loudness or quality of the sound produced by the larynx and thereby affecting speech production.

**Causes:** Emotional, Psychological Reasons, Vocal Nodule, Laryngeal Cancer, Tracheotomy, Cleft Palate, Total Thyroidectomy, Laryngeal Cancer etc.

**Therapy:** Chewing Exercises, Digital Manipulation, Open Mouth Exercises, Pushing Approach, Yawn Sigh Approach, Circum Laryngeal Massage and Laryngeal Manual Therapy, Inhalation Phonation, Half Swallow Boom Technique

### Types of Voice Disorder:

- Puberphonia
- Chorditis
- Vocal Fold Nodules
- Vocal Fold Cysts
- Vocal Cord Paresis
- Reinke's Edema
- Spasmodic Dysphonia
- Foreign Accent Syndrome



## SPEECH TRAINING



### **SPEECHIFI: A DIGITAL SPEECH TRAINER**

Speechifi stores and delivers high quality sound with full acoustic energy which enables a person to listen properly and differentiate between two distinct sounds. The functionality of light system enhances attention and eye-contact. This device operates to use original voice in speech stimulation, which in turn works towards speedier recovery.

#### **Indications:**

- Hearing Impairment
- Autism
- Down Syndrome
- Developmental Delay

#### **Benefits:**

- Emphasis on Listening Ability
- Combination of Auditory and Verbal Stimulation
- Stepwise Development of Speech & Language Vowels, Words, Sentences, Initiations, Conversation, Story Telling

## VOCABULARY ENHANCING KIT

Vocabulary Enhancing Kit enhances receptive and expressive language development through 360 specially designs flash cards with guide book and recorded CD about working and implementation of flash cards.

### Benefits:

- Receptive and Expressive Vocabulary Enhancement
- Improves Attention and Concentration
- Builds Imagination and Sharpens Memory
- Develops Understanding





## HEARING LOSS

Hearing loss, also known as hearing impairment, is a partial or total inability to hear. They may exist in one ear or in both ears, can be present at birth (congenital) or can be acquired condition.

Audiologists specialize in the prevention, identification, assessment of hearing disorders and related disabilities. They provide the required treatment and rehabilitation services related to hearing loss

### Available Audiological Services:

- Pure tone audiometry/audiogram
- Tympanometry
- Oto acoustic emission test
- Auditory brainstem response audiometry
- Newborn hearing screening
- Pre employment hearing screening
- Hearing conversation program
- Hearing aids
- Counselling related to hearing disorders and Tinnitus



## PLAY AUDIOMETRY

- Play audiometry is a fun and interactive method of testing a child's level of hearing through the use of toys and games
- Ideal for pre-schoolers between the ages of two and five
- During the process, a series of varied tones and noises are played via earphones, and the patient is asked to perform a small task each time they hear a sound.
- These results are plotted on an Audiogram to determine the child's hearing threshold
- Each correct action is reinforced with encouragement and praise from a dedicated member of our Audiology team, who will be by your side throughout your child's hearing journey

## BRAINSTEM EVOKED RESPONSE AUDIOMETRY (BERA) TEST

- The Brainstem Evoked Response Audiometry (BERA) is an objective neurophysiological method for evaluation of the hearing threshold and diagnosing retrocochlear lesions via electrodes placed on the scalp
- The measured recording is a series of six to seven vertex positive waves of which 'I' through 'V' are evaluated
- These waves, labeled with Roman numerals occur in the first 10 milliseconds after the onset of an auditory stimulus

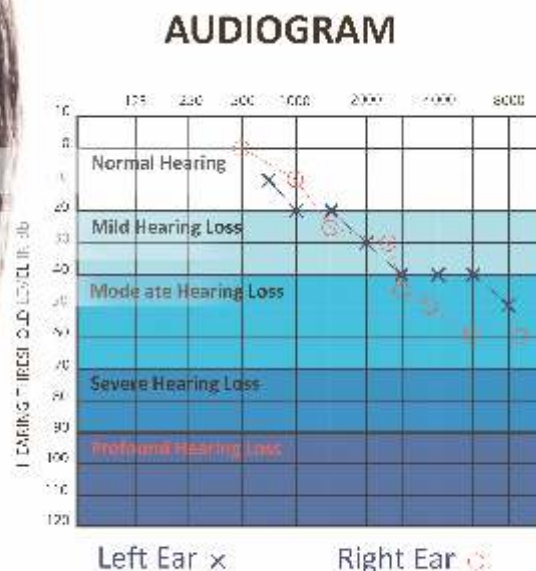
## MIDDLE EAR ANALYZER

- Evaluates the neural integrity using multiplex pulsed-tone stimulus for reflex threshold testing
- The enhanced threshold seek function displays all reflex intensities and provides multiple options to evaluate reflex growth



## HEARING TESTS FOR ADULTS

**Pure Tone Audiometry (PTA)** is a key hearing test used to identify hearing threshold levels of an individual, enabling determination of the degree, type and configuration of a hearing loss and thus providing a basis for diagnosis and management.



## MEDIHEAL HOSPITAL DOCTORS PLAZA - ELDORET



## MEDIHEAL HOSPITALS - EASTLEIGH





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