

Abstract

Key words: Efficacy- Voice therapy- Large, Hard, Asymmetrical- Vocal fold nodules.

Background: There is a clinical trend among phoniatrists that large, hard and/or asymmetrical vocal fold nodules are managed by microlaryngoscopic removal. Others give a trial of voice therapy with uncertain outcome.

Objective: the purpose of this study is to illustrate if voice therapy is effective in the management of large, hard and/or asymmetrical vocal fold nodules or not to save effort and time and to direct patient to optimal option of management.

Methods: This study was run on 20 patients with large, hard and/or asymmetrical vocal fold nodules who were subjected to initial voice assessment protocol. Then they received voice therapy (Smith Accent method). Voice assessment protocol was applied after cessation of therapy and after 3 months post therapy. Results were compared together.

Results: The results showed that there was significant improvement in most of the measured parameters in most cases. Nodules were resolved in 3 cases bilaterally and unilaterally in 1 case. There was no change of size in 4 cases of the study group. The rest 13 cases showed decrease of the nodules size. However, there is a need for further controlled study with longer duration of follow up.

Conclusion: Voice therapy seems to be a good method in the management of large, hard and/or asymmetrical vocal fold nodules.