

The SLP-Minded Podcast

Episode 3: Dr. Joanne Patterson's CB-EST

This episode was based on Dr. Patterson's research:

- Patterson JM, Fay M, Exley C, McColl E, Breckons M, Deary V. Feasibility and acceptability of combining cognitive behavioural therapy techniques with swallowing therapy in head and neck cancer dysphagia. BMC Cancer. 2018;18(1):1. Published 2018 Jan 2. doi:10.1186/s12885-017-3892-2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5748941/>

Learn more about Dr. Patterson and her research:

- Staff profile: <https://www.ncl.ac.uk/ihs/staff/profile/joannepatterson.html#background>
- Publications: <https://www.ncl.ac.uk/ihs/staff/profile/joannepatterson.html#publications>

Dr. Patterson's system for individualizing treatments for HNC:

- Obtain therapy goals through scaling (0-10)
- Gather complaints
- Establish patient priorities
- Create formulations via CB-EST to draw out thoughts and their connections to specific swallowing behaviors to identify ways to manage unhelpful thoughts and reduce treatment barriers

Fatigue Scales:

- Chalder Fatigue Scale:
<http://www.goodmedicine.org.uk/files/assessment,%20chalder%20fatigue%20scale.pdf>
- Collection of OMNI Scales:
<https://link.springer.com/content/pdf/bbm%3A978-1-4939-1917-8%2F1.pdf>

Hospital Anxiety Depression Scale (HADS):

- <http://www.svri.org/sites/default/files/attachments/2016-01-13/HADS.pdf>

Specific therapy techniques mentioned during this episode:

- Cognitive Behavioral Therapy:
 - What is it?
<https://www.psychologytoday.com/us/basics/cognitive-behavioral-therapy>
 - How can I receive more training?
 - Cognitive-Behavioral Therapy for Non-Mental Health Professionals:
<http://www.nacbt.org/cbt-certifications-for-non-mental-health-professionals/>

- Health Coach Certification:
<https://www.nshcoa.com/>
- Socratic Questioning Technique:
https://www.criticalthinking.org/store/get_file.php?inventories_id=231&inventories_files_id=374
- Acceptance-Commitment Therapy:
<https://www.psychologytoday.com/us/blog/two-takes-depression/201102/introduction-acceptance-and-commitment-therapy>
- Motivational Interviewing:
 - What is MI?
<https://www.psychologytoday.com/us/therapy-types/motivational-interviewing>
 - MI Training:
<https://motivationalinterviewing.org/>
- Mindfulness:
<https://www.psychologytoday.com/us/basics/mindfulness>

Teletherapy Research Resources:

- Sharma, S., Ward, E C., Burns, C., Theodoros, D G., & Russell, T. (2012) Training the allied health assistant for the telerehabilitation assessment of dysphagia. *Journal of Telemedicine and Telecare*, 18, 287-291.
- Ward, E. C., Sharma, S., Burns, C., Theodoros, D. G., & Russell, T. (2012). Managing patient factors in the assessment of swallowing via telerehabilitation. *International Journal of Telemedicine and Applications*, 1-6.
- Ward E. C., Burns, C., Theodoros, D. G., & Russell, T. (2013). Evaluation of a Clinical Service Model for Dysphagia Assessment via Telerehabilitation," *International Journal of Telemedicine and Applications*, vol. 2013, Article ID 918526, 7 pages, 2013.
- Sharma, S., Ward, E. C., Burns, C., Theodoros, D. G., & Russell, T. (2013). Assessing dysphagia via telerehabilitation: Patient perceptions and satisfaction. *International Journal of Speech-Language Pathology*, 15(2), 176-183.
- Wall L. R., Ward E. C., Cartmill B., Hill A. J. (2013) Technology-assisted screening of patient-reported functional outcomes in the head and neck cancer population: What's the evidence? *OA Cancer*, Oct 01;1(2):13.
- Ward E.C. & Burns, C. (2014) Dysphagia Management via Telerehabilitation: A review of the current evidence. *Journal of Gastroenterology and Hepatology Research*. 3(5), 1088-1094.
- Ward E.C, Burns, C., Theodoros, DG, & Russell, T (2014). Impact of dysphagia severity on clinical decision making via telerehabilitation. *Telemedicine and e-Health*. 20(4), 296-303.
- Burns, C., Hill, A., & Ward, E.C (2014). Supporting head and neck cancer management: Use of technology. In E.C. Ward & C.J. van As-Brooks (Eds.). *Head and neck cancer: Treatment, rehabilitation and outcomes 2nd Edition* (p 541 -568). San Diego, USA: Plural Publishing.
- Wall, L., Ward, E., Cartmill, B., Hill, A., Isenring, E., Byrnes, J., Chambers, S., Dunn, J., Nixon, J., Whelan, J., Porceddu, S. (2015). Computerised screening of swallowing, nutrition and distress in head and neck cancer patients and their carers. *Dysphagia*, 30(5), 667-667.