

# The Role of the Adult Speech and Language Therapy Team



Name:

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Who to contact and how:

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Notes:

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**Diana, Princess of Wales  
Hospital  
Scarcho Road  
Grimsby  
DN33 2BA**

**03033 306999**

**[www.nlg.nhs.uk](http://www.nlg.nhs.uk)**

**Scunthorpe General  
Hospital  
Cliff Gardens  
Scunthorpe  
DN15 7BH**

**03033 306999**

**[www.nlg.nhs.uk](http://www.nlg.nhs.uk)**

**Goole & District  
Hospital  
Woodland Avenue  
Goole  
DN14 6RX**

**03033 306999**

**[www.nlg.nhs.uk](http://www.nlg.nhs.uk)**



**Kindness · Courage · Respect**

# Information for patients

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## Introduction

The Adult Speech and Language Therapy team in North and North East Lincolnshire is based across three hospital sites: Diana Princess of Wales Hospital in Grimsby, Scunthorpe General Hospital and Goole & District Hospital.

We see adults with a wide range of conditions for assessment and management of their difficulties with communication and swallowing. Our service covers all inpatients, outpatients and people in the community. We are often referred to as the 'SALT' team by others.

## Communication

We see people with neurological conditions such as stroke, Parkinson's, Multiple Sclerosis, Motor Neurone Disease etc. We see people with structural conditions such as head and neck cancer or difficulties with their voice following a referral from the Ear, Nose and Throat team.

You may see a Speech and Language Therapist if you have:

'**Aphasia**' – difficulties using language or understanding language

'**Dysarthria**' – difficulties with speech for example slurred speech

'**Dysphonia**' – difficulties with voice including hoarseness

'**Dysfluency**' – stammering / stuttering

If you are seen by the Speech and Language Therapy team for communication, you will have a case history taken about your difficulties and then further assessment as necessary. You will then be offered advice and / or therapy.

## Swallowing

We see people with a condition called 'dysphagia' which is the medical term for swallowing difficulties.

We only specialise in swallowing difficulties that are due to problems with the mouth or the throat, referred to as 'oropharyngeal' dysphagia. We do not see people with swallowing difficulties that are due to a problem with their oesophagus.

Some people with dysphagia have problems swallowing certain foods or liquids, while others can't swallow at all.

Other signs of dysphagia include:

- coughing or choking when eating or drinking
- bringing food back up, sometimes through the nose
- a sensation that food is stuck in your throat
- persistent drooling of saliva
- being unable to chew food properly

## Information for patients

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- a 'gurgly' wet sounding voice when eating or drinking

Over time, dysphagia can also cause symptoms such as weight loss and repeated chest infections. Dysphagia can sometimes lead to further problems.

One of the most common problems is coughing or choking, when food goes down the "wrong way" and blocks your airway. This can lead to chest infections, such as aspiration pneumonia, which require urgent medical treatment. Aspiration is when food, fluids or saliva goes down into the lungs, rather than into the stomach.

### **If you are seen by the Speech and Language Therapy Team for Dysphagia, this is What is Likely to Happen during your Appointment.**

The Speech and Language Therapist (SLT) will take a case history from you about your eating and drinking and details of any difficulties. It is often useful to know about any medications that are being taken. The SLT will then ask you to take small amounts of food and fluids in order to assess your ability to swallow.

The SLT will then offer advice regarding your swallowing and may recommend changes to the consistency of food and / or fluids. For example, you may be advised to have soft foods or blended foods to reduce the risks of aspiration and choking.

Sometimes the SLT will need to have more information in order to give you the best advice. They may request further investigations, including a moving X-ray of swallowing, called a videofluoroscopy, or investigations from other specialities. The investigations will be fully explained to you and will not be requested without your consent.

### **Contact Details for Further Information**

If you need any further information, please contact the Speech and Language Therapy Department:

Grimsby: 03033 303081

Scunthorpe and Goole: 03033 302410

### **Reference Section**

<https://www.nhs.uk/conditions/swallowing-problems-dysphagia/>

<https://www.nhs.uk/conditions/dysarthria/>

<https://www.nhs.uk/conditions/aphasia/>

<https://www.rcslt.org/speech-and-language-therapy/clinical-information/dysfluency>

<https://www.britishvoiceassociation.org.uk/index.htm>

# Information for patients

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## Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at [nlg-tr.interpreters@nhs.net](mailto:nlg-tr.interpreters@nhs.net)

## Alternative Languages

All of our leaflets are available to view in different languages via Browsealoud on our website at [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Toate pliantele noastre sunt disponibile pentru a fi vizualizate în diferite limbi prin intermediul Browaloud pe site-ul nostru, la [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Wszystkie nasze ulotki są dostępne do przeglądania w różnych językach za pośrednictwem Browsealoud na naszej stronie internetowej [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Visus mūsu lankstinukus galite peržiūrėti įvairiomis kalbomis, naudodamiesi „Browsealoud“ mūsų svetainėje, adresu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Vse naše zloženke so na voljo za ogled v različnih jezikih prek Browaloud na našem spletnem mestu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

**Date of Issue: January, 2020**

**Review Period: January, 2023**

**Author: Speech & Language Therapy Team**

**IFP-1148**

