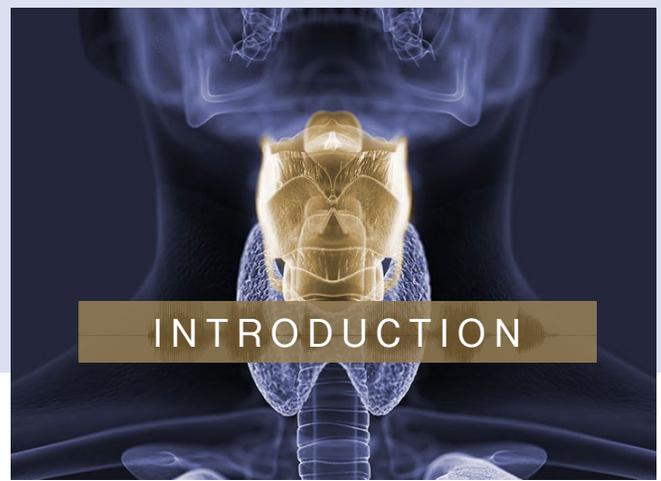


Introduction Module

TRANSCRIPT



TIME (MM:SS)

TRANSCRIPT

00:00

Dr. Victoria McKenna, Ph.D., CCC-SLP: Welcome to the Masks and Vocal Health: One Voice at a Time educational module series. This series was developed by...

00:09

The Voice and Swallow Mechanics Lab in the College of Allied Health Sciences at the University of Cincinnati in collaboration with...

00:18

The Robin Cotton and Rocco dal Vera Professional Voice, Swallowing, and Airway Center associated with UC Health and UC College of Medicine.

00:29

These modules incorporate expert advice in the areas of voice, communication, and wellness to educate daily mask-users on how to improve communication and maintain vocal health.

00:42

These experts include: speech-language pathologists, laryngologists, and voice scientists from the greater Cincinnati community.

00:51

Our mission is to help you integrate safe and effective vocal and communication strategies while wearing a face mask. We want to help you to optimize your voice and still protect yourself and your community during the COVID-19 pandemic.

01:09

We have developed three modules that address three content areas. Module 1 explains how masks impact communication. Module 2 will help you to identify whether or not you are having trouble with voice and communication, and provide you with strategies to help. Module 3 explains how to implement strategies into your daily life activities.

01:32

Simply select the video you wish to view. You may start, stop, or pause the video at any point.

01:41

On our page, you will find additional scientific definitions, educational handouts, and links to other websites and resources. You will also find a 2-page handout with descriptions of the strategies provided in this series and a self-monitoring log to help you implement the strategies into your day.

02:01

Modules were developed with funding from the National Center for Advancing Translational Sciences of the National Institutes of Health and the Center for Clinical and Translational Science and Training at the University of Cincinnati. The content of the modules is solely the responsibility of the authors and does not necessarily represent the official views of the NIH.

02:24

The content of these modules does not replace medical advice or formal medical evaluations. If you feel you are experiencing voice or communication problems, such as severe hoarseness, pain, or loss of voice, or are experiencing problems that persist longer than 2 weeks, you should seek the care of a medical doctor.

02:48

We hope these modules will be a resource to you and those around you. We want to help you protect yourself and your community one voice at a time.