

OCCUPATIONAL VOICE DISORDERS REHABILITATION CONDUCTED WITHIN THE HEALTH RESORT HOSPITAL

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A system of prevention of the occupational voice disorders works in Poland since 2015. 24-days long inpatient health care stays within the health resort hospital were organized. We presented the program of a comprehensive voice rehabilitation conducted for working teachers. 293 persons experienced therapy between 2015 and 2016, The program consisted of individual and group voice emission exercises and psychotherapy. Physiotherapy, manual laryngeal therapy and kinesiotherapy were applied. Educational lectures about physiology and pathology of voice organ and about voice hygiene were conducted. The program was based on typical principles of prevention and rehabilitation of the occupational voice. During the introductory phoniatic examination, the program was individually modified according to the personal needs. Regular application of all therapy elements is the condition for the therapy success as well as for the strengthening of voice rehabilitation effect. The inpatient therapy gives us such a possibility. Psychotherapy and relaxation as well as climate influence are having value added to the inpatient therapy.