



# HOW SPEECH AND LANGUAGE THERAPISTS CAN HELP PEOPLE WITH COPD

Speech and Language Therapists (SLTs) can help people with COPD, eat, drink and communicate to the best of their ability. Swallowing difficulties, reflux, changes to voice and speech, chronic cough and oral hygiene issues are very common in COPD. These may be caused by changes in the breathing – swallow pattern, physical changes (increased fatigue, dry mouth, and reflux) and side effects of certain medications

SLT assessment can

- identify areas of risk for each individual,
- recommend appropriate textures and consistencies
- suggest strategies or therapies that may make eating and drinking or communicating easier.

## TIP:

Look after your mouth, by carrying out oral care at least twice each day. Regular oral care, by brushing teeth, tongue and gums, can reduce risk of chest infections.

## RESOURCE:

HSE Pulmonary  
Rehabilitation Videos

[www.iaslt.ie](http://www.iaslt.ie)

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