

Postępowanie i leczenie w afonii psychogennej: analiza 500 przypadków

Management and therapy in functional aphonia: analysis of 500 cases

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Summary

Introduction: The article reviews current opinions on etiopathogenesis and management of functional total loss of the ability to produce loud voice. Psychogenic aphonia refers to involuntary whispering despite a basically normal larynx. **Material and methodic:** The longitudinal study was carried out on 500 patients treated for psychogenic aphonia during 32 years (1972—2004). Of the facilitating techniques, the following were useful for phoniatic therapy: relaxation and res-piration, gargle, chewing, pushing, inhalation phonation, masking, phonetic exercises. **Results:** During the first day of vocal exercises the voice return to 410 patients (82%). The others required carrying on vocal therapy. **Conclusions:** The basic importance of phoniatic therapy is recovering the voice during the first day of vocal exercises. Sometimes the aphonic patient profits most from symptomatic voice therapy concurrent with psychotherapy.