

# Identifying speech and language therapy needs post COVID-19

Post COVID-19 have you or others noticed...	Refer to...
<b>Voice quality</b> <ul style="list-style-type: none"> <li>• Difficulty being heard</li> <li>• Altered quality &amp; comfort of the voice</li> <li>• Voice tiring by the end of the day</li> <li>• Changes in pitch</li> </ul>	Symptoms persisting for more than 6 weeks or patient concern → SLT following ENT assessment.
<b>Throat comfort</b> <ul style="list-style-type: none"> <li>• Altered quality &amp; comfort of the throat</li> </ul>	Joint ENT/SLT voice clinic (if available)
<b>Swallowing</b> <ul style="list-style-type: none"> <li>• Difficulties eating, drinking or swallowing</li> <li>• Coughing / choking / food sticking</li> <li>• Avoiding any food or drinks</li> </ul>	Local SLT
<b>Cognitive communication</b> <ul style="list-style-type: none"> <li>• Change in the way you communicate</li> <li>• Word finding difficulties</li> <li>• Forgetting what you were going to say</li> <li>• Anxiety around communication</li> <li>• Difficulty reading &amp; writing</li> <li>• Stammering or slurred speech</li> </ul>	Local SLT if impacting daily life
<b>Laryngeal/airway sensitivity</b> <ul style="list-style-type: none"> <li>• Changes in the sensitivity of your throat</li> <li>• Troublesome cough/throat clearing</li> <li>• Throat tightness</li> <li>• Lump in throat (Globus)</li> </ul>	If upper airway → local SLT and consider ENT/Resp.

- For additional support post COVID-19 patients can be directed to [yourcovidrecovery.nhs.uk](https://yourcovidrecovery.nhs.uk).
- Information and resources for clinicians regarding speech and language therapy support for COVID-19 can be found on the [RCSLT COVID-19 Hub](#).

## About the Royal College of Speech and Language Therapists (RCSLT)

RCSLT is the professional body for speech and language therapists in the UK. It facilitates and promotes research into the field of speech and language therapy and promotes better education and training of speech and language therapists. RCSLT advocates for its members and people living with communication and swallowing difficulties by championing professional standards.