

Functional Assessment

Your doctor has referred you for a functional assessment at iRSM to **record information about your speech & swallowing function before and after your treatment.** The information gathered at these appointments allows tracking of your progress throughout treatment. In addition, this information will be useful should you require dental rehab, speech prostheses or speech/swallowing therapy.



What happens at a Functional Assessment?

1

Prehabilitation:

If your cancer is in your throat, you will be enrolled in a prehabilitation program for exercises before your cancer treatment starts. You can attend this weekly program even if you live outside of Edmonton.

2

Speech Assessment:

A Speech-Language Pathologist will collect information about your speech, voice and resonance as you read various word lists and short paragraphs.

3

Swallowing Assessment:

An X-ray video will be taken of your mouth and throat as you eat and drink. The radiation dose for this test is low when compared to other X-ray procedures. A Speech Language Pathologist will analyze the safety of your swallow.

4

Photos:

We will take photos of your face, teeth & mouth to document any changes.

How is a Functional Assessment at iRSM different than my other hospital appointments?

iRSM assessments are part of a unique program not available in most cancer centers. Our team is committed to helping patients maximize their long-term function. We conduct standardized assessments to document aspects of your function that are difficult AND those that are easy.

The iRSM team works closely with local health professionals from different hospitals, including the University of Alberta Hospital and the Cross Cancer Institute. We share your results with your cancer health care providers to ensure that your entire team has the most thorough and up-to-date information.

The information we gather may also be important if you should require other services from iRSM such as dental implants, speech prostheses or speech and/or swallowing therapy. Your appointments will provide valuable information to treating clinicians and will be used to help guide future speech and swallowing interventions.



Having surgery? (with or without radiation)

You will come for 4 appointments:

- Pre-surgery
- 1 month post-surgery
- 6 months post-surgery
- 1 year post-surgery

Not having surgery? (radiation or chemotherapy)

You will come for 3 appointments:

- Pre-treatment
- 5 months post-radiation
- 1 year post-radiation

How do I prepare for my appointment?

- Know your medical history (*medications, past surgeries, etc.*)
- Bring any questions or concerns regarding your speech and swallowing
- Bring reading glasses (*if you use them*)

To book an appointment contact:

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