Dear Families and Care Providers,

Welcome to the VPI Clinic at Ann & Robert H Lurie Children's Hospital of Chicago. The clinic is staffed by a team of specialists in Otolaryngology, Speech-Language Pathology, and Nursing who provide comprehensive evaluation and management of children with velopharyngeal dysfunction (VPD), a condition resulting from inadequate closure of the velopharyngeal port (opening between the nose and the mouth). Inadequate velopharyngeal closure contributes to increased air escape through the nose during speech, resulting in hypernasality and reduced intelligibility. In order to thoroughly evaluate velopharyngeal closure and determine proper recommendations for your child, an assessment called a nasoendoscopy is completed. A nasoendoscopy involves use of a flexible fiberoptic scope inserted up the nostril to visualize the entire velopharyngeal port. With the scope in place, your child will be asked to repeat various sounds, words, and/or sentences to visualize movement of the muscles in this area during speech.

As this procedure may be frightening for children, we have found adequate preparation fosters vastly improved cooperation. This book was created to help prepare you and your child for his or her upcoming visit to our VPI Clinic. Directions for use include simply reading the book with your child, either on a computer, tablet, or as a printed copy. In addition to reading this preparatory booklet, please also practice the full list of sounds, words, and sentences included as an attachment: Lurie Children's Hospital VPI Clinic Speech Tasks. Pending the age of your child, as an interactive activity, consider printing the book twice and cutting out a set of pictures so your child can glue them to the matching photographs while you read and, if possible, on the day of your appointment, consider arriving early to find all the places mentioned in the book.

Please contact us within the Department of Otolaryngology at (312) 227-6230 with any concerns or questions you have as you prepare. We look forward to meeting with you.

Sincerely,

Jeff Rastatter, MD & Laura Rosenthal, MD
Mitch Barna, MS CCC-SLP & Sarah Vetter, MS CCC-SLP
Nancy Malabanan, RN & Jamie Petto, RN
Hello. I hear you are coming to make a nose video. This book will show you how it is done. First, you will arrive at Ann and Robert H. Lurie Children’s Hospital of Chicago. Check out all the decorations! It’s like being at an aquarium.
You will go up to the 4th floor, the rabbit floor.

Just a heads up, there are buttons that kids can push to make traffic sounds in the elevator. We dare you to push one.
The elevator will take you to the rabbit floor, number 4.

You and your family will stop at the desk to get you checked in and then you can wait in the waiting room until your name is called!
When you hear your name, a staff member will walk you and your family down a long hallway. You can see the city of Chicago out of the windows.

When you get to the end of the hallway, you will be weighed and measured.
After you stand on the scale, you will go to a room.

Nancy or Jamie will come in to meet you. Nancy and Jamie are nurses. They will show you the nose spray.

The spray may be in a fat bottle or a skinny tube.

The nurse will spray both sides of your nose. She will ask you to sniff hard, so that your nose can go to sleep. It might taste funny but we have some lollipops to help take away the taste.
Once the nurse is done, a speech language pathologist will come in to meet you. You will meet either Mitch or Sarah. They will have you practice the sounds and words that you will say during your nose video.

Use your practice sheet to practice right now with your family.
When you are done practicing your sounds and words, you will move to the nose video room. To help you remember to stay still, we will ask you to sit on your hands and the nurse will gently hold your head.

Dr. Jeff Rastatter or Dr. Laura Rosenthal will come in to meet you. They will show you a thin black noodle with a camera and a light at the end. They might show you a trick or two with the light!
Now, it’s time to start the nose video! The nurse will help you stay still. Everyone you have met today is going to come watch! The doctor will put only a small part of the thin camera noodle in your nose. Remember, your nose is sleeping from the spray. As the thin camera noodle moves up your nose, you might feel a little pressure but the less you move, the less pressure you will feel.

When the noodle camera is in your nose, it is time to say the sounds and words. When you finish your words, you will feel the noodle move and wiggle around. All you have left to do is say “eee”, and then it is done!
After you finish making your nose video, The doctor will take a quick look in your mouth. Stick your tongue out and say “AHHHH.”

After that, you will go back to your room. You are all done! Your nose video team will come in and talk to you and your parents.

And that is how you make a nose video! We are looking forward to meeting you. Bye for now. See you soon!