Dear Families,

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 scary for a young child, 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. 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. 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. 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,

Dr. Jeff Rastatter, MD
Sarah Vetter, MS CCC-SLP
Peter A. Wagreich, MA CCC-SLP
Judy Gebraski, RN
Hello young friend. Let’s make a nose movie! I will show you how.

First, you need to come find the BIG building. It is called Ann and Robert H. Lurie Children’s Hospital of Chicago. Once you find it, come inside and find all the fish and whales.
After you find all the fish and whales, go find the elevators. In the elevator, there are cars on the walls and an airplane above your head. Look for number 4, the rabbit button.

Don’t worry, if you don’t get to push the rabbit button, there are buttons along the walls that you can push. Those buttons make sounds!
The elevator will take you to the rabbit floor, number 4. When you come out of the elevator you can find a rabbit on the wall.

Your family will stop at the desk to get you all checked in. While you wait, please play with some of the toys in the waiting room. Listen for your name to be called!
When you hear your name, a friend will walk you and your family down a long hallway. Look for all the buildings out the windows.

When you get to the end of the hallway, you will stand on a scale to see how big and tall you are.
After you stand on the scale, you move into your very own room. Judy will come in to meet you. Judy is a nurse. She will show you the nose spray.

Judy will spray both sides of your nose. She will ask you to sniff hard, just like smelling flowers. Can you practice smelling flowers right now?

The nose spray will help your nose go to sleep. It might taste a little funny, but don’t worry, we can ask your family if you can have a yummy lollipop to help.
Once Judy is done, a speech language pathologist will come in to meet you. You will meet either Sarah or Peter. They will have you practice the silly sounds and words that you will say during your nose movie.

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 movie room. You get to choose someone’s lap to sit on in the big chair! Who are you going to bring with you?

After you are all settled in someone’s lap, Dr. Rastatter will come in to meet you. He is going to show you a black noodle with a camera and a light at the end. If you ask, Dr. Rastatter might let you blow out the light!
Now, it’s time to start the nose movie! Your family will give you a big hug while you sit nice and still. Everyone you have met today is going to come watch you make the nose movie!

Dr. Rastatter will put only a small part of the noodle in your nose. The noodle may tickle your nose and even give your nose a hug that feels like a little push, but remember, your nose is sleeping so it is okay.

When the noodle is in your nose, tell your mouth to “Wake up and talk!” It is time to say ALL your silly sounds and words. When you finish your words, you can tell Dr. Rastatter, “I’m all done! Take it out.”
After you finish making your nose movie, Dr. Rastatter will take a quick look in your mouth. Stick your tongue out and say “AHHHH.” Let’s practice now!

After that, you will go back to your room. You are all done! You can play while the grown-ups talk.

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