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Tracheoesophageal Voice Restoration: Problems & Solutions

Presenter: Julie K. Bishop-Leone, M.A., CCC-SLP

Moderated by:

Amy Natho, M.S., CCC-SLP, CEU Administrator, SpeechPathology.com

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Tracheoesophageal Voice Restoration: Problems & Solutions

Julie K. Bishop-Leone, M.A., CCC-SLP
Director of Clinical Education
Atos Medical, Inc.

Disclosures

Julie Bishop-Leone has financial relationship or relationship affiliations to disclose:

She is employed as the Director of Clinical Education at Atos Medical, Inc. There are no other nonfinancial relationships to disclose.

Learning Objectives

- Identify the various etiologies for leakage through and around a tracheoesophageal (TE) voice prosthesis and describe the various practical means for solving these problems.
- Describe how gastroesophageal reflux affects the health of the TE puncture and the life of the TE voice prosthesis.
- Describe the assessment protocol for assessing a patient with immediate and delayed post-fitting aphonia.

TE Voice Restoration: Problems & Solutions

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Troubleshooting: Facts & Figures

Data based on St Louis University Experience

- 2/3 of the patients only require replacement of the prosthesis, mostly for mild leakage (median device life 3-4 months)
- 1/3 of the patients experience adverse events, which require special attention, but mostly are easily solvable
- Adverse events are seen in only 1 out of 9 (10.7%) replacements

Focus on the underlying **CAUSE**, <u>NOT</u> the SYMPTOM!

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TE Voice Restoration: Problems & Solutions

Problems & Solutions: Leakage through the Prosthesis

- Causes
 - Blockage of valve by mucus/crust/food
 - Improper prosthesis fit
 - Biofilm formation on valve
 - Increased intraesophageal pressure during swallow or inhalation
 - Superior tract migration

Video courtesy of Saint Louis University Cancer Center - Dennis Fuller

TE Voice Restoration: Problems & Solutions

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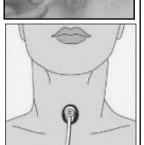
Leakage Through the Prosthesis:

Valve blockage by mucus/crust/food

- Solutions
 - Clean the prosthesis with brush and/or flush
 - If still leaking, replace prosthesis
 - Temporarily use plug
 - Consider temporary diet modifications





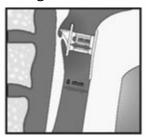


TE Voice Restoration: Problems & Solutions

Leakage Through the Prosthesis:

Too short

- Solutions
 - -Resize and refit
 - -Educate pt about signs of improper fit
 - voice deterioration and/or increased effort with speaking



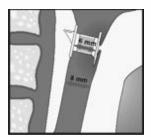


Illustration courtesy of: Elizabeth C. Ward and Corina J. van As-Brooks, Head and Neck Cancer, Treatment, Rehabilitation, and Outcomes

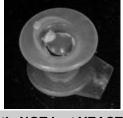
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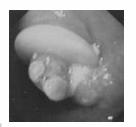
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Leakage Through The Prosthesis:

Biofilm formation







It's NOT just YEAST!

Biofilms on voice prostheses consist of a large variety of oral of micro organisms, including streptococci, staphylococci, and yeasts



Mahieu et al., 1986

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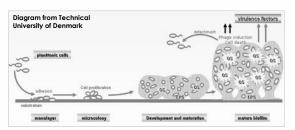
Leakage Through The Prosthesis:

Biofilm Formation

Manning et al., 2003; Douglas et al., 2003

· What is Biofilm?

- Free-floating opportunistic bacteria and/or fungi
- Likes inert & rough surfaces, necrotic tissue or ischemic normal tissue
- Extracellular polysaccharide matrix (EPS) acts as protection from drugs and it is then difficult to tx



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Leakage Through The Prosthesis:

Biofilm Formation

Williams et al., 2011

Who is at risk for biofilm formation?

- Immunosuppressed pts
- Diabetics
- Pts on antibiotics and/or oral/inhaled steroids
- Malnourished pts
- Chemo/XRT pts
- Pts with poor oral hygiene and/or dental caries
- Denture users
- Pts with xerostomia (XRT, Sjogren's)

Suggestions & Anecdotal Treatments Used in the Field that May Prevent/Help Biofilm Formation

Williams et al., 2011

PREVENTION IS THE KEY!

Good Oral Hygiene

- Brush after each meal
 - mechanical toothbrush may disrupt biofilms
 - Colgate's Total ® Toothpaste (contains Triclosan)
- Salt & soda rinses for pts undergoing XRT
- Clean and remove dentures each night
- Mouthwashes as needed
 - 0.2% Chlorhexidine Gluconate GUM ® Brand doesn't have alcohol
 - Essential Oils Mouthwash

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Suggestions & Anecdotal Treatments Used in the Field that May Prevent/Help Biofilm Formation

Free et al., 2003

Daily Cleaning of the VP

- Brush and Flush at least twice a day and after meals (see IFU)
- Avoid vigorous brushing of VP





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Suggestions & Anecdotal Treatments Used in the Field that May Prevent/Help Biofilm Formation

Diet

- Avoid sugars and yeast-containing foods (i.e. beer, carbs)
- Drink buttermilk (Busscher et al., 1998)
- Probiotic liquids and supplements containing I. lactis 53 and S. thermophilus B (Free et al., 2001)
- Yakult yogurt drink (Schwandt et al., 2005)
- Honey (Alandejani et al., 2009)
- Try caffeinated drinks containing sugar Coca Cola Classic (Free et al., 2000)

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Suggestions & Anecdotal Treatments Used in the Field that May Prevent/Help Biofilm Formation

- If taking antibiotics, may want to pair with prophylactic antifungal or probiotics
- Antifungals
 - Prophylactic use?
 - Chlorhexidine Gluconate
 - Nystatin?
 - Mycelex Troches (clotrimazole)
 - Amphotericin B Lozenges (Mahieu et al, 1986)
 - Slow-releasing tablets containing miconazole nitrate (Van Weissenbruch et al., 1997)
- Anti-GERD medications





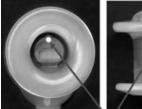


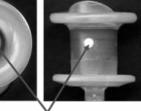
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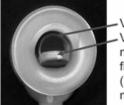
Treating Biofilm with a Prosthesis Hilgers et al., 2003; Soolsma et al., 2008; Graville et al., 2011; Timmermans et al., 2015

- Excessive biofilm solution
 - ActiValve, light strength









Valve and Valve seat made of fluoroplastic (teflon-like) material

Magnets

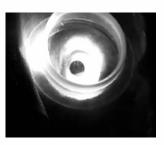
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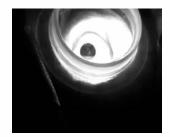
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Leakage Through the Prosthesis:

Increased Intraesophageal Pressure during Swallow or Inhalation

- **Indicators**
 - Ruled out biofilm
 - Early device life failure of less than 1 month
 - Inadvertent opening of the valve during the swallow
 - Ingestion of air and/or gastric filling





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Leakage Through the Prosthesis:

Increased Intraesophageal Pressure during Swallow or Inhalation

Solutions

- Teach pt to lower swallowing pressure
- Evaluate and treat for stricture
- Plug can prevent in certain situations (i.e., if gastric filling only occurs under specific situations





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Leakage Through the Prosthesis:

Increased Intraesophageal Pressure during Swallow or Inhalation

· Solutions continued

- NiD
- Increased resistance prosthesis
- Duckbill
- ActiValve







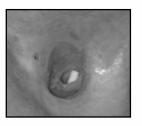
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Leakage Through the Puncture Tract:

Missing Prosthesis

Causes

- May have inhaled into lung (coughing not always!)
- Pt could have coughed out and swallowed
- May have dislodged prosthesis while cleaning or placing a laryngectomy tube
- Flaccid TE tract
- Removed during medical procedure



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Leakage Through the Puncture Tract:

Missing Prosthesis

Solutions

- Chest X-ray or flexible scope to r/o aspiration (educate your radiologist!)
- Re-educate, resize & refit
- May require a XtraSeal[™] or BS Large Esophageal Flange(LEF)
- Educate medical staff
- If aspirated, NiD for safety medallion
- Change to prosthesis with thicker retention collar or NiD with safety ring & tape or glue the strap



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Periprosthetic (Around) Leakage

Causes

- Prosthesis too long/pistoning in the tract
- Superior tract migration
- Enlarged TEP due to GERD/GPR and/or tissue issues
- Stricture

Video courtesy of Saint Louis University Cancer Center - Dennis Fuller

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Periprosthetic Leakage:

Prosthesis too Long/ Pistoning in Tract

Solutions

- Resize and refit
- Educate pt about signs of an improper fit



Illustration courtesy of: Elizabeth C. Ward and Corina J. van As-Brooks, Head and Neck Cancer, Treatment, Rehabilitation, and Outcomes

Video courtesy of Saint Louis University Cancer Center - Dennis Fuller

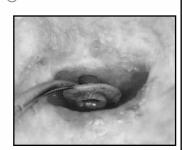
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Periprosthetic Leakage:

Superior Tract Migration

Solutions

- Resize and refit
- XtraFlange, XtraSeal or BS LEF
- NiD or duckbill
- Glue/tape the strap to reposition TE tract horizontally
- Surgical closure and repuncture with primary placement



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Periprosthetic Leakage:

Tissue Issues

Causes

- Prolonged pistoning

- TEP surgical technique

- Previous cancer TX (XRT/chemo) - Stricture

Recurrent or metastatic disease – Diabetes

Poor thyroid function

- GERD/GPR

Poor nutrition

- Atrophy of party wall

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GERD and Periprosthetic Leakage

Lorenz et al., 2011

- Occurs in approx. 25-45% of pts with VP
- n = 60 randomly selected pts (mean age of 64.7)
 - 44/52 XRT
 - 29/60 (48%) reported TEP problems (i.e. recurrent leakage around, enlarged TEP, & atrophy of trachea)
 - All pts received 24hr pH probe using a 2-channel sensor spaced 10cm apart with proximal sensor study placed at the level of the TEP (done at beginning of study and after 6 mos)

· Results:

- Enlarged TEP pts had significantly more reflux events (162.2 \pm 144.3) than those without enlarged TEP (71.9 \pm 86.8) at p=0.001
- From 2001-2005, pts were not tx'd with PPIs and 24-29 pts required invasive surgeries (i.e. pedicled flaps)
- Since 2006, aggressive PPI treatments resulted in reduction in # of pts with leakage around & # of highly invasive procedures

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Leakage Through the Prosthesis Secondary to STRICTURE





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Periprosthetic Leakage Solutions

- · Medical workup to uncover the underlying etiology
- Resize TE tract length
- Evaluate swallowing function as indicated
- Prosthetic modifications: XtraFlange, XtraSeal, LEF, custom washer
- Temporary removal of prosthesis to allow puncture to shrink
- Cauterization (i.e., silver nitrate)
- Purse string suture
- Injection of filling materials (i.e. collagen, Cymetra, Restylane)
- Re-evaluate TEP surgical technique
- Surgical closure and repuncture
- · Diet modification
- Anti-GERD medication





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Algorithm for Treating Periprosthetic Leakage

Lorenz et al., 2011

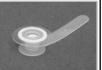
Minor Leakage with 8-11mm puncture diameter

- Replace with shorter prosthesis
- Use of a silicone washer (Provox® XtraFlange™)
- Custom-fit VP with large esophageal flange
- Aggressive proton pump inhibitor (PPI) therapy

Substantially Enlarged TEP with >11mm diameter

- Use injectable augmentation material (i.e. GMCSF, collagen, Cymetra, Radiesse)
- If injectable fails, remove VP for 7-14 days, insert cuffed trach tube and NPO
- Aggressive PPI therapy
- If all of above fail, then close TEP surgically
- Purse string suture?





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Periprosthetic (Around) Leakage: Considerations

Puncture Evaluation:

- Prosthesis too long?
- Shape of puncture?
- Position of puncture?
- Location of leakage?
- TEP atrophy?

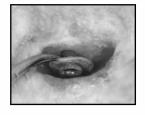
• Functional Evaluation:

- Dysphagia?
- Stricture?

Medical Evaluation:

- Recurrent or metastatic disease?
- Diabetes?
- Hypothyroidism?
- Malnutrition?
- Evidence of GERD/GPR?





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Problems & Solutions:

Immediate Post-fitting Aphonia

Causes

- Overfitting or underfitting
- Prosthesis valve is closed
- Hood of the prosthesis is abutting the posterior esophageal wall
- Forceful stomal occlusion

Immediate Post-fitting Aphonia:

Overfitting and Underfitting

- VP embedded in tracheal or esophageal mucosa
- VP may also be extruded

Solutions

- Remove prosthesis, stent tract, and resize tract
- Insert measuring device flush against tracheal wall before retracting to read the size;
- Check open tract voicing (voicing should be consistent)
- Insert correct length voice prosthesis and/or rest site if indicated (48 hr) with red rubber catheter







Ward and Corina J. van As-Brooks, Head and Neck Cancer, Treatment, Rehabilitation, and Outcomes

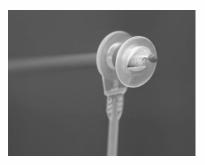
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Immediate Post-fitting Aphonia:

Prosthesis Valve Closed

Solutions

- Insert brush into prosthesis
- Remove the prosthesis and inspect valve, if indicated



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Immediate Post-fitting Aphonia:

Prosthesis Hood Abutting Posterior Esophageal Wall or Forceful Occlusion

Solutions:

- · Place prosthesis with smaller or no hood
- Practice "gentle" occlusion
- Put on Provox® FlexiVoice™ or HME with Titanium Cap to reduce pressure on prosthesis during voicing.







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Immediate Post-fitting Aphonia:

Assessment Protocol

- · Ensure proper fit
- Put brush through the prosthesis
- Check for pressure during stomal occlusion
- Remove prosthesis and assess valve function and open tract voicing

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Delayed Post-fitting Dysphonia/Aphonia:

Causes

- Prosthesis valve is closed
- Prosthesis not fully inserted
- -TE tract stenosis/closure
- Granulation
- -Infection
- False tract
- -Separated party wall

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Delayed Post-fitting Aphonia:

Prosthesis Not Fully Inserted

Solutions

- Remove prosthesis
- Re-dilate & confirm tract direction
- Replace prosthesis
 - Dilate 1-2 sizes up or longer duration
 - Loading tube
 - Capsule



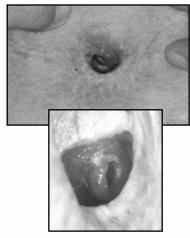
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Delayed Post-Fitting Dysphonia/Aphonia:

TE Tract Stenosis/Closure

Solutions

- Remove prosthesis
- Check voice
- Water/leak test
- Medical management as indicated
 - Antibiotics
 - Topical steroid cream
 - Cauterization
 - GERD meds
- Allow puncture tract to heal:
 - Catheter
 - Softer prosthesis
- Resize and refit



Pictures submitted by the Netherlands Cancer Institute

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Delayed Post-Fitting Aphonia:

Separated Party Wall

Indicators

- Gradually deteriorating voice
- Difficulty inserting the prosthesis
- Unable to advance catheter or dilator
- Misaligned tract
- 2 "pops" with the sizing device
- TE tract significantly increases

Solutions

- Use catheter instead of dilator
- Avoid unnecessary replacement
- Antibiotics as needed
- Retrograde placement of prosthesis
- KEY: appropriate sizing (flush against TEP)

Causes Trauma, Infection, XRT

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Delayed Post-fitting Aphonia:

Assessment Protocol

- 1. Ensure proper fit
- 2. Put brush through the prosthesis
- 3. Remove prosthesis
- 4. Dilate
- Assess TE voice with an open tract
- 6. If fluent, then prosthetic or mechanical problem
 - Resize
 - Choose appropriate type of prosthesis
 - Refit
 - Immediate Post-Fitting Aphonia Protocol if indicated
- 7. If nonspeaker or nonfluent, then physiologic problem
 - Dilate tract
 - Assess what the physiologic problem could be
 - Check open tract again
 - Medical management as indicated

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Accidental Dislodgement

- Don't panic!
- Pt. should lean forward and cough to make sure that prosthesis is not lodged in airway
- Once Pt. is breathing easily, insert catheter in puncture
- Tie exposed end off so that gastric juices do not leak out
- Tape to neck
- If prosthesis wasn't located, go to hospital for chest xray to ensure that prosthesis is not in the lung

Granulation Tissue

CAUSES

- Inflammation secondary to frequent removal of prosthesis
- Irritation/rubbing from prosthesis
- Chronic GERD (Pattani et al. 2009)



TREATMENT

- Remove granulation tissue
- Clean prosthesis in situ and remove only due to difficulties voicing or leakage
- Ensure correct fit of TEP
- Mometasone Furoate
- Silver Nitrate
- · Anti-GERD meds

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Pharyngeal Constrictor Hypertonicity/Spasm

Indicators

- Strained, tight, effortful voicing
- Inability to produce voice
- Tight & dysfluent voice with or w/o prosthesis
- Elevated intraesophageal pressure during objective insufflation testing
- No dysphagia or stricture
- Patent TE tract
- Voice improvement following pharyngeal plexus lidocaine block

Pharyngeal Constrictor Hypertonicity/Spasm

Solutions

- Therapeutic lidocaine block
- Botox
- Dilation
- Myotomy
- Manual manipulation

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Pharyngeal Constrictor Hypertonicity/Spasm Botox for PE Spasm Lewin et al., 2001

- 1. Inject 5% Lidocaine solution (CP segment) without Epinephrene
- Diagnostic fluoro study (in lateral & AP view)
 - Mark high and low margins of stricture
 - Select mid-point
- 3. High dose injection of Botulinum Toxin (100 plus mouse unit dose)
- 4. EMG used to measure action potentials.





TE Voice Restoration: Problems & Solutions

Hypotonicity

Indicators

- Voice often intermittent wet/gurgly
- Soft, weak and/or breathy voice

Solutions

- Digital pressure
- Pressure band
- Head positioning
- Stomal occlusion vs. hands free speech
- If only during hands-free speech use FreeHands Stomal Support

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Gastric Bloating

Causes

- Increased esophageal pressure causing air inhalation through voice prosthesis
- Aerophagia
- Resulting from hypertonicity/spasm which forces air inferiorly during voicing
- Stricture

Gastric Bloating

Solutions

- Use duckbill, NiD, increased resistance prosthesis or ActiValve
- Use plug if indicated
- Teach patient to swallow with less pressure
- If severe, physician referral (GI should be consulted)





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