

New Voice News

New Voice Club of Broward County

Serving the tri-county area

www.newvoiceclub.org

November 2005

Mike Rosenkranz, Editor



**NEXT
MEETING
Sunday**

**November 27th
2005**

President
Warren Goodman
(561) 737-9122
bikeship@gate.net

1st Vice President
Pat Hopping
(954) 792-0832

2nd Vice President
(Open)

Secretary:
Ruth Henegan
(954) 968-3198

Treasurer:
Lenny Weinstein
1427 E Hillsboro Bv 529
Deerfield Bch, FL 33441
(954) 427-7043

Visitation & Liaison:
Earl Mogk
141 Eleuthera Dr
Dania Beach, FL 33004
(954) 929-0136

Directors:
Sidney Gellman

Earl Mogk

Bill Romanello

Mike Rosenkranz

Patty Sewell



Main Meetings Held at the Margate Community Center

6199 NW 10th Street, Margate, FL

12:00

1:00

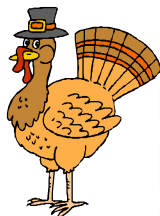
4 blks N of Atlantic Blvd.
2 blks W of 441 (St. Rd. 7)

Rap Sessions Meeting & Program
Refreshments after Meeting

HAPPY THANKSGIVING



from Lary, our friendly giraffe.
Lary is the one on the left. Please do not roast him for the holiday.



Holiday Party Dec. 4th \$25 per person

Please mail checks to

Leonard Weinstein, Treasurer
1427 E. Hillsboro Blvd #529
Deerfield Beach, FL 33441

Carl and Dottie Kilmer have completed their move to The Villages, and their timing was perfect. While the rest of us were being *inconvenienced* by Wilma, Carl was buzzing around his new neighborhood in his golf cart.

1st Vice President **Warren Goodman** is our new President. For his first official act, he cancelled the first meeting over which he would have presided. It was a wise decision. We needed that time to prepare for Wilma. **Pat Hopping** has moved up to become 1st Vice President, and **Ruth Henegan** has volunteered to be our new Secretary. Per our by-laws, the Executive Committee will meet to select a new 2nd Vice President and approve Ruth as Secretary.

Our next meeting is November 27th, the Sunday of Thanksgiving weekend. Enjoy your Thanksgiving with family and friends, and then join us at our meeting on Sunday. There is much to be thankful for. Only four days after that meeting, the 2005 hurricane season officially comes to an end.

Holiday Party: Please join us on Sunday, December 4th, from 3 to 6 for our annual party at the Blue Moon Grille, 4599 S. University Drive, in the shopping center on the S.W. corner of University Drive and Griffin Rd. We will have a great buffet and delightful music for only \$25 per person. Bring your family, friends and neighbors; the more the merrier. Please mail checks to Lenny Weinstein. His address is at the top of the next column.

Wilma was the most devastating hurricane to hit the Broward area in the past fifty years. With roofs torn off, tree canopies destroyed, thousands of condemned buildings and many more thousands homeless, it is difficult to believe this was a Category 1 storm. Our wish for all of you is that Wilma spared you the worst, and that the coming holidays will work their magic by replacing the bitter winds of Wilma with glad tidings and warm memories.

CLUB NEWS

Sunshine: We mourn the loss of two of our members this past month. **Clyde Dyer** and **Matty Matthews** passed away within a day of each other. This was followed by the tragic loss of **Bruce Allen Mogk**, son of **Earl and Wini Mogk**. Our thoughts and prayers are with Flo, Betty, Earl and Wini.

Donations in memory of **Bruce Allen Mogk** have been received from Carl and Dottie Kilmer, Lenny Weinstein Mae Gerstenblith, Dorothy and Tom Lennox and Mike Rosenkranz.

Irving Levenson is recuperating from his laryngectomy on October 11th, and hopes to attend a meeting shortly.

Pascale's meeting: Attending were **Lenny Weinstein, Gary Morey, Pat and Mary Hopping, Irving and Irene Levenson**. This was a pre-op visit by Irving just six days before his surgery. Pascale's next meeting will be December 14th, the 2nd Wednesday of December.

FLA Annual Meeting: Seventeen of our members attended the Orlando meeting. This was the largest delegation from any one club. Our own **Penny Fisher**, who facilitates a monthly group at Sylvester/Deerfield and is a contributing columnist for our New Voice News, was honored as this year's recipient of the FLA Living Hall of Fame Award. This award was richly deserved due to Penny's many years of service to the lary community.

Penny's meeting: Very nice turnout with the NVC represented by **Lenny Weinstein, Mike Rosenkranz, George Fiorella, Howard and Dian Grabowski, and Ron Bereman**. Penny presented information on Photodynamic Therapy, a process in which cancer cells are coated with a photo-sensitive agent (Photofrin), and are then zapped with a laser. This is the latest development for those who have been previously radiated and have had a recurrence no larger than 1cm. It has been used to treat esophageal, lung, liver, and now head and neck cancers.

Margate meeting: Our Margate meeting was cancelled due to the impending visit from Wanda. That's the second cancellation of a meeting this hurricane season. We're going to have to stop *not meeting* like this.

Holiday Party: Our Holiday Party is set for Sunday, December 4th from 3 to 6 p.m. at the Blue Moon Grille, 4599 S. University Drive in Davie. Entertainment will be by *Treble in Paradise*, a delightful duo playing great music we will all enjoy. Please rush your checks to Lenny. The party is less than four weeks away.



November Birthdays

1st Nancy DeGregory	14th Florence Margolis
5th Warren Goodman	15th Donna Lewis
6th Evelyn Acosta	18th Peggy Brown
6th Bernard Lalime, Sr.	21st Donald Robinson
7th Ingrid Shapiro	24th Bruni Suarez
9th Allan Smith	30th John Dalton
12th Frank Recca	30th Susie Dominic

Happy Birthday to All

UP-COMING EVENTS

>> **FREE SPEECH THERAPY (1st Wednesday)**
Pascale Bourne MA, CCC-SLP
Florida Medical Center - Auditorium
5000 W Oakland Park Blvd
Next Meeting - Wednesday December 14th
10:30 – 11:30 a.m.
More information: (954) 735-6000 Ext 5307

>> **FREE SPEECH THERAPY (3rd Thursday)**
Lynn Carrier, MS, CCC-SLP
Boca Raton Community Hospital
DAVIS THERAPY CENTER
OAKS PLAZA - Glades Road at 13th Street
Next Meeting - Thursday November 17th
10:30 - 11:30 a.m.
More information: (561) 955-5100 Ext 7430

UM/Sylvester/Deerfield

>> **Tuesday, November 8th 1:30 - 3:00 p.m.**
Mort Silverblatt Head and Neck
Cancer Support Group
Penny Fisher MS, RN, CORLN

>> **Monday, November 14, noon – 1:00 p.m.**
Complement to Your Health Part I-
Eating the Natural Way
Karon Rzad, R.D., L.D.N., C.D.E.
Clinical Nutrition Manager

Friday, November 18, noon – 1:00 p.m.
See The Light...The Use of Photodynamic
Therapy in the Treatment of Cancer
Afonso Ribeiro, M.D.
Assistant Professor of Clinical Medicine

Sunday, December 4th, 3:00 - 6:00 p.m.
Holiday Party at Blue Moon Grille

**I shall pass this way but once....
Therefore, if there is any good
that I can do
Or any kindness that I can show
To any living person
Let me do it now.
Let me not defer it or neglect it
For I shall not pass this way again**

Thank you

From Penny Fisher

Those two words often do not say it all. I want each of you to know how honored, surprised and proud I am to be the FLA choice as the 2005 Inductee into the Hall of Fame. Each of you has a part of that award, as it is your courage, strength and example that motivates me to give of myself to help. I consider myself blessed. This truly has been a special award, and my heart-felt thanks goes to each of you.

**Your nurse and friend,
Penny**

From your nurse....

***Penelope Stevens Fisher
MS RN CORLN***

Disclaimer: Happy Fall All!! This month's news and views continues with topics from my lecture series *Need to Knows... Beyond Stomas, Swallowing and Speech*.

The topic **MANAGING MUCUS PLUGS** is of great interest to all: laryngectomees, caregivers, those with tracheotomies and healthcare providers. Each of us is different, and the article is written as a general guideline. The credence is from text books and years of experience.

Mucus plugs remain the most feared of the urgent and emergent care processes for a neck-breather. One needs air exchange to sustain bodily function and provide oxygenated blood to the brain. Absence of oxygen to brain cells may produce untoward effects that could cause cognitive changes or death. A plugged airway causes anoxia, the near complete lack of oxygen. The period of time involved is often referred to as the three critical minutes of life saving. A mucus plug remains the number one cause of airway crisis in those with tracheotomies and tracheostomies.

Membranes cover body tissue. The membrane is usually thin and pliable. It is covered by mucosa, which is a thin layer of tubular structures made of epithelium (covering layer), lamina (flat layer) and propria (deeper layer). This may also be referred to as the mucous membrane. Mucus is a clear viscous secretion produced by the cells of the membrane. This liquid consists of mucin (secretion of goblet cells of carbohydrate-rich glycoproteins), epithelial cells, leukocytes (white blood cells that fight infection) and inorganic salts and water.

The lower respiratory tract is lined with ciliated epithelium (hair-like layer). The respiratory cilia beat continuously to move the mucus along the respiratory tree. Cilia can be damaged by environmental impurities (smoke, asbestos, wood dust, etc.), chemicals (tar, nicotine, etc.), masses or lesions and scarring from infections, injuries or surgeries, and therefore not be able to move the mucus up and out of the respiratory tract. Additionally, an ineffective cough may not allow the mucus to be expelled from the body. Diseases like COPD and emphysema may interrupt the chemical balance of the secretions and hinder force of the cough.

Mucus is essential. It serves as a barrier protecting the membrane by trapping particles in the liquid to later be expelled using the respiratory cilia. The mucus is also a chemical screen. It provides a biological barrier by allowing inflammatory cells to interact with microorganisms (germs) preventing adherence to the membrane layer (*M. McGinley and K. Silver in Tracheostomy and Ventilator Dependency (Tippett, 2000)*).

It is no secret that those having a tracheotomy (temporary opening in the trachea) or tracheostomy (permanent opening with trachea pulled and sewed to the neck skin to make a stoma (*Orland, 1985*)) have copious amounts of mucus while adapting to the airway intervention. The amount varies due to medical illnesses, medications, room conditions (humidification, air system, temperature, etc.) body temperature and function, style/type of airway tubes and cleanliness (suction and cleaning). Radiation and chemotherapy treatments can also alter the consistency and function of the mucus. It should be understood that each person's mucus behavior will be individualized.

The key to care lies with an individual recipe (treatment plan, protocol) using science supported guidelines and interventions to manage the mucus. If the mucus is managed, there are no mucus obstructed airway emergencies. A new tracheotomy/tracheostomy patient may require use of the standard guidelines and a trial and error period. Table 1 depicts a list of current accepted guidelines.

Mucus Control Guidelines

Action	Frequency	Goal
Deep breathing using respiratory muscles to stimulate function	6-8 times daily	Open lung air sacs Stimulate cilia, mucus and cough
Humidification Air intake now bypasses the natural filtration system (mouth, nose, sinuses) Dry mucosal tissue bleeds	Immediately after tracheostomy: humidity collar (often with oxygen and humidity) for 24-72 hrs Return to room air when able Normal ,9% saline tracheal instillations 6 to 10 times daily to stimulate cough and loosen mucus	Thin , clear , watery mucus No fever No crusting (dried secretions) No blockage No bleeding
Suction (catheter ½ the size of the airway opening) Rotate tube when in trachea Traumatized mucosal tissue bleeds and scratches/tears can become infected	In/out 6-10 seconds every 2-4 hours first 24hr and decrease as secretions control and cough reflex able to clear airway	Clear , crisp, air exchanges No trauma to mucosa membrane No discomfort for air hunger (short of breath)
Cleanliness Equipment Stoma	Every 2-4 hours first 24-72 hours. Then adjusted to individual need as demanded by airway comfort and consistency of the mucus. Mature stoma can go to twice daily if mucus is clear, thin	Clean Clear Comfortable Stoma or tube! Central airflow from the shaft of the tube ...not around the back plate of the tube

So how does a mucus plug cause an emergency? Unmanaged mucus solidifies when not removed, and interacts with contaminants in the trachea. Bacteria, old blood, unfiltered air such as room with smoke, all can contribute to changing the consistency of the secretions. Dying cells such as those killed in the radiation treatment field can also effect the color and consistency. Alcohol dries tissues as do many drugs, and the mucus becomes thicker. Intubation tubes that move up and

mucosa, and the mucus crusts in a cylindrical shape about the tube.

This list can be frightful and the thought of a mucus plug alarming. But the educated and meticulous keepers of stomas prevent crisis. Routines, cleanliness, attention to surroundings, learning about drugs prescribed, and airway safety can be added to lifestyles. Safety becomes a habit by thinking through actions and being prepared with appropriate equipment to deal with a plug.

Table 2 describes an action plan that should be individualized for each laryngectomee. Take a look at it and see if you are prepared.

Safety	Equipment	Action
Immediate Humidification	.9 % Normal Saline dispos-a-vial with you at all times (substitutes: saline atomizer, medicine dropper	Use it to stimulate cough . Unplug tube, stoma
On-going Humidification	Stoma cover: wear it Vaporizers/ humidifier	Dampen when in/out dry areas, breathe thru it if needed in home
Water	Body requires extra fluid when breathing direct room air	Discuss amount you require with health care professional (HCP)
Tracheal Crusts	Thumb/finger hold forceps (tweezers)	Remove crusts
Suction	Portable suction machine May be needed for some	Know your secretions,, what increases, or decreases them. Decide with (HCP)

Table 3 Action to Remove Mucus Plug in Laryngectomee

- Feel if air is coming mid-stream, and efficiently
- Cough
- Recheck air stream
- Communicate help needed/no one there, 911
- Saline instillation
- Cough
- If tube in place, remove (laryngectomees only)
- Saline instillation
- Suction
- Use forceps/tweezers
- Suction
- Heimlich Maneuver
- CPR

Unfortunately, most may have had a mucus plug experience. Hopefully that experience was a teacher. I truly hope none of you ever has a serious plug.

Prevention avoids plugs Preparedness avoids panic