Rehabilitation of the afasic patient in speech therapy

Reabilitação do paciente afásico em terapia da fonologia

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ABSTRACT

Aphasias are considered to be neurological linguistic disorders in which the comprehension and/or expression of oral and/or written language is compromised, thus having a significant potential impact on the quality of life of an individual and his / her family. Although much studied in its neurophysiological mechanism, aphasia is not always discussed in terms of rehabilitation. Therefore, this article aims to discuss the scientific production in speech therapy on the rehabilitation of aphasia. For this purpose, an Integrative Review of Literature was carried out, covering the period from 2000 to 2021 on the Scielo and BVS data platforms of articles available in full and in the Portuguese language, using as a descriptor the unitermo "aphasia", in which the articles found were submitted to the relevance tests I and II, in which the final sample made only those that passed the established criteria. A total of 236 articles were found on the Scielo platform, with only 29 discussing rehabilitation and only 5 on speech therapy. In the BVS platform, 98.901 articles were found, but only 86 were discussing deaf aphasia and were available, none of which addressed speech therapy rehabilitation. The electronic search reached a total of 5 relevant articles that included the theme of speech and hearing rehabilitation to the aphasic patient, all of them being from the Scielo platform. Thus, scientific scarcity on the subject of aphasia becomes evident, and it is necessary to invest in production that encapsulate the therapeutic behavior of the speech-language pathologist.

Keywords: Aphasia. Rehabilitation. Commitment to language. Neuroscience

RESUMO

As afasias são consideradas distúrbios linguísticos de cunho neurológico em que a compreensão e/ou expressão da linguagem oral e/ou escrita encontra-se comprometida, tendo desta maneira um potencial significativo de impacto na qualidade de vida de um indivíduo e sua família. Embora muito estudada em seu mecanismo neurofisiológico, as afasias nem sempre são discutidas sob o aspecto de reabilitação. Diante disso, este artigo objetiva discutir sobre a produção científica em fonoaudiologia sobre a reabilitação da afasia. Para tanto, foi realizada uma Revisão Integrativa da Literatura, contemplando o período de 2000 a 2021 nas plataformas de dados Scielo e BVS de artigos disponíveis na íntegra

e no idioma em português, utilizando como descritor o unitermo “afasia”, em que os artigos encontrados foram submetidos aos testes de relevância I e II, em que fizeram a amostra final apenas aqueles que passaram pelos critérios estabelecidos. Foram encontrados na plataforma Scielo o total de 236 artigos, sendo que apenas 29 discutiam sobre reabilitação e apenas 5 sobre terapia fonoaudiológica. Na plataforma BVS foram encontrados 98.901 artigos, porém apenas 86 discutiam sobre afasia de fato e estavam disponíveis, sendo que nenhum abordava a reabilitação fonoaudiológica. A busca eletrônica alcançou o total de 5 artigos relevantes que contemplassem a temática de reabilitação fonoaudiológica ao paciente afásico, sendo todos da plataforma Scielo. Assim, torna-se evidente a escassez científica sobre o tema de afasia, sendo necessário investimentos para produção que embase a conduta terapêutica do profissional fonoaudiólogo.

Palavras-chaves: Afasia. Reabilitação. Distúrbio de linguagem. Neurociência

1 INTRODUÇÃO

Among all the language disorders that affect adults and elderly individuals is aphasia, an alteration that requires a lot of training from the Speech-Language Pathology professional on its methods and therapeutic possibilities.

Aphasia is characterized as both a neurological and a linguistic problem (PACHECO, 2004). On the motor plane, aphasia would be the syndrome of phonetic disintegration. On the sensory plane, aphasia would be a change in the threshold of understanding (CANDELOT, 2005). Therefore, it is considered a speech and/or writing disorder after an acquired brain injury (GALLI, DELIBERATO, 2009).

As aphasia is a set of impairments in the functions of language comprehension and expression, the rehabilitation process requires a range of strategies that try to adapt the individual to their new condition and stimulate their brain functions as much as possible in order to make use of neuroplasticity to achieve a recovery of lost functions.

The buccal shape is one of the great resources for working with an aphasic patient. Therefore, repetition is an advantage for the patient when he cannot get the words out. Thus, repetition plays a key role, as it should allow the patient to rediscover self-control of their verbal productions and, consequently, progressively eliminate paraphasias (JAKUBOVICZ; CUPELLO, 1996; JAKUBOVICZ; CUPELLO, 2005).

Another therapeutic resource concerns the use of music, while music

promotes positive stimulation with the patient, as it helps in evoking words, however, the use of music should start with "hum" and body movements, in then, the patient follows the music singing with the therapist, until the therapist gradually stops humming so that the patient sings alone (JAKUBOVICZ; CUPELLO, 1996). Songs and verses are interesting to be used in aphasic therapy, as the rhythmic elements facilitate the retention of phrases (PAMIES et al., 2005).

For the aspects of written language, it is important to emphasize that in patients with right-hand hemiplegia who were right-handed, there is no problem in performing writing exercises with the left hand, however, when this action becomes stressful for the patient, using resources, such as the computer and cut-out letters, to carry out the written activity (JAKUBOVICZ; CUPELLO, 1996). The use of written words helps in the rehabilitation of the aphasic (PAMIES et al., 2005). It is through communicative resources that an aphasic individual can assume the position of a speaking being and express his thoughts (JAKUBOVICZ; CUPELLO, 2005).

In the rehabilitation process, the application of element classification exercises according to semantic criteria for aphasia rehabilitation, aiming at the naming of figures (PAMIES et al., 2005; PAMIES; PEÑA-CASANOVA; PULIDO, 2005). Thus, professionals must take advantage of real activities or develop contextualized activities during their work (PACHECO, 2004). It is important to encourage the language using automatic formulas of everyday life, such as "good morning", "thank you", "goodbye" (SOUSA, 2019).

Taking into account the relevance of scientific publications and the need to deepen the theme of rehabilitation of individuals affected by aphasia, there was a need to prepare this literature review with the guiding question: what is there in the scientific literature on speech therapy for aphasic patients?

2 METODOLOGIA

The research strategy of this work is the systematic review of the literature in which journals and other Brazilian scientific publications were searched from 2000 to 2021. The selection of content was based on the compliance of the subjects with the objective of the work and articles that, despite the appearance in the search, they did not address the subject in question and/or that they were part of the international literature.

For the survey of articles in the literature, a search was carried out in the Scielo and BVS databases, which allowed access to articles published in good quality journals. Only 1 descriptor was used to search for articles, namely: aphasia.

The studies were evaluated according to the inclusion and exclusion criteria through the Relevance Test I, which was applied only to the abstracts of the articles, and those that did not have an abstract were excluded from the research. The articles considered relevant went to the Relevance II test applied to the articles in full. The relevance tests above were used because they are the most appropriate strategies for the present study, table 01. The studies included were those that contemplated the approach to the theme of Aphasia.

Table 01 – Relevance Test Application Form

RELEVANCE TEST APPLICATION FORM I		
Inclusion criteria		
The study deals with aphasia?	Yes	No
Exclusion Criteria		
It is an editorial, letter or other scientific material that is not an article?	Yes	No
It is possible to access the full article?	Yes	No
RELEVANCE TEST APPLICATION FORM II		
Inclusion criteria		
It is a production in a Brazilian magazine?	Yes	No
Covers the year 2000 to 2021?	Yes	No
Does it deal with the subject of speech-language rehabilitation?	Yes	No

SOURCE: produced by the author of the study

3 RESULTS

Regarding the findings of scientific production in the platforms researched using the corresponding descriptors, it was possible to find in the Scielo platform a total of 236 articles for the descriptor “aphasia”, of which 164 were Brazilian publications. Of these, 85 articles were in Portuguese and only 59 covered the period established in the research from 2000 to 2021. Of the 59 articles found, only 29 mentioned something about rehabilitation, and only 5 actually discussed speech therapy. None of the articles on the Scielo platform were unavailable at the

time of the search.

In the BVS platform, the equivalent of 98.901 articles on aphasia were initially found, of which only 203 were Brazilian articles, and only 123 were written in Portuguese. When analyzing the period of publication of the articles, it was possible to see that 108 covered the stipulated publication period, but 1 material was a Letter to Readers, 6 were Course Conclusion Works and 15 were unavailable for access to the complete material, with only the summary of the study. Therefore, 86 articles remained, all of which addressed the assessment of aphasic patients, especially from a neuropsychological perspective, and did not discuss the treatment of these patients. Therefore, no article was included in the study sample by the BVS platform.

In the following table, you can view the results obtained in the relevance test I on the findings in the databases in a different way:

Table 02- results obtained by applying the Relevance Test I

Platforms	Found	Excluded	Included
Scielo	164	0	164
Bvs	203	22	181
TOTAL	367	22	345

Source: Databases.

Table 02 shows the total of 367 scientific materials found in the databases defined for the study research, so that 22 (6%) materials were excluded after being submitted to the Application of Relevance Test I and 345 (94%) remained for the second analysis of this study.

The search script is shown in Figure 01 where you can see in a general way the results found in the databases used:

Figure 01- Flowchart of the design of the Integrative Literature Review

The electronic search reached a total of 5 relevant articles that addressed the theme of speech rehabilitation for aphasic patients, all from the Scielo platform. The articles analyzed in this study are presented in the following Tables:

Table 03 – Publications available in the Scielo database.

Title	Method	Authors	Magazine	Year
Intervenções em afasia: uma revisão integrativa	Revisão Integrativa da Literatura	Sabrina R. O. Fontanesi; Andréia Schmidt	CEFAC	2016
O processo terapêutico nas afasias: implicações da neurolinguística enunciativo-discursiva	Estudo de Caso	Gisele Senhorini; Ana Paula O. Santana; Karoline P. Santos; Giselle A. Massi.	CEFAC	2016
Intervenção nas afasias com o uso da comunicação suplementar e/ou alternativa	Estudo de Caso	Elen C. Franco; Natalia G. Carleto; Dionísia A. C. Lamônica; Magali L. Caldana.	CEFAC	2015
Eficácia da fonoterapia em um caso de afasia expressiva decorrente de acidente vascular encefálico	Estudo de Caso	Leticia R. Kunst; Luciële D. Oliveira; Vanessa P. Costa; Fernanda M. Wiethan;	CEFAC	2013

		Helena M. Mota.		
Introdução da comunicação suplementar e alternativa na terapia com afásicos	Estudo de Caso	Juliana F.M. Galli; Jáima P. Oliveira; Débora Deliberato.	Sociedade Brasileira de Fonoaudiologia	2009

Fonte: Base de Dados

4 DISCUSSION

The scientific productions published on the studied platforms indicate the theoretical experience that is presented, but there is a lack of publications that have as their object the therapeutic techniques used, the clinical evolution or therapeutic limits of the aphasic patient.

With few literary data found, the importance of discussing the peculiarities of the speech therapy process of the aphasic patient is highlighted. Therefore, it is necessary to discuss the issue of rehabilitation in aphasia aimed at this population, often with neglected speech therapy assistance since the onset of its manifestations.

It is with the rehabilitation process that the aphasic person learns to give new meaning to their communicative values, that they learn to deal with the language disorder and, little by little, can be reinserted in society. Characteristics such as these are explained in some of the analyzed articles and should be considered in the care practice provided by any Speech-Language Pathology professional who intends to provide follow-up to patients with aphasia.

It is believed that the functional, emotional, social and economic losses to which aphasic patients are subjected require professionals to have skills and competences to identify their specificities with the perspective of comprehensive care that contributes to the quality of life of these patients. With the increase in morbidity in the general population, the incidence of patients with this type of demand also grows, which requires greater training and research from the speech therapist.

5 FINAL CONSIDERATIONS

As can be seen, few original articles regarding field research were carried out. During the field research on the data platforms, a great predominance of scientific publications focused on the relationship between Neuropsychology and

Aphasic patients was observed, with standardized evaluation tests being more specific, however, none of them addressed therapy. Among the studies found and that were part of the sample, the predominance of the Case Study is notorious as the most used methodological technique.

The scarcity of scientific literature that addresses the theme of speech rehabilitation in aphasia is evident, therefore, the need for new studies in order to contribute and enrich the theoretical contributions that establish the link of rehabilitation techniques and aphasia, in particular, to prove the efficiency and effectiveness of this speech therapy follow-up process.

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