## CareTips

Topic: 17 **Occluding Your Stoma** Without an HME

## **Occluding Your Stoma Without an HME**

Make sure your stoma is clean. If you are wearing an HME, it is still a good 1. idea to practice occluding your stoma without your HME. There may be a time when you may not be wearing your HME and you will need to speak.



Use your finger or thumb to cover your stoma. If you are having trouble getting an airtight seal, try using a small ball made of cloth to press firmly on the stoma.

- 3. Say "hay."
- Keep your arm flat in front of your chest. Keep movements small so Tip: that you do not draw attention to your stoma. Keep your head straight.



Take your thumb or finger off the stoma after voicing stops. Be careful not to take your thumb or finger off too early.

- 5. Work on timing. Avoid sound coming from your stoma caused by air escaping:
  - When you occlude the stoma too late
  - When you don't press firmly enough
  - When you take your thumb or finger away too early
- 6. Practice with the following utterances:







How are you Hi there

Who is that

Hello



Haaa

- 7. Talk to your clinician about the possibilities for a Heat and Moisture Exchanger (HME). This can make occluding your stoma much easier and can improve your voice and breath support for speaking.
- Practice in front of a mirror if you are having a hard time occluding Tip: your stoma.
- Tip: Practice occluding the stoma with both hands so you can switch hands if needed. Think about which hand you prefer to use to occlude your stoma.
- Tip: You may want to try with a stoma cover. You can put your finger/thumb on top of the cover.





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8. Practice with the following sentences:



I am going to the bakery today.



I need to buy some bread.





What a wonderful day.



The sun is shining.



That tree is full of apples.



I like your haircut.



It is a cold and rainy day.



That is my favorite book.



Those plants need water.



Dinner is ready.



















Where are my glasses?



How much does that cost?



Good morning, how are you?



I am great, thanks.



Can you pick up the phone?



Where is my cell phone?



Where are we having dinner?



I wish the weather would get warm soon.

How was your vacation at the beach?





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