

Video Series on Post Laryngectomy Caregiver Education

Target Population

Laryngeal carcinoma can have a substantial impact on a patient's life, especially in the setting of requiring a total laryngectomy.¹ This procedure results in permanent changes to patient's ability to speak and also how they swallow and breathe.² Patients with a laryngectomy and their caregivers face challenges with everyday aspects of laryngectomy care and this burden can strain interpersonal relationships and lead to psychological difficulties for patients and caregivers.³

In the perioperative period around a laryngectomy, the patients and their caregivers are often inundated with information from a variety of specialties including Otolaryngology-Head and Neck Surgery, Medical/Radiation Oncology, Respiratory therapy and Speech therapy.

The target population for this video series are the patients who are about to undergo or have recently undergone a total laryngectomy and their caregivers. Specifically, the video will be directly shared to patients who receive care at Penn State Health, an academic health system serving patients in Central Pennsylvania. The video will also be available online for the global population to access.

Methods

We will produce a video series for patients and families/caregivers of laryngectomy patients. Each video will focus on a different element of living and caring for individuals with a laryngectomy.

1. TEP Education: care, use, leaking, speaking
 - a. This video would explain the function and daily care of TEP, as well as how to problem solve a leaking TEP.
2. Diet: leak test, food types, globus, nutrition
 - a. This video will explain the process a patient will undergo after a laryngectomy prior to eating. It will also explain the recommended diet, as well as common issues eating after a laryngectomy.
3. Stoma/trach care: saline bullets, suctioning, humidification
 - a. This video will explain care of a stoma after a laryngectomy and will be completed by one of our respiratory therapists.
4. Lary Supplies: cleaning, adhesive vs button vs tube, HMEs
 - a. This video will explain of the accessories that are commonly used by laryngectomees. It will demonstrate the purpose as well as usage of each product. It will also demonstrate the care process for each product.
5. Emergency care: CPR, water infiltration, lodged object, etc.
 - a. This video will explain the differences in emergency care for a patient with a laryngectomy including CPR, water infiltration, and difficulty clearing food from the esophagus.
6. Life Events: vacationing/travel, bad weather/storm prep, holidays
 - a. This video will explain helpful tips for patients traveling

Expected Outcome

The expected outcome of the video series will be increased knowledge regarding post-laryngectomy care for patients and caregivers. Specifically, we aim to provide strategies for handling various situations and questions that may arise when caring for laryngectomy patients. Through this intervention, we hope to build confidence and competence in patients and caregivers in post-laryngectomy care.

Community Health Impact

In addition to the laryngectomy patients at Penn State Health, the videos produced will be available to the general public online as well. Therefore, they can also serve as educational material for the community to learn about laryngectomy and its impact on daily life. Learning about their management can allow community members to be better equipped when interacting with post-laryngectomy patients.

Cost

The estimated budget for producing the post-laryngectomy caregiver education video series includes filming, editing, and necessary production expenses. A full-day filming session with a two-person crew and two cameras is projected at \$2,900, while editing costs are estimated at \$125 per hour, totaling approximately \$6,125 for post-production. Additional expenses include props and travel reimbursement for patient participants. The total estimated cost exceeds \$10,000, with any overages beyond the grant funding to be covered by the Department of Otolaryngology and Penn State Milton S. Hershey Medical Center.

Other available funding

Overages beyond the grant funding to be covered by funding from the Department of Otolaryngology and Penn State Milton S. Hershey Medical Center.

References

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2. Pourliaka T, Panagopoulou E, Siafaka V. Voice-related quality of life after total laryngectomy: a scoping review of recent evidence. *Health Qual Life Outcomes*. 2025 Jan 21;23(1):6. doi: 10.1186/s12955-025-02334-6. PMID: 39838485; PMCID: PMC11748315.
3. Offerman MP, Pruyn JF, de Boer MF, Busschbach JJ, Baatenburg de Jong RJ. Psychosocial consequences for partners of patients after total laryngectomy and for the relationship between patients and partners. *Oral Oncol*. 2015 Apr;51(4):389-98. doi: 10.1016/j.oraloncology.2014.12.008. Epub 2015 Jan 24. PMID: 25631352.