Telepractice in Africa: A Cross-Cultural Experience with People Who Stutter

Judith Kuster, Dale Williams, Whitley Bieser, and Martha J. Cook,
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Learner Outcomes

• By the end of this presentation, participants will be able to:
  • describe the challenges of people who stutter living in Africa
  • explain the challenges and opportunities of providing clinical service via telepractice to people who stutter living in Africa.
  • discuss the opportunities for clinicians and university programs to gain multicultural experience and provide clinical services via telepractice for PWS living in Africa.
Judith Kuster

- CCC-SLP, BCSF-R, M.S. in speech-language pathology and M.S. in counseling, ASHA Fellow and emeritus professor at Minnesota State University, Mankato. She is a Life Member of ASHA and MSHA, a member of ASHA SIG#4: Fluency and Fluency Disorders and honorary life member of the International Stuttering Association. Kuster has presented on Internet resources, counseling, and fluency disorders nationally and internationally.
Disclosure Statement Judith Kuster

- Financial Disclosure: None
- Non-Financial Disclosure: None
Critical need for stuttering therapy in Africa

• Master's thesis - *Stuttering in West African tonal language populations* (Murgor 1994) - Margaret Cemi Murgor (Stuhl)
  • Reported on high prevalence of stuttering in West Africa
  • Reported on research current at that time (before 1992) on etiology of stuttering in West Africa

• Hosting ISAD online conferences 1998-2012
  • Several papers – Moussa Dao, Joseph Lukong, Dieudonne Nsabimana and others
Dr. Moussa Dao (Burkina Faso) – personal correspondence and a ISAD paper (2002) on his own experience and a questionnaire of 10 “traditional healers” (some old ideas, still held in rural areas)

• Etiology
  • Caused by a problem with the lingua frenum
  • Caused by children imitating an adult’s stuttering
  • Caused by drinking from the bottom of a water jar
  • Caused by heredity, disease, a curse

• Treatment
  • Drinking juice from the root or leaf of a specific plant
  • Singing in public around a wood fire
  • Drinking water from a snail’s shell
  • Threatening children when they stutter
  • Mixing powder of ground owl’s nest in breakfast porridge
  • Applying a heated metal tool to the lips.
About how stuttering was treated while I grew up

- Grandfather thought stuttering was the result of a curse and offered sacrifices of palm wine, hens, goats, etc.

- My brother and I were brought to a traditional herbalist – drank a yellowish liquid made from roots of the rafia plant, every day morning and night for 6 months

- Brought to another herbalist – liquid was squeezed from leaves of the cola nut tree, inserted into my nostril while lying down. In the evening, the covering of the cola nut seeds were burned in a small hut with no windows and I was forced to inhale the smoke through mouth and nose.
• sacrifices of palm wine, hens, goats, etc.
• Treated by two herbalists drinking yellow liquid and inhaling smoke
• Eating KIBEM – a greenish insect
• Drinking water from the shell of a snail – tried for 2 months
NOTHING WORKED!
Judy Kuster – a few additional examples

- **Etiology:** Children who stutter accused of witchcraft
- **Treatment:** Rubbing elephant dung into carefully-placed cuts around the tongue and mouth.
- Traditional herbs – kighavir, ghay kiyon, Maro-oh, ghan kidzem with the lungs of the cow (boofu) boiled together with palm wine helped a great deal to improve stammering in children.
- Drinking salty "Sea Water".
- A slap with a shoe or throwing eggs on the face when starting to stutter.
WWW starts to provide excellent information and resources on stuttering

• Judy Kuster - Stuttering Home Page – US – 1995
• Anne-Marie Simon - Association Parole-Bégaiement (A.P.B.) – France – 1997
• Andrew Harding - British Stammering Association – England -1998
• Jane Fraser and the Stuttering Foundation - US – 1998
• ISAD online conferences 1998-2017 – “the center piece that connects everyone around the world” Michael Sugarman
Advent of self-help in Cameroon and Burkina Faso

• Speak Clear Association of Cameroon – Joseph Lukong

• Action Against Stuttering Burkina Faso - Moussa Dao
2002-2005 – growth of self-help groups in Africa
First African Stuttering Conference
"Understanding Stuttering and its Treatment."

• Oct. 6-9, 2005 in Duola, Cameroon, organized and sponsored by ISA and Speak Clear Association of Cameroon led by Joseph Lukong.

• Included delegates from the 5 self-help groups and prompted the creation of 6 more

• People from 15 countries in Africa attended the October conference, as well as people who stutter and speech pathologists from outside Africa (including David Shapiro (USA) and Anne-Marie Simon (France))
Self help groups growing

- ISAD online conference 2006 – two reports
- **Cameroon** Joseph Lukong reported on the First African Conference on Stuttering
- Twelve individuals reported on self-help groups emerging in Africa
- **Burkina Faso** Moussa Dao
- **Mauritania** Maciste Abdoullah
- **Chad** Ousmane Issa Bourkou Sainta
- **Nigeria** Akintunde Adeyemi
- **Uganda** Joseph Nsubuga
- **Equatorial Guinea** Adeline Vekerh
- **Sudan** Sami Awad Yasin
- **Mali** Mrs. Diallo
- **Mauritius** Jim Caroopen
- **Ghana** Anass Mohammed
- **South Africa** Kelemogile Watson Lekalake
- **Benin** Ayodè Edith Ochoumareo
Second African Stuttering Conference

STUTTERING IN AFRICA: What strategies for effective reawakening.

• 2008 in Ougadougou, Burkina Faso – organized and sponsored by the ISA, Stuttering Association of Burkina Faso (Action Contre Le Bégaiement ABC) led by Moussa Dao, November 27-30, 2008

• 230 delegates
  • 16 African countries - Burkina Faso, Mali, Niger, Nigeria, Senegal, Mauritania, Cote D’Ivoire (Ivory Coast), Ghana, Togo, Benin, Tchad, DR Congo, Burundi, Rwanda, Kenya, and Cameroon
  • From outside Africa – Germany, France, USA, Lithuania, and UK
Some results from the conferences

- Anne-Marie Simon, and Moussa Dao (2008) *The International Speech Project (ISP) Missions to Togo and Senegal*
- Creation of additional self-help groups

Anne Marie Simon and Moussa
Growth of Self Help in Africa

- By 2011, there were self-help organization established in 23 African nations (40 % of the 59 nations).
Clinical services and consulting emerging

- Burkina Faso June 1-15, 2007, Dr. Susan Felsenfeld, an ASHA member, through the Fulbright Senior Specialist Program, at the invitation of Moussa Dao and the University of Ouagadougou, provided teaching and clinical consultation to PWS, family members, classroom teachers, medical professionals, and students in various health-related disciplines (Kuster and Felsenfeld, 2010).
Clinical services and consulting emerging


Lecture to student teachers on how to help school children who stutter.

A FWS receiving an attestation of participation after the one week intensive therapy session from Gordon Skinner.

At a special needs teachers training college in Cameroon.
Moussa Dao provides advising/consulting services self-taught and more

- Materials from Judy Kuster – SHP, ISAD, and a few books
- Moussa and Anne-Marie Simon – 2 trips together with International Speech Project
- Documents from Jane Fraser - SFA
- Addended several conferences and workshops
- SLP students who came annually from France
- Other specialists who visited BF – A. Simon, S. Brigone, D. Shapiro, S. Felsenfeld
- 2002 to 2012, he had seen 297 PWS and their families – no other option for them to get any good information/advice.
Dieudonne Nsabimana, Coordinator of the African Stuttering Centre (ASC) – 2010 study reported on ISAD online conference 2011

- **Report of the Study of Therapy for Stuttering in Africa**

- Study - Burundi, Rwanda, South Africa, Burkina Faso, Mali, Niger, Democratic Republic of Congo, Tchad, Togo, Tanzania, and Central Africa Republic 7/11 had 0 therapists for stuttering

- There were 728 persons (602 from Togo and South Africa) who received any therapy for stuttering, in contrast of the potential of 2,511,360 who could benefit from therapy (based on 1% incidence rates of stuttering).
Moussa Dao continues to provide advising and consulting services in Burkina Faso (2012)

- “Now my work is helped by the presence of 4 speech therapists (2 from Burkina Faso and 2 from France). I am now able to refer the clients to them for follow up.”
Clinical services emerging in Africa

- Students and clients from Africa studying Communication Disorders, or seeking therapy - first in South Africa, then in France, England, and the U.S.
  - Harsha Kathard – teaching in the Department of Speech and Hearing Therapy at University of Durban-Westville, Kwa-Zulu Natal, South Africa since 1985
  - 20 PWS received therapy from students from France organized by Anne-Marie Simon through a program called ORTHOFASO
Dale Williams

- Dale Williams, Ph.D., CCC-SLP, BRS-FD is a Professor in the Department of Communication Sciences and Disorders at Florida Atlantic University. He serves as a consultant for Language Learning Intervention and Professional Speech Services. Dr. Williams has written 3 books and numerous publications on stuttering and other communication disorders.
Disclosures

• Financial Disclosure: Dr. Williams will receive reimbursement for travel and registration from the College of Education at FAU.
• Non-Financial Disclosure: Dr. Williams supervises in the FAU clinic, from which much of the distance therapy information was gathered.
FAU Distance Therapy Program

- Began as accent reduction program
- Rwandese officials very interested in English Language training
Language in Rwanda

- English has replaced French as the official language
- Kinyarwanda is the most prominent language spoken
Licensing & Security

- Rwanda had no laws restricting distance therapy
- Skype vs. ConnectUS
Stuttering Evaluations

- Conducted via webcam
- Materials sent by email
- Standard assessment tasks
Stuttering Therapy - Goals

- Education about speech and stuttering
- Stuttering & fluency modification
- Desensitization
- Counseling
- Generalization
Stuttering Therapy – Barriers

- Monitoring loudness
- Identification of secondary behaviors
- Missed non-verbal cues
- Limits to generalization
- Technology drawbacks
Additional Challenges

➢ 7-hour time difference

➢ Holidays and other events celebrated in one country, but not the other

➢ Daylight savings time
Benefits

- Providing therapy to an area with no SLPs and limited understanding of stuttering
- Distance treatment means that anyone can be seen by a therapist, as long as he or she has access to a computer
- Experience can be just as personal as face-to-face therapy
- Convenience to clients and clinicians
- Longer sessions
Language as a Shared Experience

- "Peppering down out there?"
- "Oh man. Does the phrase 'cats and dogs' mean anything to you?"
Future Considerations

➤ FAU’s Department of Communication Sciences & Disorders has been contacted by other universities for information about the teletherapy program described here.

➤ Client inquiries have come in from Great Britain, Egypt, Brazil, and the Caribbean.
Contact Information

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Whitley Bieser

- Whitley Bieser has a BS in Communication Disorders from Southeast and is currently a graduate student at Southeast Missouri State University.
Disclosures

• Financial Disclosure: Ms. Bieser received assistance for travel and registration from the Department of Communication Disorders, College of Health and Human Services, School of Graduate Studies, Office the Provost and Office of the President of Southeast Missouri State University.

• Non-Financial Disclosure: Ms. Bieser is a graduate student enrolled in CD642: Fluency Disorders in which she participated in providing services to persons referred by the African Stuttering Centre as a part of the course and she is employed as a graduate assistant in the Department of Communication Disorders at Southeast Missouri State University.
A Student’s Perspective

- The purpose of graduate studies:
  - To gain knowledge
  - To develop
  - To experience
A Student’s Perspective

- The benefits of participation in telepractice
  - Cultural Experience
  - Unique Experience
  - Technological Experience
- Challenges experienced
  - Time difference
  - Technology
  - Cultural practices
- Overall benefits
  - Progressive experience
  - Cultural experience
Martha Cook

- Martha J. Cook, PhD, CCC-SLP, is an associate professor and coordinator of the Center for Speech and Hearing in the Department of Communication Disorders, Southeast Missouri State University, Cape Girardeau, MO. She has presented at state and national conventions on fluency disorders and professional issues.
Disclosures

• Financial Disclosure: Dr. Cook received assistance for travel and registration from the College of Health and Human Services and the Department of Communication Disorders at Southeast Missouri State University.

• Non-Financial Disclosure: Dr. Cook is employed by the Department of Communication Disorders at Southeast Missouri State University and teaches CD642: Fluency Disorders. The services provided through Dr. Cook’s supervision of students in that course produced many of the research results which were presented.
Service Learning

• Fosters a partnership between community agency and university training program
• Is NOT just a volunteer program or field experience
• Creates a cycle of action and reflection
• Is popular with students

• Establishes connections between personal and interpersonal development and academic advancement
• Facilitates encounters with social challenges
• Expands and transforms world view
• Is a catalyst for confronting the complexities of human needs
Cross-Cultural Experiences

• May not be available through traditional on-site experiences requiring travel
• Create opportunities for individuals who would not otherwise have access to these experiences
• Facilitates a student’s ability to learn, navigate obstacles and develop and apply critical-thinking and problem-solving skills
KASA Skills and Competencies

• Diverse populations
• Across the lifespan
• Levels of severity
• Fluency disorders
• Assessment and intervention
Telepractice Training and Experience

• Daily use of technology
• Knowledge and confidence in using technology
• Growth in popularity of telepractice
• Desire for training and experience in using telepractice while in graduate training programs
We close with a short greeting from Rwanda

Dieudonne Nsabimana
africanstutteringcentre@gmail.com
The Distance Stuttering Therapy Program of Africa transforms lives of people who stutter. 35 year old Francois, said "The treatment is perfect for me and helping me a lot to improve my speech. It is easy to take part using Skype and I do not have to travel to America."

DSTPA has a main office in Rwanda in East Africa. We hope to expand, opening a satellite office in Ghana to serve communities in West Africa. I am confident other universities will follow the generous involvements of FAU and SMSU in providing tele-therapy. I have already been contacted by the University of Ottawa and the University of California Riverside School of Medicine for more information.

For further information, please contact Dieudonne Nsabimana at: africansstutteringcentre@gmail.com