

# Nasalance scores for Vietnamese-speaking children with oral clefts

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## SUMMARY

**Objective.** The study aimed to obtain nasalance scores for Vietnamese-speaking patients with repaired cleft palate with or without cleft lip.

**Methods.** A total of 29 children with cleft palate with or without cleft lip (4–18 years old, mean age 7.9±3.5 years old) were included in this study. Speech material was designed specifically for the Vietnamese language. The speech material consisted of oral stimuli (19 oral words and 18 oral sentences), oro-nasal stimuli (eight sentences), and nasal stimuli (seven sentences). The patients repeated the stimuli after the examiner. The Nasometer II (model 6450) was used to compute nasalance scores.

**Results.** The mean nasalance scores were 27.1% for oral stimuli, 40.2% for oro-nasal stimuli, and 57.5% for nasal stimuli. Hypernasality was detected in 41.4% of the patients.

**Conclusion.** Vietnamese-speaking patients with repaired cleft palate with or without cleft lip who did not undergo speech therapy had poor speech outcomes.

**Key words:** child, cleft palate, speech, speech disorders, Vietnam.

## INTRODUCTION

Oral clefts are congenital birth defects that include a cleft lip (CL), cleft lip and palate (CLP), and isolated cleft palate (CP) (1). Patients with oral clefts often require multiple treatments to regain function as well as aesthetics. Developing normal speech is one of the primary goals of cleft treatment. An assessment of speech, therefore, is essential in reporting the outcomes of cleft treatment (2).

Hypernasality is one of the most common speech disorders in patients with cleft palate with or without cleft lip (CP±L) (3). Perceptual assessment of speech by speech-language pathologists is considered the gold standard to assess speech disorders related to CP±L (4). However, perceptual assessment alone is not sufficient to evaluate if hypernasality is caused by a palatal fistula, velopharyngeal inadequacy, or a combination of both (5). Also, the quality and reliability of perceptual assessment are dependent on the experience of evaluator and

professional bias (6). Some clinicians prefer having an objective assessment of speech, i.e. instrumental assessment, besides their subjective and perceptual assessment (7)

Nasometry is a non-invasive computer-based acoustic instrumental technique that calculates the ratio of nasal acoustic energy to the total of nasal and oral acoustic energy (8). One such instrument is called a Nasometer. The ratio is termed as the nasalance score (8). Nasalance, as measured by the Nasometer, is substantially correlated with perceptual measures of nasality in children with a repaired CP (9).

Patients with oral clefts in our hospital have been operated by the Chonbuk National University surgical team for many years. The treatment has focused on surgery; speech therapy has not been incorporated. Nasalance of operated patients has not been investigated. In recent years, the Nasometer has been introduced for research purposes in our hospital. Therefore, we conducted this study to investigate nasalance scores for surgically treated Vietnamese-speaking patients with CP±L.

## MATERIAL AND METHODS

### Participants

The study was approved by the ethics committee of Hue University of Medicine and Pharmacy

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(date of issue: 24 December 2015) (Appendix A). Informed consent was obtained from parents or patients who were 18 or older (Appendix B). The study was conducted in March 2016.

Patient records at the hospital were screened for patients who met the following inclusion criteria: repaired CP±L; no associated syndrome and no mental retardation; native Vietnamese-speaking; and ≥ 4 years old. Cleft types were recorded as CLP and CP. The speech of patients was screened by two Vietnamese speech-language pathologists (SLPs) using a brief conversational interchange technique. The patient answered questions about their name, age, and grade level. Patients who were unable to complete the speech stimuli, unable to repeat the stimuli, uncooperative, having hearing problems, or suffering from the common cold or nasal congestion were excluded.

Patients in this study were operated by the Chonbok National University surgical team using the same surgical protocol. The cleft surgery was performed by three experienced surgeons. Lip closure was performed at 6 to 12 months with modified Millard or Tennison method. One-stage hard and soft palate closure was performed at 12 to 24 months with V-Y pushback method. The included patients were not examined or treated by SLPs previously. Presurgical orthopaedics, and secondary alveolar bone grafting was also not provided to the included patients.

### Speech material

Speech stimuli containing nasal phonemes are not helpful in identifying hypernasality but may be valuable in identifying hyponasality (10). A person with nasal obstruction should manifest low nasalance scores, i.e. hyponasal speech, when asked to produce nasal stimuli which are loaded with nasal sounds (11).

The speech material was composed specifically for the Vietnamese language and used to obtain normative nasalance scores for non-cleft Vietnamese-speaking children. The speech material consisted of three stimuli: oral stimuli, oro-nasal stimuli, and nasal stimuli (12). The speech material is shown in Appendix C. The oral stimuli, which were devoid of nasal consonants, composed of 19 oral words and 18 oral sentences. The oral stimuli were designed to detect hypernasality (13). The oro-nasal stimuli included eight sentences (33.8% nasal consonants). The nasal stimuli, which were loaded with nasal consonants, had seven sentences (83.0% nasal consonants). The nasal stimuli were designed to detect hyponasality (14).

### Nasometry

Nasalance scores were obtained using the Nasometer II (model 6450) (PENTAX Medical, Montvale, NJ) with the Nasometer™ software (PENTAX Medical, Montvale, NJ). The assessment procedure was conducted in a quiet room. The Nasometer was calibrated daily before the assessment in accordance with the instruction of the manufacturer. After adjusting the headset of the Nasometer according to the manual, the patients were asked to repeat each stimulus after the examiner, with a brief pause in between. The software gave a nasalance score for each stimulus. The mean nasalance score was calculated by averaging the score of all stimuli in each category (oral stimuli, oro-nasal stimuli, nasal stimuli). Also, a speech-language pathologist noted nasal emission of the patients when they repeated the stimuli.

### Nasalance scores interpretation

As suggested by previous studies, clinical level of abnormal resonance is determined by assuming a limit of 2 standard deviations (SDs) beyond the mean (15, 16). Applying those findings, cut-off scores for oral stimuli, oro-nasal stimuli, and nasal stimuli were suggested for the Vietnamese language. Nasalance scores above 24.7% indicated an excessive amount of acoustic nasal energy or hypernasality. Nasalance scores below 38.5% indicated hyponasality (12).

### Statistical analysis

The statistical analysis was performed using the SPSS statistical package version 22.0 (SPSS Inc, Chicago, IL). Independent t-tests were used to compare the differences in the scores between genders, and cleft types. The Chi-square test was used to compare categorical variables. A p-value of less than 0.05 was considered statistically significant.

## RESULTS

Twenty-nine children (12 boys, 17 girls) from 4 to 18 years old (mean age  $7.9 \pm 3.5$  years old) were included in the study. There were no significant differences in nasalance scores between genders as well as cleft types ( $p > 0.05$ ); therefore, they were combined for the analysis.

### Nasalance scores

The mean nasalance scores for Vietnamese-speaking children with CP±L were 27.1% for oral stimuli, 40.2% for oro-nasal stimuli, and 57.5% for

nasal stimuli. About half of the patients (41.4%) had hypernasality.

## DISCUSSION

### Nasalance scores for Vietnamese-speaking patients with CP±L

The present study introduced the nasalance scores for Vietnamese-speaking children with CP±L. The children were operated by the Korean operation team and did not receive speech therapy. We found that the children had a high occurrence of hypernasality.

The occurrence of hypernasality in our study was much higher than other cleft studies, for example, 10.2% in children with UCLP in the United Kingdom (17), 11% in children with CLP and 38% in children with CP in Finland (18). The reasons for hypernasality could be oronasal fistula, lacking speech therapy, or different surgical techniques. An oronasal fistula in operated patients with CP is considered a contributor to hypernasality (2). Children with UCLP in the United Kingdom study has a low occurrence of hypernasality because about two-thirds of patients received speech therapy, and the centralization of cleft services improved speech outcomes (2). In our study, we did not make a record of the presence or absence of the oronasal fistula. Therefore, we could not draw any conclusions on the effect of oronasal fistula on nasality.

### Factors influencing nasalance scores

There are some factors that affect nasalance scores: language, age, and cleft types. Since the mean scores of nasalance scores are dependent on the language, the cut-off score is also language-specific, for example 27% in the Brazilian Portuguese

language, 29% in the Finnish language, or 32% in the English language (13, 18, 19).

Prior studies on other languages showed that nasalance scores for adults were significantly higher than those for children (20, 21). The age effect was observed in a non-cleft population and explained by two phenomena: structural changes and physiological changes associated with age (22). Soft and hard tissues of the craniofacial complex such as mouth, jaws, palates, nose, sinuses, and cranium change noticeably over time that could affect the acoustic characteristics of resonance (18). Changes in sensorimotor structures and functions with age could influence the operation of the velopharyngeal sphincter for rapid dynamic control during speech (22).

The effect of cleft types on nasalance differed among studies. Haapanen (18) showed that children with CP had significantly higher nasalance scores than children with CLP and CL in oral stimuli. Van Lierde, De Bodt (23) found no differences in the nasalance scores and perceptual judgments of nasality between UCLP and BCLP. Swennen, Grimaldi (5) showed no differences in the nasalance scores between the four cleft groups (UCL, UCLP, BCLP, CP) for the sustained vowels, the oral sentences, and the three oro-nasal reading passages. In contrast, the speech of patients with BCLP was significantly less intelligible and had more articulation errors due to the cleft (24).

### Pros and cons of the Nasometer

Nasalance scores for patients with CP±L were investigated in other languages as shown in Table. Nasometer has its own advantages. Because the procedure is non-invasive, Nasometer is suitable for young children (25). This instrument is relatively small and portable; therefore, it can be used by SLPs

**Table.** The mean nasalance scores (%) and standard deviation for patients with clefts in different languages

Language	Authors, Year	Age	Male/ Female	Diagnosis	Mean nasalance scores		
					Oral stimuli	Oro-nasal stimuli	Nasal stimuli
Dutch	Van Lierde, 2002 (23)	4-16	n=37	UCLP	26.0±4.9	40.7±3.8	54.3±2.6
				BCLP	27.8±3.5	39.3±3.2	50.2±3.3
				UCLP+BCLP	26.9±3.0	40.0±2.5	52.3±2.1
English	Pinborough-Zimmerman, 1998 (28)	4-13	14/1	UCLP, BCLP, CP	31.1	39.4	52.3
German	Swennen, 2004 (5)	≈13	74/51	UCL	26.9±11.8	44.0±9.0	70.4±6.0
				UCLP	31.9±11.7	46.0±7.1	65.8±6.4
				BCLP	30.7±12.8	44.9±8.3	67.2±4.9
				CP	33.7±12.1	47.2±8.1	68.0±6.8
Malay	Norsila, 2013 (29)	NG	12/15	CP±L	42.9±14.4	NG	59.6±6.2
Vietnamese	Shin, 2017 (30)	NG	n=10	NG	34.7	NG	NG

UCL – unilateral cleft lip; UCLP – unilateral cleft lip and palate; BCLP – bilateral cleft lip and palate; CP±L – cleft palate with or without cleft lip; CP – cleft palate; NG – not given.



**Appendix C. Speech material****C1. Oral stimuli**

## C1.1. Oral words

Hoa, Phở, Trè, Quýt, Pa-tê, Tai, Gà, Đò, Voi, Thỏ, Rò, Bò, Xe,  
 Dao, Sĩa, Gió, Chó, Khế, Ly

## C1.2. Oral sentences

Pa pa

Bà bảy bị bỏ

Tí tập ta

Đu đủ đỏ

Con cò có cái cò cao

Gà gô gáy

Xôi xúc xích

Phi phà phi phò

Vũ về vôi vã

Lí la lí lã

Thỏ thích thơ

Rú ra rú rít

Chú chích chòe

Tre trúc trợ trụ

Khúc kha khúc khích

Hà hà hê

Dao dây dưa

Su sửa sổ sách

**C2. Oro-nasal stimuli**

Quê hương là chùm khế ngọt

Cho con trèo hái mỗi ngày

Quê hương là đường đi học

Con về rợp bướm vàng bay

Quê hương là con diều biếc

Tuổi thơ con thả trên đồng

Quê hương là con đò nhỏ

Em đêm khuya nước ven sông

**C3. Nasal stimuli**

Nu na nu nông

Hỏi han mọi người

Mệnh mông sông nước

Ngày tháng năm

Mình muốn tắm mưa

Nói chuyện lan man

Nhấn nhủ nhau nói năng nhẹ nhàng

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