

Rashid Latif Institute of Allied Health Sciences is playing its role in the development of Allied Health Professions by offering various degree programs in these fields. B.Sc (Hons) degree program in Speech and Language Pathology is one of them.

It is attached with Arif Memorial Teaching Hospital and Hameed Latif Hospital. Both the hospitals have speech and Language Pathology units which provide treatment to patients with all communication and swallowing disorders.

Speech Therapy department of AMTH & HLH are headed by senior foreign qualified Speech-Language therapists MS. Sabahat Khan and Ms. Shabana Majid. Both are members of the Royal College of Speech and Language Therapists London.



**Sabahat Khan**  
Executive Director  
RLMC, AMTH



**Aayeshah Firdous**  
Course Coordinator, BS (Hons)  
Speech-Language Pathology  
RLIAHS, Lahore

## COMMUNICATION NEWS

### *Latest Buzz: COMMUNITY OUTREACH PROGRAM*

Speech and Language Pathology department of Rashid Latif Institute of Allied Health Sciences (RIALHS) has launched a community awareness program in collaboration with Pakistan Association of Speech-Language Pathologists (PASP). PASP is a nonprofit organization run by senior Speech-Language Pathologists which provides help, guidance and professional support for speech-language professionals in the country.

First phase of this Program aims to educate parents, teachers and caregivers about speech and language disorders and their treatment. A team of SLP visits different schools. During which, awareness lectures are given to parents and teachers and screening tests are conducted to identify students with speech and language problems.

RLIAHS and PASP look forward to continue to serving members of community through this as well as other programs. These include helping local schools to set up and run speech-language therapy units and conducts trainings, workshops and seminars for parents, caregivers and teachers.

➤ For further details, please contact us at [slp@rlmc.edu.pk](mailto:slp@rlmc.edu.pk)

*“Speech is the important part of our personality because looks and beauty can only gain attraction, but speech and good language can win hearts forever.”*

# Communication is the essence of human life.

## CONGRATULATIONS

Congratulations Janet Shanem on securing 1st position in UHS, in First Prof. of Bs. (Hons) Speech-Language Pathology (2016).

*“Hard Work pays off! Keep going Janet.”*

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The Result of First Professional B.Sc.(Hons.) Speech & Language Pathology (Revised Scheme) Annual Examination 2015, held in March 2016, is declared as under: -

College	Appeared	Pass	Fail	R.L	Pass %
FMH College of Medicine & Dentistry, Lahore.	09	07	02	00	77.78%
Rashid Latif Medical College, Lahore.	01	01	00	00	100.00%
The School of Allied Health Sciences, Lahore.	12	10	02	00	83.33%
Overall	22	18	04	00	81.82%

Note: An entry appearing in it does not in itself confer any right or privilege independently to the grant of a proper Certificate/ Degree/ Diploma, which will be issued under the regulation in due course.

<b>FIRST</b>	<b>SECOND</b>	<b>THIRD</b>
		
Janet Shanem DIO Mohammad Sohail Rashid Latif Medical College, Lahore. ROLL NO. UHS/080/REG NO. 2014-FMHC-0187/0185 SECURING 241/300 MARKS	Sidra Javed DIO Javed Hussain The School of Allied Health Sciences, Lahore. ROLL NO. 07051/REG NO. 2014-SAAHS-0426/0425 SECURING 225/300 MARKS	Ulfat Mastoor DIO Muhammad Younis Khan FMH College of Medicine & Dentistry, Lahore. ROLL NO. 07058/REG NO. 2014-FMHC-0217/0215 SECURING 224/300 MARKS

## “No More Stuttering No More Stammering”

Arif Memorial Teaching Hospital is successfully running a weekly Group Session for adult stutterers for 15 to 30 years. Group Therapy provides secure environment for an adult stutterer to openly share their experiences with other stutterers which help them to become more desensitized to their own stuttering resulting in better communication. AMTH is planning to start group session for children as well.

**Sadaf Hameed**  
Speech Language  
Pathologist  
AMTH, Lahore



**What is stuttering?** Stuttering is a communication disorder in which the flow of speech is broken by repetitions (li-li-like this), prolongations (lllllike this), or abnormal stoppages (no sound) of sounds and syllables. There may also be unusual facial and body movements associated with the effort to speak.

**Age of onset?** Developmental stuttering first appear between the ages of 2½ and 4 years. Generally stuttering is diagnosed around 7 years of age. Children who begin stuttering before age 3 1/2 are more likely to outgrow stuttering; if your child begins stuttering before age 3, there is a much better chance she will outgrow it within 6 months

**When I should seek help?** If the stuttering persists beyond three to six months or is particularly severe, you

should seek help. Between 75% and 80% of all children who begin stuttering will begin to show improvement within 12 to 24 months without speech therapy. If your child has been stuttering longer than 6 months, or if the stuttering has worsened, he may be less likely to outgrow it on his own.

**Can stuttering be treated?** Yes, there are a variety of successful approaches for treating both children and adults. The earlier you consult; better will be the results.

**To whom should I Consult?** You should consult a speech-language pathologist for treatment of stuttering. A speech-language pathologist is a clinician who specializes in the evaluation and treatment of communication disorders.

**What SLP will do with my child?** SLPs work to help people who stutter, lessen the impact or severity of

dysfluency when it occurs. The goal is not so much to eliminate disruptions in fluency-which many people find difficult to do-but to minimize their impact upon communication when they do occur. People may be taught to identify how they react to or cope with breaks in speech fluency.

**How long therapy will take?** There are no instant miracle cures for stuttering. Therapy, electronic devices, and even drugs are not an overnight process. Positive changes begin to appear sometimes within weeks, certainly within several months. It is important to remember: Look for signs of gradual improvement, not a quick cure.