



BIAP recommendation n° 27/1 : Information on the prevention and care of vocal disorders in voice professionals

Weiskirchen, April 29, 2001

Vocal skills depend on a proper knowledge of vocal structures and mechanisms and their correct use. They also depend on the quality of the audiophonatory link. By audiophonatory link we mean the interdependence between the hearing function and vocal production. Any disturbance can lead to pathologies related to professional activity possibly resulting in its temporary or even final interruption.

The professional should receive theoretical information on the mechanisms concerned, including an anatomical and dynamic description of the respiratory organs, the larynx and the supraglottal resonators. It should also include hearing function and posture management for obtaining the best vocal results.

The professional should also undergo training for developing his/her skills, thus learning to adapt the vocal act :

- he will learn to use global corporal participation and specific flexibility to arrive at a harmonious vocal act.
- he will pay attention to deep, easy diaphragmatic breathing, thus encouraging his pneumophonic balance.
- he will practise using his resonators in order to produce a full, resonant voice with precise articulation.
- he will make use of his voice in its communication function, enhancing its expressivity by variations in intonation, rhythm and intensity.
- he will discover the importance of meta-communication as an aid to the continuity of the message. Meta-communication is the totality of factors (gestures, intonation, expressivity, mime...) which underpin the intelligibility of the message.

The professional should receive information concerning the risks of disorganisation of the vocal act. He can have recourse to audio-visual aids to self-knowledge and risk-assessment.

The professional should pay attention to the communication field and be capable of adapting his vocal act thanks to an exact knowledge of the risk factors in vocal ill-usage.

The professional could get an assessment of his vocal and hearing functions in parallel with the exercise of his professional activity.