

# CURRICULUM VITAE

## RUTH EPSTEIN PhD

Honorary Clinical associate Professor  
Division of Surgery and Interventional Science , UCL  
Consultant Speech and Language Therapy (ENT)  
Head of Speech & Language Therapy services  
The Royal National Throat Nose and Ear Hospital  
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### QUALIFICATIONS

BA Hons	Speech Therapy & Audiology (1 <sup>st</sup> ) Sackler School of Medicine, Tel Aviv University	1976
MRCSLT	Royal College of Speech & Language Therapists	1977
PhD	University College London (UCL) Department of Surgery	1998

### EMPLOYMENT

Head of Speech & Language Therapy Services Royal National Throat, Nose & Ear Hospital, London	1999 - present
Honorary Senior Clinical Lecturer UCL Division of Surgery & Interventional Science	2016
Honorary Senior Lecturer University College London - Ear Institute	1999 - present
Academic Board Member National Institute of Neurology and Neurosurgery	2009 - present
Joint Head of Dystonia Clinic National Hospital for Neurology & Neurosurgery	2009 - present
Principal Speech & Language Therapist (Voice) Camden & Islington Community Trust	1991-1999
Chief Speech Therapist (Head of Department) The Middlesex Hospital	1981-1991
Senior Speech & Language Therapist (Neurology) The Middlesex Hospital	1979-1981
Senior Speech & Language Therapist (Community Services) East Sussex Area Health Authority	1977-1979

### MEMBERSHIPS

Royal College of Speech & Language Therapists  
American Speech, Language & Hearing Association  
British Voice Association  
Health and Care Professions Council  
CoMet (Collegium Medicorum theatri)

British Laryngological Society

## PROFESSIONAL

Module lead MSc Performing arts Medicine MSc Faculty of Surgery, University College London	<b>2015 - present</b>
International Advisory Board Member - AQL Advances in Quantitative Laryngology, Voice, Speech Research	<b>2014 - present</b>
Board Member World Voice Consortium	<b>2010 - present</b>
Visiting Lecturer and 'in-house' Clinician Royal Academy of Dramatic Arts Guildhall School of Speech & Drama	<b>2009 - present</b> <b>1996 - present</b>
Adjunct Associate Professor Massachusetts General Hospital, Boston, USA Institute of Health Professions Graduate Program	<b>2008 - present</b>
Founder member Voice section (1993) and Clinician British Performing Arts Medicine Trust	<b>1993 - present</b>
Lecturer on ENT Fellowship courses University College London - Ear Institute	<b>1991 - present</b>
Manuscript Reviewer for the Journal of Voice	<b>2014</b>
Referee Medical Research Council	<b>2008</b>
President British Voice Association	<b>2004 - 2005</b> <b>2016 - 2017</b>
Founder and Course Director MSc Voice Pathology University College London	<b>2003 - 2014</b>
PhD Examiner University of Newcastle	<b>2003</b>
Vice-chair, Professional Standard & Ethics Board Royal College of Speech and Language Therapists	<b>1998 - 2002</b>

**PROJECTS &  
RESEARCH**

Programme Chair, AQL and OVS Conference	2015
Scientific advisor to 'Your Vivacious Voice' project, funded by the Wellcome Trust; an interdisciplinary touring performance for children aged 6-11 and their adults. ( <a href="http://www.uluzuzulalia.com">www.uluzuzulalia.com</a> ; <a href="http://yourvivaciousvoice.com/who/">http://yourvivaciousvoice.com/who/</a> )	2014
Scientific advisor to 'The Voice Trunk' project, an interactive installation for children and families, funded by the Wellcome Trust. Exhibited at the Natural History Museum, London, and various science centres around the UK ( <a href="http://www.thevoicetrunk.com">www.thevoicetrunk.com</a> ).	2014
Scientific advisor to 'Voice Bubbles' project, an iPad app for children aged 6-11, funded by the Wellcome Trust. Released to the App Store (Apple) February 2014. ( <a href="http://www.voicebubblesapp.com">www.voicebubblesapp.com</a> )	2014
Set up and run international Occupation Voice symposia (OVS) at UCL, in collaboration with research collaborators at the MGH Centre for Laryngeal Surgery & Vocal Rehabilitation and researchers at Harvard University and MIT.	2009, 2011, 2013, 2015
Set up a multi-centre research study on quantitative measurements of laryngeal dimensions, in collaboration with the department of Medical Physics, UCL, and ENT / Medical Physics departments, Freeman Hospital, Newcastle.	1998
Set up and ran a research project, funded by the Medical Research Committee, UCL, on quantitative assessment of vocal fold parameters, in collaboration with Professor A. Todd-Pokropek, department of Medical Physics, UCL.	1992
Set up clinical services for patients with spasmodic dysphonia: <ul style="list-style-type: none"> <li>• Applied and obtained a licence for Botox intervention</li> <li>• Set up and ran a longitudinal study on the impact of Botox intervention in collaboration with Professor Stanton Newman &amp; colleagues, Health Psychology Department, UCL.</li> <li>• Set up and ran a study on the impact of Botox intervention on severe stammerers, in collaboration with Lena Rustin and colleagues, Michael Palin Centre.</li> </ul>	1992-1998
Founder of the multidisciplinary Dysphagia Clinic using videofluoroscopy, the Middlesex Hospital	1991
Co-founder of the first Voice Clinic in UK funded by the Special Trustees, the Middlesex Hospital	1983

**PRINCIPAL  
COLLABORATORS**

Mr John Rubin (Royal National Throat Nose & Ear Hospital)  
Professor Stanton Newman (London City University)  
Professor Andrew Todd-Pokropek (Medical Physics UCL)  
Dr Shashivadan Hirani (London City University)  
Mrs Lesley Mathieson (Royal National Throat Nose & Ear Hospital)  
Professor Robert Hillman (Massachusetts General Hospital and Harvard Medical School)  
Dr Mara Behlau (Centro de Estudos da Voz – CEV”, São Paulo, Brazil)  
Mrs Annika Portela (Karolinska Institute, Sweden)  
Mr Ed Blake (PhysioEd Medical, London)

**GRANTS  
AWARDED**

Royal Free Hospital Special Trustees Award (£40,000)  
Royal Free Hospital Special Equipment Award (£15,000)  
Fast Track Research Fellowship UCL (£10,000) 2007  
Medical Research Grant UCL (£35,000) 2007  
1992  
1987

**SPEAKING**

Presentations & workshops at national & international conferences  
TV & Radio appearances: documentaries, comment, phone-ins  
Invited keynote speaker AQL 2013, Cincinnati, USA  
Invited keynote speaker IFOS Brazil 2012 and IFOS Seoul 2013  
Discovery Channel documentary : ‘Meet the Elephant Man’ (2011)  
Invited keynote speaker at the annual congress, Belgian ENT and Head & Neck Surgery Society, Brussels, 2011  
Invited keynote speaker Voice 2010 Seoul, Korea  
Invited speaker on phonosurgery panel BACO, UK, 2009, 2012, 2015

**PERSONAL**

British  
Fluent in three languages

## SELECTED PUBLICATIONS

EPSTEIN, R. and TODD-POKROPEK, A.

(1991) Quantitative Assessment of Vocal Fold Abduction.

Proceedings of the Care of the Professional Voice Symposium. British Voice Association.

Winner of the Ferens prize (UCL) for the most outstanding scientific paper

BUNKER, M., STEW, J., EPSTEIN, R.

(1996) Teaching about Voice.

RCSLT Bulletin Feb., pp 10-11

EPSTEIN, R., STYGALL, J. and NEWMAN, S.

(1996) Anxiety Associated with Botox Injections for Adductor Spasmodic Dysphonia.

Logopedics Phoniatrics Vocology Vol. 21, No.3-4, pp 131-136

EPSTEIN, R.

(1997) & (2007; 2<sup>nd</sup> Edition). Myasthenia Gravis; Voice Disorders.

In: Baum, A., Newman, S., Weinmar, J., West, R., McManus, C. (Eds.) Cambridge Handbook of Psychology, Health and Medicine, pp 541; 615-617, Cambridge University Press.

EPSTEIN, R., STYGALL, J. and NEWMAN, S.

(1997) The Short Term Impact of Botox Injections on Speech Disability in Adductor Spasmodic Dysphonia.

Disability and Rehabilitation Vol. 19, No. 1, pp 20-25

IRVING, R.M., EPSTEIN, R. and HARRIES, M.L.L.

(1997) Care of the Professional Voice - review article

Clinical Otolaryngology Vol. 22, pp 202-205

CARDING, P., CARLSON, E., EPSTEIN, R., MATHIESON, L., SHEWELL C.

(2000) Formal Perceptual Evaluation of Voice Quality in the United Kingdom.

Logopedics Phoniatrics Vocology 25:133-138

RUBIN, J., KOROVIN, G., EPSTEIN, R.

(2001 2<sup>nd</sup>) & (2006 3<sup>rd</sup> Edition) Special Considerations for the Professional Voice User.

In: Rubin J, Korovin G., Sataloff RT. (Eds.) Diagnosis and Treatment of Voice Disorders, Singular Publishing.

EPSTEIN, R. RUBIN J.

(2003) Diagnostic Triangulation: Proposed Framework of a Clinical Outcome Protocol

Presented at the 2003 ASHA Convention, Chicago USA

EPSTEIN, R. HIRANI, S., STYGALL, J., NEWMAN, SP

(2009) How Do Individuals Cope with Voice Disorders? Introducing the Voice Disability Coping Questionnaire. Journal of Voice Vol. 23, No 2. pp 209-217

MATHIESON, L., HIRANI, S., EPSTEIN, R., BAKEN, R.J., WOOD, G., RUBIN, J.  
(2009) Laryngeal Manual Therapy: a preliminary study to examine its treatment effects in the management of muscle tension dysphonia. *Journal of Voice* Vol. 23, No. 3, pp 353-366

**Award winner Journal of Voice top 10 science Direct articles 2013.** Awarded at the American Voice Foundation.

PHILLIPS, P.S., HIRANI, S., EPSTEIN, R.

(2009) Peak Flow and Voice Pathology. *Journal of Voice* Vol. 23, No. 5, pp 521-528

PAVLIDOU, E., PRINZTA, A., HIRANI, S.P., TRIARIDIS, S., KINIGOU, M., VITAL, T., EPSTEIN, R.  
Multidimensional Evaluation of Subjective, Objective and Acoustic Voice Parameters in Patients with Acid Reflux. In Press. *Logopedics Phoniatrics Vocology*

KNIGHT, Z., HIRANI, S.P., NEWMAN, S.P., EPSTEIN, R.

The Development and Validation of a Self Rating Questionnaire to Measure the Outcome of Speech and Language Therapy Intervention in the Head and Neck Cancer Population. In Preparation.

HIRANI, S., EPSTEIN, R., RUBIN, J., MA, E., VERDOLINI, K., MURDOCH, B., BROWN, M., YIU, E.  
Statistical Validation of the Voice Activity and Participation Profile (VAPP). In Preparation.

EPSTEIN, R., HIRANI, S., KARATSIAS, A.

Does the Manner in Which Voice Samples Are Elicited Influence Voice Analysis? A comparison of acoustic parameters obtained from free speech and reading tasks.

Presented at the Voice Foundation annual symposium May 2008.

HIRANI, ANAGNOSTOU, F., EPSTEIN, R.

Emotional Indices in Vocal Parameters: you are sounding a little anxious!

Presented at the Voice Foundation annual symposium May 2008.

EPSTEIN, R., RUBIN, J.

2009. *Voice Disorders*.

In: De Souza, C. (Ed.) *Head and Neck Surgery*, Jaypee Brothers Medical Publishers Ltd.

ELMIYEH, B., PRASAD, V.M., UPILE, T., SAUNDERS N., YOUL, B.L., EPSTEIN R., RUBIN, J.S.

(2010) A single centre retrospective review of unilateral and bilateral Dysport® injections in Adductor Spasmodic Dysphonia. *Logopedics Phoniatrics Vocology* 35 (1): 39-44

TIMON, C.I., HIRANI, S.P., EPSTEIN R., Rafferty, M.A.

Investigation of the impact of thyroid surgery on vocal tract steadiness.

*J. Voice* (2010) Sep: 24(5):610-3

OLIVEIRA, G., HIRANI, S., EPSTEIN, R., YAZIGI, L., BEHLAU, M.

Coping strategies in voice disorders of a Brazilian population. *J. Voice* 2011 May 6 (pub ahead of print).

EPSTEIN, R. & RUBIN, J.S.

2011. Spasmodic Dysphonia – Current Concepts. *ENT and Audiology News* ( Editorial Article).

EPSTEIN, R.

2011. Electroglottography: Speech Studio Laryngograph.

In: Ma E & Yiu E. (Eds.) Handbook of Voice Assessments, Plural Publishing.

RUBIN, J.S. & EPSTEIN, R.

2011. Stroboscopy in the Voice Clinic: UK perspective.

In: Ma E & Yiu E. (Eds.) Handbook of Voice Assessments, Plural Publishing.

EPSTEIN, R. HIRANI, S.

(March 2011) Coping with Dysphonia – how do they do it? Perspectives on Voice and Voice Disorders. American Speech, Language and Hearing Association. Vol. 21, No. 1, pp 1-38

EPSTEIN, R. REMACLE, A., MORSOMME, D.

(July 2011) From Reactive Intervention to Proactive Prevention: the evolution of occupational dysphonia. Perspectives on Voice and Voice Disorders. American Speech, Language and Hearing Association. Vol. 21, No.2 , pp 48-55

OLIVEIRA, G., HIRANI, SOP., EPSTEIN, R., YAZIGI, L., BEHLAU, M.

(2012) Coping Strategies in Voice Disorders of a Brazilian Population. J Voice 26 (2): 205-13

MACDONALD, I., RUBIN, JS., BLAKE,, E., HIRANI, S., EPSTEIN, R.

An Investigation of Abdominal Muscle Recruitment for Sustained Phonation in 25 Healthy Singers.

J. Voice (2012): 26(6), 815.

EPSTEIN, R.

(2013). Management of Voice Disorders: key principles of speech-language therapy.

In: De Suza, C. (Ed.) Head and Neck Surgery, Jaypee Brothers Medical Publishers Ltd. New Delhi.

RUBIN, J.S. & EPSTEIN, R.

(2014; 2018) Chapter in the Oxford Handbook of Singing. Edited by Welsh G., Nix, J. & Howard, D.

Oxford University Press.

ANDRADE, P., WOOD, G., RATCLIFFE, P., EPSTEIN, R., PIJPER, A., SVEC, J.

Electroglottographic Study of Seven Semi-Occluded Exercises: LaxVox, straw, lip-trill, tongue-trill, humming, hand-over-mouth and tongue-trill combined with hand –over-mouth.

J. Voice (2014): 28(5):589-595

RUBIN, J.S., EPSTEIN, R. & SHIELDS, K.

2015 Neurolaryngology.

In: Zehnoff-Dinnesen, A., Schindler, A., Wiskirska-Woznica, B., Zorowka, T. Nawka, J., Sopko, J (Eds.)

European Manual of Medicine - Phoniatics. Springer Publisher .

Saccante Kennedy, B., ANDRADE, P., EPSTEIN, R.

A pilot StudyAssessing the Therapeutic Potential of a Vibratory positive Expiratory Pressure Device in the Treatment of Voice Disorders.

J. Voice (accepted 2018): In Press



EPSTEIN, R.

(2019) Voice Disorders and Myasthenia Gravis Chapters in the Cambridge Handbook of Psychology, Health and Medicine. Edited by Llewellyn D., McManus C., Newman S., Petrie, T., Ravenson A. & Weinman J. Cambridge University Press.