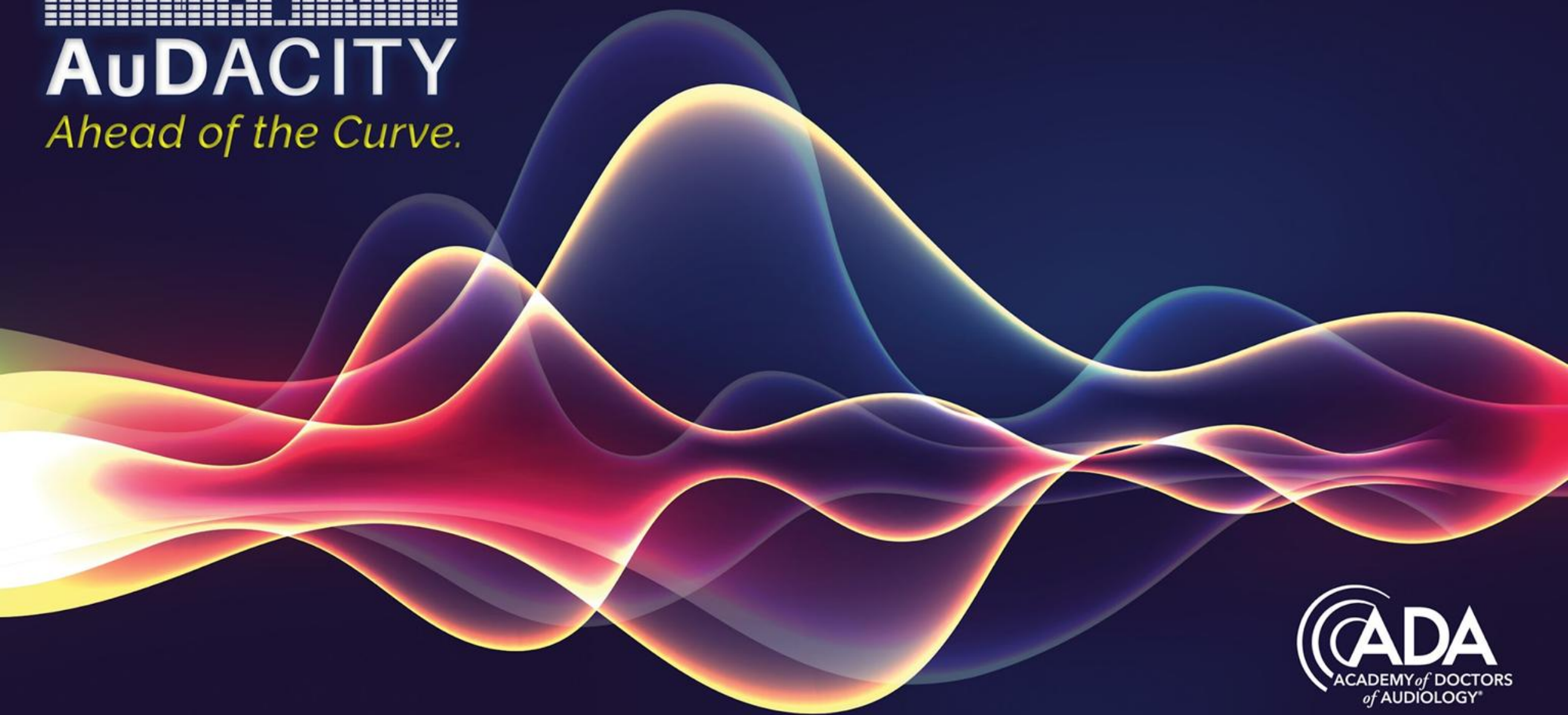




AuDACITY

Ahead of the Curve.

October 20-23, 2022
Grapevine/Dallas, Texas



Clinical Tinnitus Workshop

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What is the primary challenge that you're facing to provide tinnitus services at your clinic?

The Bare Minimum To Start

- Intake process
- Staff training
- Appointment times and billing system
- Define the treatment options that you provide

The Long-Term Tools To Add Later

- Equipment
- Marketing
- Referral partners

Tinnitus Evaluation

Tinnitus Evaluation

- Case History
- Questionnaires
- Categories of Tinnitus
- Diagnostic Testing
- Tinnitus v. Hyperacusis v. Hearing Loss
- Subtypes of tinnitus

Multi-Disciplinary Approach

- ENT Doctor
- Audiologist
- Psychology
- Psychiatry
- Dentistry
- Neurology
- Physical Therapy

Tinnitus Treatment

Tinnitus Treatment

- Tinnitus Retraining Therapy
- Cognitive Behavioral Therapy
- Progressive Tinnitus Management

How To Program Tinnitus Devices?

- Frequency/gain
- Programs, buttons
- Bluetooth
- Normal hearing v. hearing loss
- Tinnitus maskers v. Combination devices

Case Studies - Success Stories

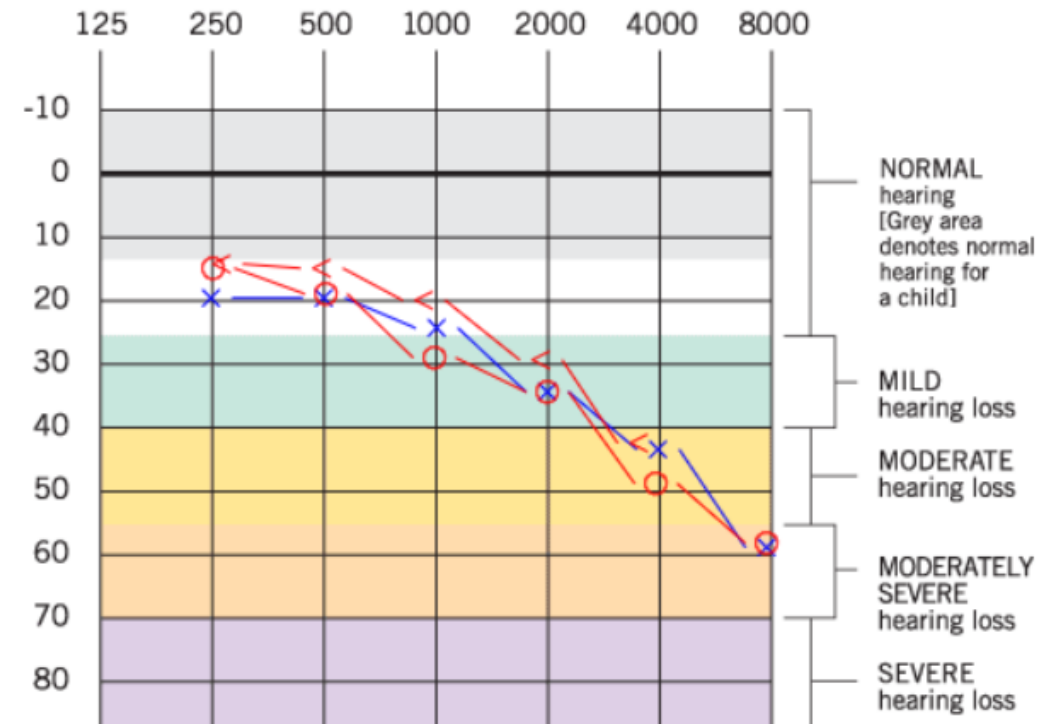
Ben - Case Study #1

Tinnitus Success Story: Randy

- Airplane pilot
- Tinnitus for 15 years
- T spiked to constant 8/10 vol AU in March 2022
- Severe insomnia, prescribed SSRI and sleep meds
- Has occasional trouble hearing in restaurants
- Has never tried hearing aids or tinnitus maskers

Tinnitus Success Story: Randy

- Audiogram: Mild to moderate SNHL AU
- TFI of 87 (Very Big Problem)



Tinnitus Success Story: Randy

- Treatment Included:
 - Mid-level hearing aids programmed for tinnitus sound therapy and amplification
 - Multiple counseling sessions per month (Avg 2/mo)
 - Sleep headband for sound therapy at night
 - Optional group coaching support group

Tinnitus Success Story: Randy

- March 2022: TFI of 87 (Very Big Problem)
 - “Constant noise 8/10 in volume”
- June 2022: TFI of 20 (Small Problem)
- Aug 2022: TFI of 3 (Not A Problem)
 - “Having moments of quiet, not noticing the T at all”

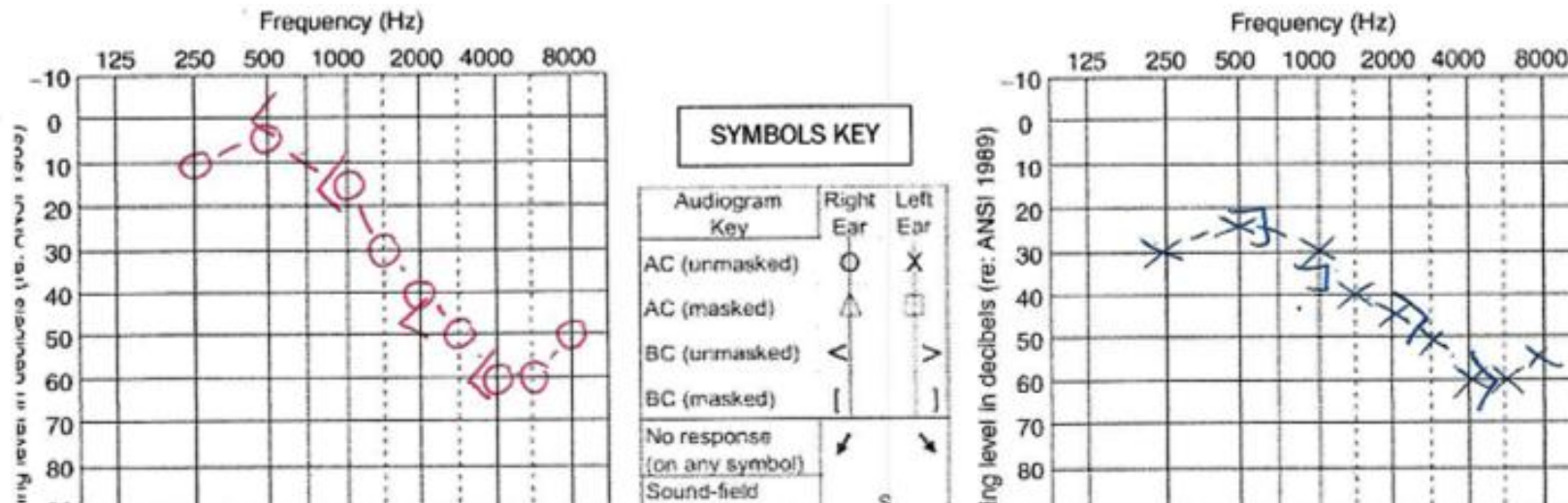
Ben - Case Study #2

Tinnitus Success Story: Anne

- Retired professional
- Tinnitus, hyperacusis, and hearing loss for 3 years
- Has worn hearing aids for 3 years, limited success
- Tinnitus-related anxiety spiked in March 2022
- Has a therapist, takes anxiety meds as needed

Tinnitus Success Story: Anne

- Audiogram: Mod-sev HF SNHL AU
- TFI of 59 (Big Problem)



Tinnitus Success Story: Anne

- Treatment Included:
 - Entry-level hearing aids programmed for tinnitus sound therapy and amplification
 - Multiple counseling sessions per month (Avg 1.5/mo)
 - Optional group coaching support group

Tinnitus Success Story: Anne

- April 2022: TFI of 59 (Big Problem)
 - “Anxiety and panic attacks”
- July 2022: TFI of 22 (Small Problem)
 - “Has had days when T & H spike, but can handle it...Things are overall getting better.”

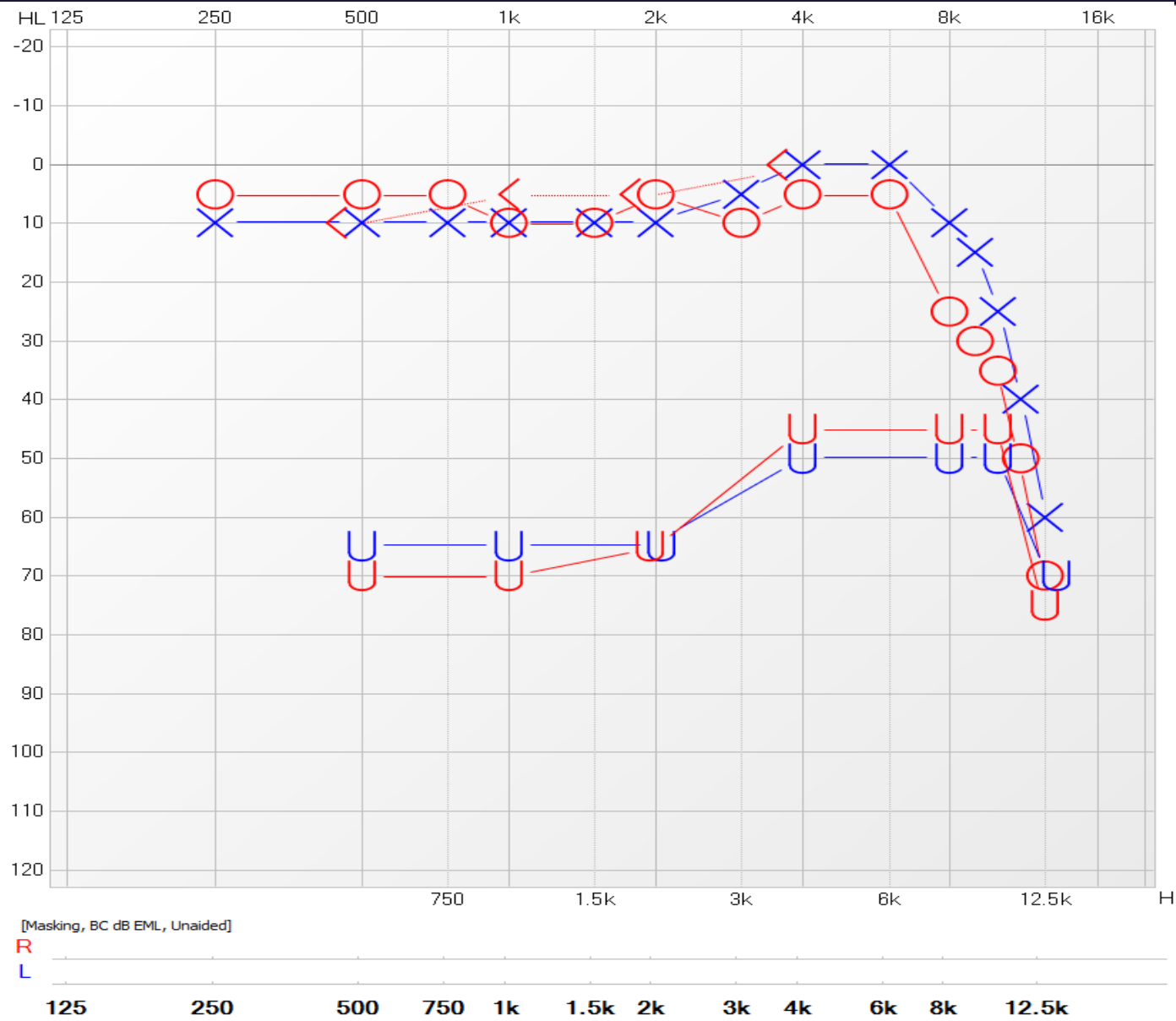
Jason - Case Study #1

Case Study #1

- **History-** 4/13/2022 Pt. reports a bilateral tinnitus which she describes as a high pitched ringing sound in her right ear. Her tinnitus started in January of 2022 but she isn't sure exactly what started it. She knows she was exposed to loud music a 2 weeks prior to having it and has been under significant stress for the last 2 years. She also reports having an ear infection at the same time and that may also be a factor. She reports being treated for the ear infection and that went away but the tinnitus remained. She has been to two ENTs and had hearing evaluations stating normal hearing. She has had a negative MRI ruling out retrocochlear pathologies. Pt. spent 2 nights in the ER due to stress and lack of sleep because of her tinnitus. She also reports sensitivity to loud sounds and has noticed that loud sounds can make her tinnitus worse.

● Objective

- -The Tinnitus Function Index (TFI) is a questionnaire with eight subscales and a scaled composite score out of 100 points, each subscale is calibrated to indicate the severity the tinnitus has on that specific quality of life issue. Pt. scored 55.6, indicating a clinically significant level of tinnitus distress.
- The Tinnitus Reaction Questionnaire (TRQ) is an assessment of varying quality of life and psychological implications of tinnitus which grades of a scale of 104 points. Pt. scored 62, indicating a clinically significant level of tinnitus distress. She reports awareness of her tinnitus 50% of her waking hours and is distressed 50% of that awareness time. She report that things have been better over the last few weeks but originally the numbers would have been significantly worse.
- Pitch and loudness match not completed due to residual inhibition
- UCL to the rainbow passage- 55dB.



First follow up 4/20/2022

Demo return- Overall, pleased with the results of trying devices

Started 8 week mindfulness program online

Started counseling with psychologist locally

First zero anxiety day since her tinnitus started

First follow up- 5/10/22

More anxiety again- Feels like she is on a “rollercoaster ride”

She reports celebrating small wins

Not crying all the time, Some sounds are not as bothersome as before, The TV is more comfortable to listen to when her husband sets it where he likes it.

Recognizing she is looking for peace, not a cure

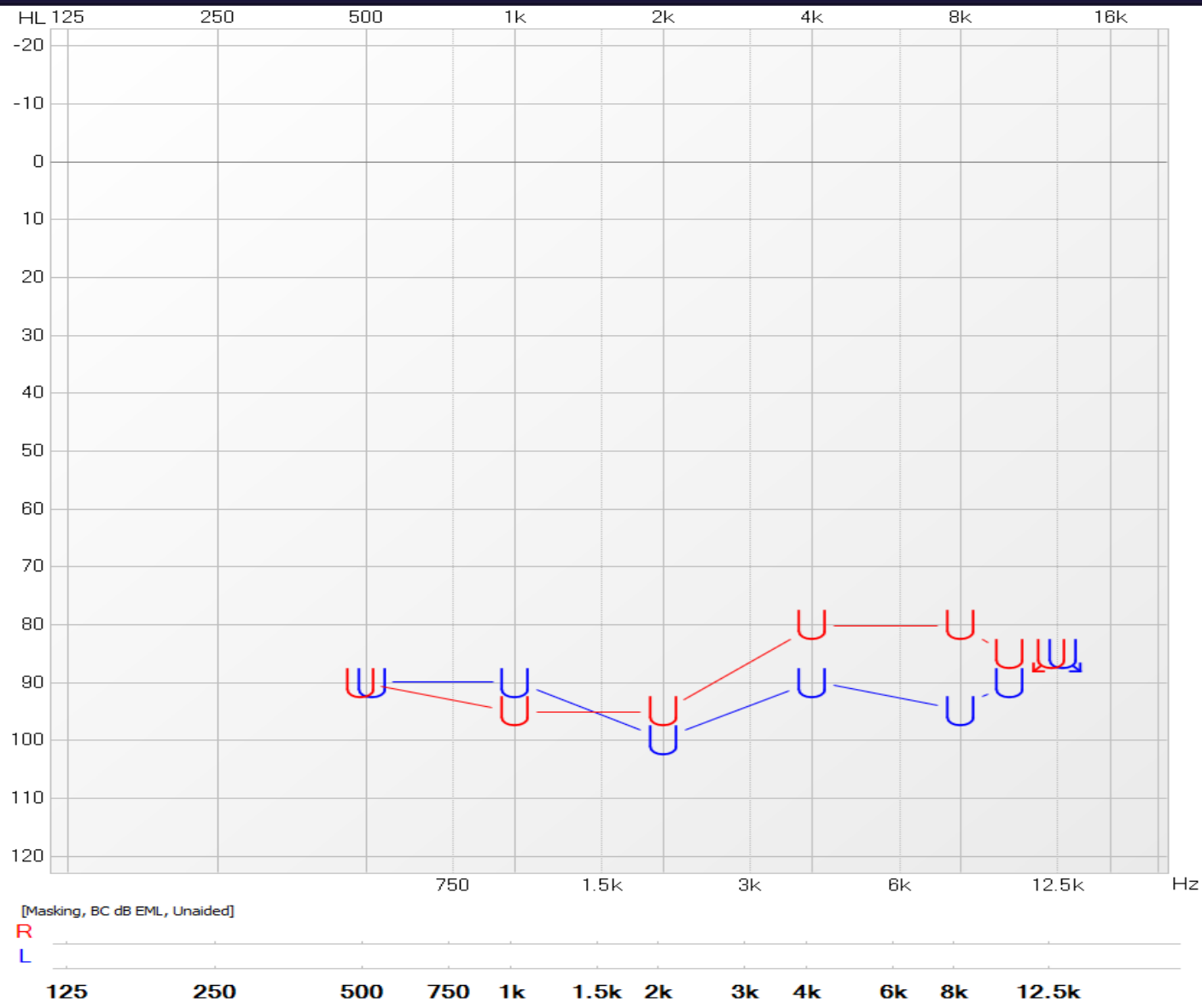
second follow up 10/12/22

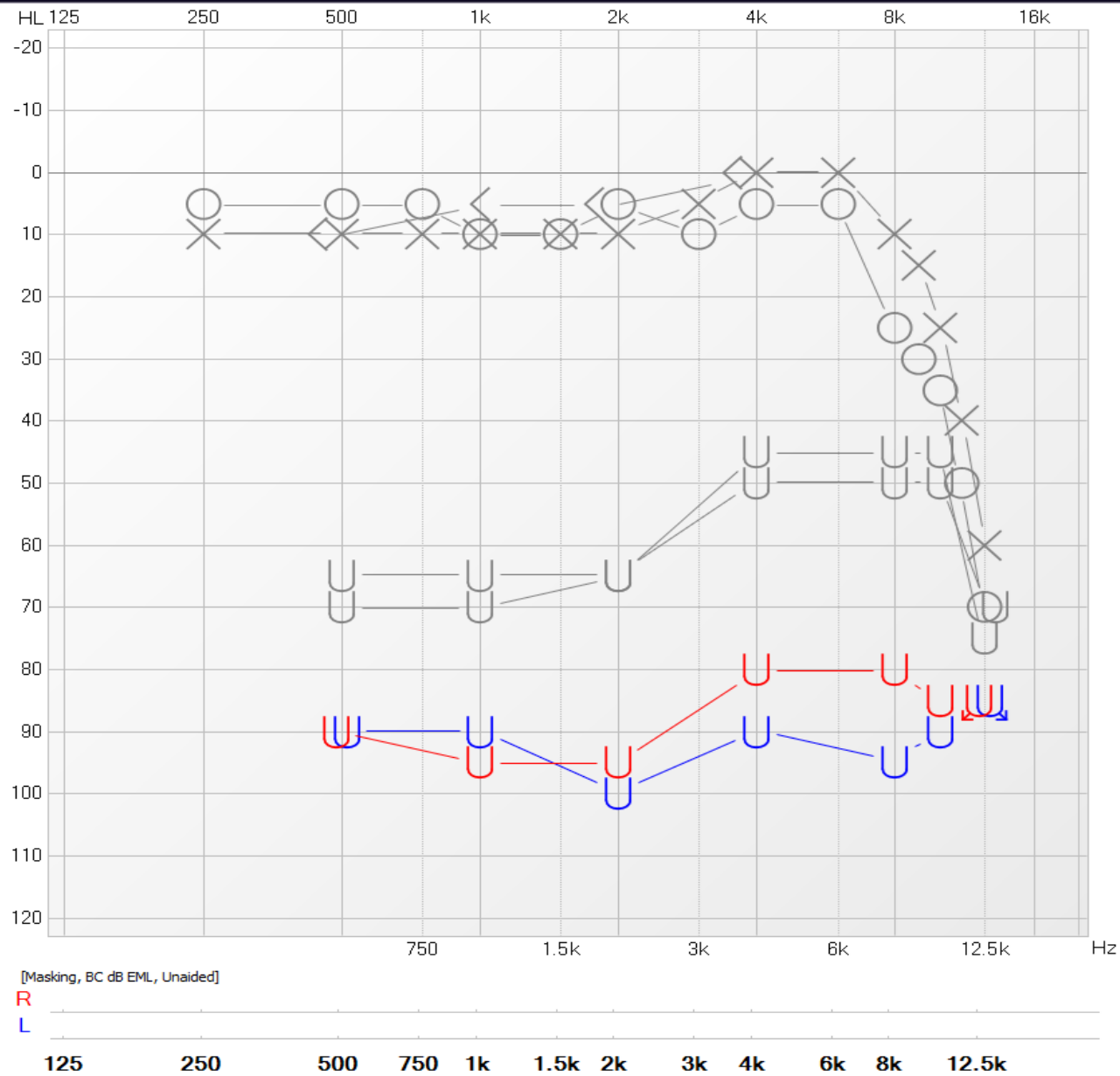
Tapering off sleep and anxiety meds

Continuing to see her psychologist

Had custom hearing protection made and attending her first concert since tinnitus started

Not using her devices as much- Recommended consistent use for a few more months to confirm reflex.





Jason - Case Study #2

Case Study #2

- History
- Results
- Impressions
- Treatment
- Outcomes
- Number of appointments & technology used

John - Case Study #1

Case Study #1

- History
- Results
- Impressions
- Treatment
- Outcomes
- Number of appointments & technology used

John - Case Study #2

Case Study #2

- History
- Results
- Impressions
- Treatment
- Outcomes
- Number of appointments & technology used