

## Hearing Therapy

### Why might I need a Hearing Therapy appointment

Hearing Therapists help people with an acquired hearing loss. They are trained to support people in making the most of their hearing in many different situations. The first appointment is normally one hour long.

There are many possible causes of hearing loss: A temporary hearing loss may be due to a cold, wax or an infection. A permanent hearing loss may be due to genetics, noise exposure, disease, medications or age. Many people as they get older develop age-related hearing loss (Presbycusis) and would benefit from using hearing aids. Your GP (family doctor) has referred you to us for help with your hearing; or the referral to Hearing Therapy may have come from an Audiologist already seen or direct from the ENT department (Ear, Nose and Throat).

### What preparation do I need to do?

Before your visit, if you have any special communication requirements, please contact us as soon as possible, i.e. if you require a specific interpreter/BSL or other please let us know although we cannot guarantee to have the interpreter you want. Also inform us if you have a medically implanted device i.e. pacemaker or PVP shunt as we need to be aware for any hearing aid assistance or programming.

During your visit, you may be asked about your hearing history. If you do require a hearing aid you may also be asked some additional questions about your ability to hear in some everyday situations. We will also ask about any other situation in which you have difficulty and where it is important for you to hear. It would be very helpful if you would consider what your answers to the questions might be before your visit.

### Can I bring someone with me?

If you would like to be accompanied by a friend, relative or carer we would welcome this. It can be very helpful having some extra support as it can make all the difference to putting the information into practice and we would recommend this whenever possible.

### Who will I see for my hearing appointment?

You will see a qualified registered Hearing Specialist called an Hearing Therapist/Audiologist. They will be registered with either the Health Professionals Council or the Registration Council for Clinical Physiologists. These are the organisations responsible for ensuring that all Audiologists/ Specialists are competent and appropriately trained.

As a teaching hospital you may on occasion have a student Audiologist/Scientist present on a clinical placement with us from their University. If you prefer **not** to have a student present then please tell us **before** your appointment date so we can book correctly.

### **What happens during the appointment?**

Hearing Therapy is a talking therapy where we will assist in whatever way we can and refer on to other relevant agencies on your behalf as agreed with you. They may recommend additional equipment to support your needs both in work and at home and can advise on this. Talking therapy is considered a counselling skill and often it is good to have someone to talk to about your worries and concerns with your hearing.

Should hearing aids be beneficial for you this will be discussed and the best option moving forward put into action. The specialist may examine your ears using an otoscope: sometimes it is necessary to do further tests, a hearing test. The specialist will explain these to you at the time should this be necessary.

The specialist can explain the results of your hearing test to you and discuss with you the options you have. This might be a referral on to ENT or back to your GP or other agencies as appropriate and in agreement with you.

### **What happens next?**

You may be asked to follow a program of self-management: information and advice will be given regarding this.

A further appointment will be offered if this is needed and a report detailing the outcome and discussions will be sent to the referrer/your GP: **Please let us know if you would like a copy of your report.**

### **What if I can't find the answer to my question in this leaflet?**

If you have questions not answered by this leaflet please don't hesitate to contact us using the details at the top of this form.

Our website hyperlink below takes you to our Website; this site includes useful advice, information and videos. Or type: Audiology Bristol and select St. Michael's in a search engine. <http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/st-michaels-hospital/what-we-do/audiology/> .

We welcome any comments or feedback about your appointment and you can respond on this online survey: <https://www.surveymonkey.co.uk/r/R7HZJKH> as this helps us make changes to support patient care. This document has been reviewed and agreed by the patient participation hearing group.

**If you are late for your appointment, it may not be possible to see you and the appointment may need to be rearranged.**

**If you feel this appointment is not needed please let us know.**