



Tinnitus Rehabilitation

Why might I need a tinnitus appointment?

We have received a referral stating you need Tinnitus support. This may have followed a GP or Ear Nose & Throat (ENT) appointment or direct request from you. This appointment may be up to 1.5 hours long.

What preparation do I need for the appointment?

Before your visit if you have any special communication needs please contact us as soon as possible, i.e. if you need a specific interpreter/BSL signer or other please let us know although we cannot guarantee to have the interpreter you want.

It can be helpful to bring a note of any medication you are taking, and your past medical history will be discussed.

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, it can make all the difference to putting the information into practice and we would recommend this wherever possible.

Who will I see for my tinnitus assessment?

You will see a trained specialist called a Hearing Therapist or 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 Audiology Professionals are competent and appropriately trained. They will have undertaken additional training to help support people with tinnitus.

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?

This is a talking therapy and during your visit, you will be asked a number of questions about your hearing/tinnitus history. A questionnaire may be used to highlight the areas of most need, based on this we will advise on options, tactics and strategies for self-management of your tinnitus.

The specialist may examine your ears using an otoscope and sometimes it is necessary to do further tests. The specialist will explain these to you at the time should this be needed.

What happens next?

If a hearing aid or other device is recommended and you agree to this an appointment will be made for this to be carried out.

A further appointment will be offered if needed and a report giving information on your treatment plan will be sent to the referrer/your GP. Please tell us if you would like a copy of your report.

Following this appointment we may feel a referral to ENT/GP or other agencies for additional support as appropriate, we will discuss this with you before any referral is made and you can request no further treatment.

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 and volunteers from the patient support charity HISS.

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

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