



Module 7 – Unit 7
Tools for PCC in Tinnitus Management

An Introduction to Tinnitus and its Management

INSTRUCTOR'S GUIDE

Time for Unit: Approx. 2 hours

1. Goal

- Identify typical challenges for patients and clinicians dealing with tinnitus.
- Describe 3 new tools for person-centred care in tinnitus management.
- Reflect on your own current practice and formulate a plan to incorporate tools for person-centred care into your future work with tinnitus patients.

2. Reading

- Hall et al. (2018). A narrative synthesis of research evidence for tinnitus-related complaints as reported by patients and their significant others.
- Turakia & Combs. (2017). Using Principles of Co-Production to Improve Patient Care and Enhance Value. *AMA Journal of Ethics*, Vol 19 (11), 1125-1131.
- Rutherford. (2018). Tools for person centred management of tinnitus. *Audacity*, a British Society of Audiology publication, pg. 26-28. Retrieved from https://issuu.com/pinpoint-publishing/docs/audacity_digital_feb18

3. Lecture

- PowerPoint: “Tools for Person-Centered Care in Tinnitus Management”
- Videos referenced in the presentation can be found in the [videos and handouts](#) section of the course

4. Lesson Plan & Activities

- Home reading: recommend that students read the three articles as stated above (in 2) for background knowledge.
- Slides 3-7 present ethnographic videos of people talking about their experiences of tinnitus. Watch and discuss the videos (allocate approx. 25-30 mins). Use the instructor’s notes as a guide for the discussion. Due to privacy reasons the videos cannot be embedded in the PowerPoint and instead must be accessed in the [videos and handouts](#) section of the course.
- Slides 8-15 discuss the challenges of meeting both the patients’ and the professionals’ needs in regards to tinnitus care, and how members of the Ida Institute tinnitus working group have addressed them.
- Slide 12 activity: Write down the first or most pressing need that you can think of right now, that would help you in your professional journey for

managing tinnitus. Take a moment to write it down and we will come back to that again at the end of this talk.

- Slides 16-28 introduce resources that have been collaboratively developed at the Ida Institute: Tinnitus First Aid Kit, the Tinnitus Thermometer, the Telecare Tools for Tinnitus, and the Tinnitus Communication Guide.
- Slide 18 activity: explore the Tinnitus First Aid Kit (link in presenter's notes).
- Slide 22: view the clinical demonstration of the Tinnitus Thermometer.
- Slide 28: view the clinical demonstration of the Tinnitus Forecast.
- Slide 29: view the ethnographic video.
- Slides 30-31: discuss with your class:
 - Thinking about Nick, how do you think the First Aid Kit might have supported his journey managing tinnitus?
 - How could the first Aid Kit support the counseling and advice you provide in your clinic?
 - How would this guide have helped Nick and the first audiologist that saw him?
 - How and when would you use the Tinnitus Communication Guide?
 - How do you think it would support your conversation with your patients?

5. Reflection Moment

- What might your next steps be in terms of tinnitus management and development?
- Consider: In my next tinnitus appointment I would like....