

Example Referral Letter re: Patient with Tinnitus

Dear Colleague,

Friday last week I saw a gentleman aged 58 years: he is experiencing severe bothersome tinnitus in both ears and already threatened to commit suicide. He has a mild hearing loss in both ears, although the left ear is slightly worse. He was fitted with hearing aids in both ears by another colleague, who said it will take the tinnitus away. That is not the case; in fact he thinks the hearing aids are not helping at all. He also complains of dizziness but the vestibular evaluation showed normal peripheral and central vestibular function.

He has many challenges in his life. He is gay and HIV positive, and because of this his family has abandoned him. He has no friends and no family, and lives an isolated and lonely life. He has no job and worries about income. This is causing him countless sleepless nights. He also had cancer of the tongue which was radiated. He now fears that cancer is in his brain, ears, and everywhere else.

I explained the mechanisms of tinnitus generation (hair cell damage in ear), and explained the neurophysiology of tinnitus (based on Jasterboff neurophysiology model) but clearly he has many deeper issues that require your expert help.

He will contact you soon for an appointment. Thank you kindly for accepting this referral. I am very worried about his emotional well being.

Let me know if you need any other information.

Kind regards,