



## Audiologists' Role in Tinnitus Management

- Audiologists are regulated health professionals who assess and treat tinnitus.
- Tinnitus is the perception of sound in the absence of an external source. It affects millions of people worldwide and can have a profound impact on one's quality of life.
- While there is no cure for tinnitus, audiologists can provide a range of evidence-based interventions to help manage and reduce the severity of symptoms. These may include sound therapy, counseling, and cognitive behavioral therapy.
- It is important for physicians to refer patients with tinnitus to audiologists for a comprehensive hearing evaluation, as well as to rule out any underlying medical conditions that may be contributing to their symptoms.
- Finally, it is worth noting that tinnitus is often a comorbidity of other conditions such as hearing loss, anxiety, and depression. Therefore, addressing these comorbidities through a multidisciplinary team approach can significantly improve patient outcomes.



Understanding the value of partnering with audiologists in diagnosing and treating patients with tinnitus, physicians can help ensure that their patients receive the most comprehensive and effective treatment possible

#### References:

James A. Henry, Tara L. Zaugg and Martin A. Schechter, Clinical Guide for Audiologic Tinnitus Management II, American Journal of Audiology, Jun 2005

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Silva Pavoci, Federica Tortorella, Alessandra Barbara Fioretti, Anna Maria Angelone, Lino Di Rienzo Businco, Maria Lauriello, Alberto Eibenstein. Analysis of the audiological characteristics and comorbidity in patients with chronic tinnitus. Audiol. Res. 2019, 9(2), 231

<https://www150.statcan.gc.ca/n1/pub/82-003-x/2019003/article/00001-eng.htm>

*Please consider referring your patients to us for hearing assessments.*

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### WHO WE ARE

OAPAC is a group of independent audiologists who own and manage audiology clinics throughout the province of Ontario.

### WHAT WE DO

- Audiologists are leaders in hearing health and auditory disorders.
- Audiologists have either a Masters or Doctorate degree in Audiology.
- Audiologists must use evidence-based practice principles and follow best practices. **Your patients will be met with safe, quality, ethical care that meets professional standards and guidelines.**
- Audiologists assess, identify, and manage all individuals – adults and children – with peripheral or central hearing loss, tinnitus, hyperacusis and balance disorders.
- Audiologists select, prescribe, fit and dispense hearing aids and other assistive listening devices. **Reminder: Hearing aids cannot be dispensed without a prescription!**
- Audiologists provide advanced testing which may include: Speech-In-Noise testing, Auditory Processing testing, Electrophysiological tests (e.g. ABR, OAEs), Cognitive Screening and/or Vestibular Assessments.
- Wax removal using various techniques such as irrigation, suction or curettage.

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