



University Hospitals Birmingham
NHS Foundation Trust



Tinnitus Assessment

Information for patients

Building healthier lives

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

You have been referred for a tinnitus assessment appointment. Your appointment will last up to 1 hour. You will be seen by an audiologist and/or a hearing therapist, who are healthcare scientists specialising in hearing and balance. You are welcome to bring a friend or relative with you to your appointment.

The examination and tests carried out in the tinnitus appointment will not cause any side effects. If you have any questions either before or after your appointment, please contact us using the details on the back of this leaflet.

Important information

Before your appointment date please have your ears checked by your GP/nurse to ensure they are free of wax.

What is tinnitus?

Tinnitus is any noise that can be heard in the ear(s) and/or head that isn't made by a sound around you.

What happens at the tinnitus appointment?

First of all you will be seen by an audiologist who will examine your ears to see if they are healthy and then test your hearing (if this has not been completed previously). This involves you wearing headphones and pressing a button every time you hear a tone. A wide range of tones are presented through headphones. The quietest tones you can hear are recorded, and from this any hearing loss, its type and nature are determined. We may also complete a questionnaire with you if needed.

Next you will see a hearing therapist and/or audiologist who specialise in tinnitus management. They will ask you about your tinnitus and hearing, and how it affects you.

They will give you an explanation of how the ear works, what tinnitus is and how it can be related to stress. Although we can't stop tinnitus, there are ways of reducing the effect it has on you by looking at the following:

- The use of sound enrichment
- Fitting a hearing aid, if appropriate
- Coping techniques
- Distraction techniques
- Relaxation group
- The use of white noise generators
- Managing sleep problems
- Ongoing support

Further review appointments will be arranged as needed.

Links to useful websites

Birmingham and District Tinnitus Group

A local tinnitus support group who hold regular meetings in Birmingham.

www.tinnitusbham.org.uk

British Tinnitus Association

Information about hearing loss and a shop for purchasing specialist equipment that may help you with your tinnitus e.g. white noise generators, bedside maskers, under pillow speakers.

www.tinnitus.org.uk

Action on Hearing Loss

www.actiononhearingloss.org.uk

An online shop for specialist equipment that can help with your tinnitus e.g. white noise generators and bedside maskers.

www.actionhearingloss.org.uk/shop

Connevans

Connevans sell specialist equipment that can help you with your tinnitus e.g. white noise generators, bedside maskers, under pillow speakers.

www.connevans.co.uk

Access to Work

They are a government department who can assist with specialist equipment that may be of help in the workplace.

www.gov.uk/access-to-work/overview

Communication needs

If you require an interpreter at your appointment please telephone 0121 371 4756 or email interpreting.service@uhb.nhs.uk.

Students

Please note that as this is a teaching hospital, a student may carry out some or all of your appointment under supervision of a qualified audiologist. If you do not wish to have a student present during your appointment please let reception know on your arrival.

Patient transport

If you are eligible for patient transport, please contact West Midlands Ambulance non-emergency Patient Transport Service on 0800 035 6511. Please note that transport is only available for Monday to Friday appointments.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

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Email: Audiology@uhb.nhs.uk

www.uhb.nhs.uk/hearingimplants