



## Tinnitus Assessment Information for patients

You have been referred for a tinnitus assessment appointment.

Your appointment will last about an hour and may be face to face or virtual. You will be seen by an audiologist or a hearing therapist.

### 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 will happen at your tinnitus appointment?

You will see a hearing therapist 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 managed. 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
- The use of noise generators
- Ongoing support

Review appointments will be arranged as needed.

The examination and any tests carried out during your tinnitus appointment will not cause any side effects. We will not be able to discuss any medical scans, any medications or surgery during this appointment. If you have any questions either before or after your appointment, please contact us using the details on the back of this leaflet.

### Do I need to bring anything to my appointment?

Please complete and bring the attached questionnaires to your appointment. If your appointment is virtual, then please post them back to us using the pre-paid envelope.

## Information for Patients

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### Links to useful websites

#### **Birmingham and District Tinnitus Group**

A local tinnitus support group who hold regular meetings in Birmingham.  
<https://tinnitusbham.org.uk/>

#### **Tinnitus UK**

[www.tinnitus.org.uk](http://www.tinnitus.org.uk)

#### **Action on Hearing Loss**

[www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

#### **Connevans**

Sell specialist equipment that can help you manage your tinnitus.  
[www.connevans.co.uk](http://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](http://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](mailto: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.

#### **Department address and contact information:**

##### **Queen Elizabeth Hospital Audiology Centre**

Ground Floor, Nuffield House Mindelsohn Way, Edgbaston Birmingham, B15 2TH

**Telephone:** 0121 371 7100

**e2text:** 07939 988 871

**Textphone:** 0121 371 7105

**Email:** [Audiology@uhb.nhs.uk](mailto:Audiology@uhb.nhs.uk)

If you require this information in another format, such as a different language, large print, braille or audio version, please ask a member of staff or email: [patientexperience@uhb.nhs.uk](mailto:patientexperience@uhb.nhs.uk)