

Day in the life of a tinnitus specialist



Jason Leyendecker, AuD

Why the need for more tinnitus providers?

- ☆ 25 million people dealing with tinnitus on any given day
- ☆ 48 providers listed on the ATA.org website within 1000 Miles of my home zip code
- ☆ Tinnitus is a symptom of hearing loss
- ☆ Everyone deserves the highest quality of life
- ☆ More providers will put less of a workload on those who do it

Preparation

Schooling

Training

**Establish a
mentor**

**Create a
method to
demystify**

**Create a
protocol**

**Establish a
network of
healthcare
providers**

Initial appointment

Case history

**Patient
education**

**Audiological
evaluation**

**Tinnitus
evaluation**

**Audiogram
explanation**

**Tinnitus
treatment
demo**

What to expect in an appointment

Type A personality (Awesome Personality)

Age range typically 20-60

Long story- they have been down a path trying many things

Emotional

They have only been told bad things

Willingness to change

Family cares but doesn't know how to help

Mixed feelings about counseling as an option

Suicidal thoughts are minimal but do happen

Questionnaires

TFI- Tinnitus Functional Index

TRQ- Tinnitus Reaction Questionnaire

THI- Tinnitus Handicap Questionnaire

MAQ- Misophonia Assessment Questionnaire

Case history forms

Audiometric evaluation

Air/Bone- Air through 12500 Hz maybe more if still getting good thresholds out through 18k

Word Rec

UCLs using speech binaurally

Quick Sin If Hearing loss and UCLs are able to accommodate

Pitch and loudness match

Minimum masking level

Residual inhibition

UCLs for tones through 12500 or what we are able to accommodate acoustically

Tinnitus treatments

Cognitive Behavioral
Therapy and other
counseling tools

Hearing Aids

Lenire and other
tinnitus treatments

Programing demos

Likely reduced from full prescription unless long time wearer of devices

Start with pink noise slightly above audibility but not too loud that it becomes a distraction

Counsel on mixing point and comfort and soothing

Set expectations low as this will be a marathon process

Explain that tinnitus will do lots of things over the upcoming weeks as the brain starts to figure things out.

Strongly encourage consistent use and to keep the devices comfortable and soothing to start

Follow-up

30 min demo return appointment

Not expecting a miracle but do they feel motivated to wear the devices every day.

Lenire fitting

Prepare to have non device treatment options ready

DIY method

Counseling options

What to prepare for mentally

Stressed out individuals that have not had good answers so far. Minimal hope that we can do anything for them

Lots of questions you might not have answers to

Getting comfortable with people who cry

Knowing your limits

Establish your health care network

Neurology and psychology and physiology

Laboring tasks

Work Comp

Auto Claims

Medical Legal Opinions

Following up on questions

Seeing patients take longer than what to expect

Why we do it

You can take a person who has not left their house in months because of fear to someone who can get back to their lives and give them confidence to manage their sounds

You can be someone who gets it for them

You provide a service to the community that no one else can do

People deserve the highest quality of life

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