



## Helping Equip Patients to Notice Signs of Hearing Loss

You want to provide the best care possible for your patients. As much as possible, you try to give them preventative care to help alleviate their chance for injury or pain.

When it comes to hearing loss, it may come with pain or dizziness but it typically creeps up as we age. So how can you help patients look for early signs of hearing loss to catch it before it's too late? With May being Better Hearing and Speech Month, this is a perfect time to encourage patients to have their hearing evaluated.

### Pinpoint Symptoms

Physically writing out symptoms can be extremely helpful in identifying the causes of hearing loss. We've created a helpful checklist to guide patients in this process. Commonly-cited symptoms include ringing, pressure and partial or full hearing loss.

Certain symptoms can have multiple causes, so it is important for patients to be as specific as possible. For instance, sudden hearing loss can result from a drastically different cause than chronic noise exposure. Be sure to encourage patients to note the duration of their symptoms and when they first started noticing them.

### Empowering You in Patient Care

We want to help you provide the best care possible to your patients. On the back page, you will find a helpful referral guide you can use to help patients review symptoms and consider some signs of hearing loss. As always, you can contact us for additional FREE information you can give to patients to help them recognize the signs of hearing loss.



SYMPTOMS	POSSIBLE CAUSES	BEST PRACTICE TEST RECOMMENDATIONS
Sudden Hearing Loss (Patient should be evaluated STAT) CALL FOR AN APPOINTMENT TODAY	Autoimmune disease of the inner ear Acoustic trauma Vestibular virus	Comprehensive audiological evaluation
Unilateral or Fluctuating Hearing Loss	Serous Otitis Media, Meniere's Syndrome Acoustic Neuroma, Perilymph Fistula Antibiotic/Chemotherapy	Comprehensive audiological evaluation Serial audiograms
Aural Pressure/Fullness	Eustachian tube dysfunction Hearing loss	Comprehensive audiological evaluation Oto-acoustic emittance/Tympanogram
Hearing Loss - chronic	Noise exposure Heredity/Aging	Comprehensive audiological evaluation Hearing aid evaluation
Hearing Loss- poor discrimination	High-frequency hearing loss Central Auditory Processing (CAP) disorder	Comprehensive audiological evaluation SCAN - auditory processing test
Tinnitus - ringing or head noises	Acoustic trauma Hearing loss (Conductive or Sensorineural) Side effect from medication	Comprehensive audiological evaluation Tinnitus assessment Serial audiograms

Please check **Yes**, **Sometimes** or **No** for each question in the appropriate box. DO NOT skip a question if you avoid a situation because of your hearing problem. *If you use a hearing aid, answer the way you hear WITHOUT your aid.*

		Yes (4)	Sometimes (2)	No (0)
S-1	Is it difficult for you to hear well on the phone?			
S-2	Do you struggle to hear clearly in crowded social settings?			
S-3	Is it hard to hear and understand coworkers or clients?			
S-4	Do hearing challenges cause you to avoid social activities with friends and family?			
S-5	When shopping, is it hard to understand salespeople or cashiers?			
S-6	Does your hearing cause you to feel discouraged or depressed?			
S-7	Do you feel left out of group conversations?			
S-8	Do hearing problems embarrass you when meeting new people?			
S-9	Do you or your family feel frustrated when trying to have normal daily dialogue?			
S-10	Does hearing-related anxiety cause you to want to be alone?			
S-11	Do hearing challenges cause family arguments?			
S-12	Is it hard for you to hear properly at religious services?			
S-13	Do you need to turn up your TV or radio volume very loud to hear better?			
S-14	Do you feel hearing problems lessen your ability to have fun socially?			
S-15	Is it difficult to hear in noisy restaurants?			

Total # of points \_\_\_\_\_ / 60

Total # of points SOCIAL \_\_\_\_\_ / 36

Total # of points EMOTIONAL \_\_\_\_\_ /24

0 - 12 = Less need for hearing health consultation

14 - 38 = Important need for hearing health consultation

40 - 60 = Immediate need for hearing health consultation