



# PREVENTING AND MANAGING HEARING LOSS

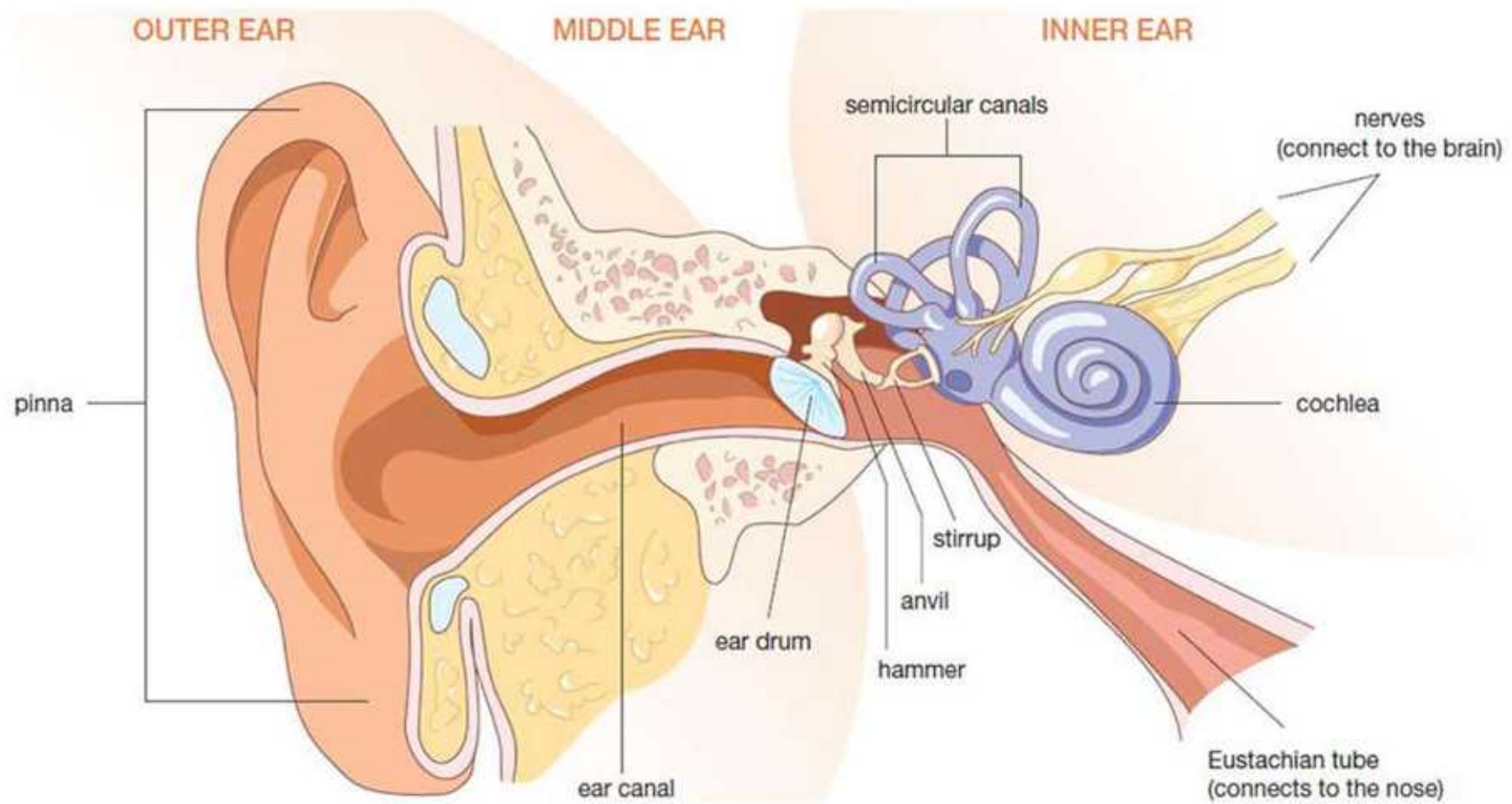
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MAKING MUSIC WEBINAR 17.02.2023

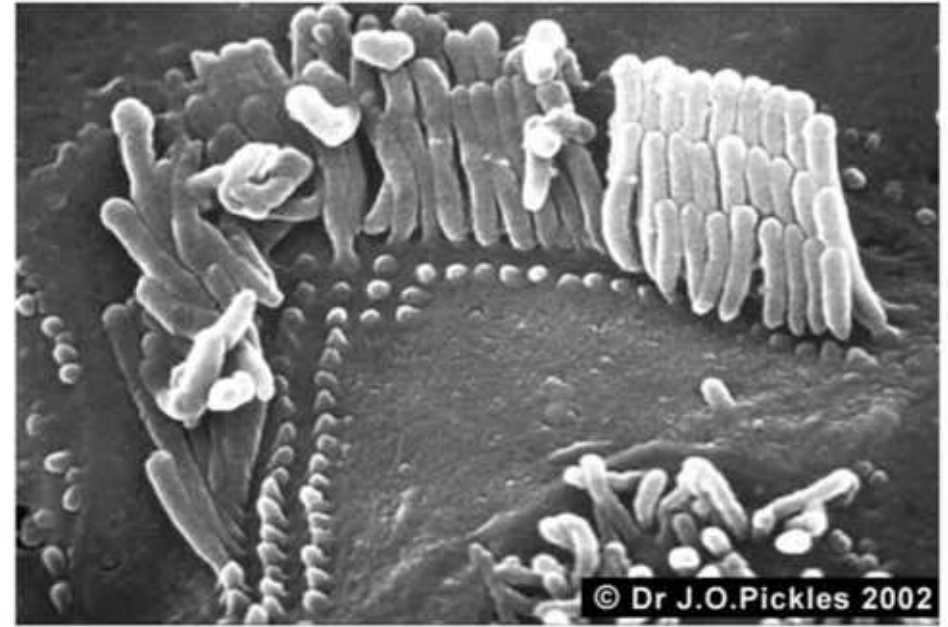
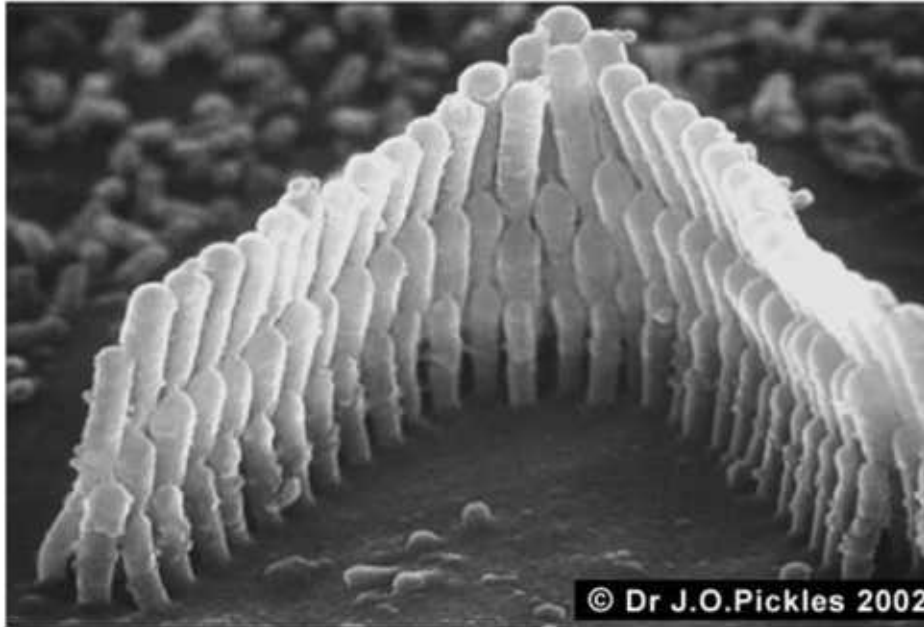
**FIONA BUTTERWORTH MSC RHAD**

SENIOR CLINICAL AUDIOLOGIST

HARLEY  
· STREET ·  
HEARING



## THE EAR AND HEARING



## Stereocilia: Healthy versus Damaged Hair Cells





CHANGE IN  
HEARING



REDUCED HEARING



BLOCKED EARS



DIFFICULTY IN  
NOISY PLACES



MUFFLED SPEECH

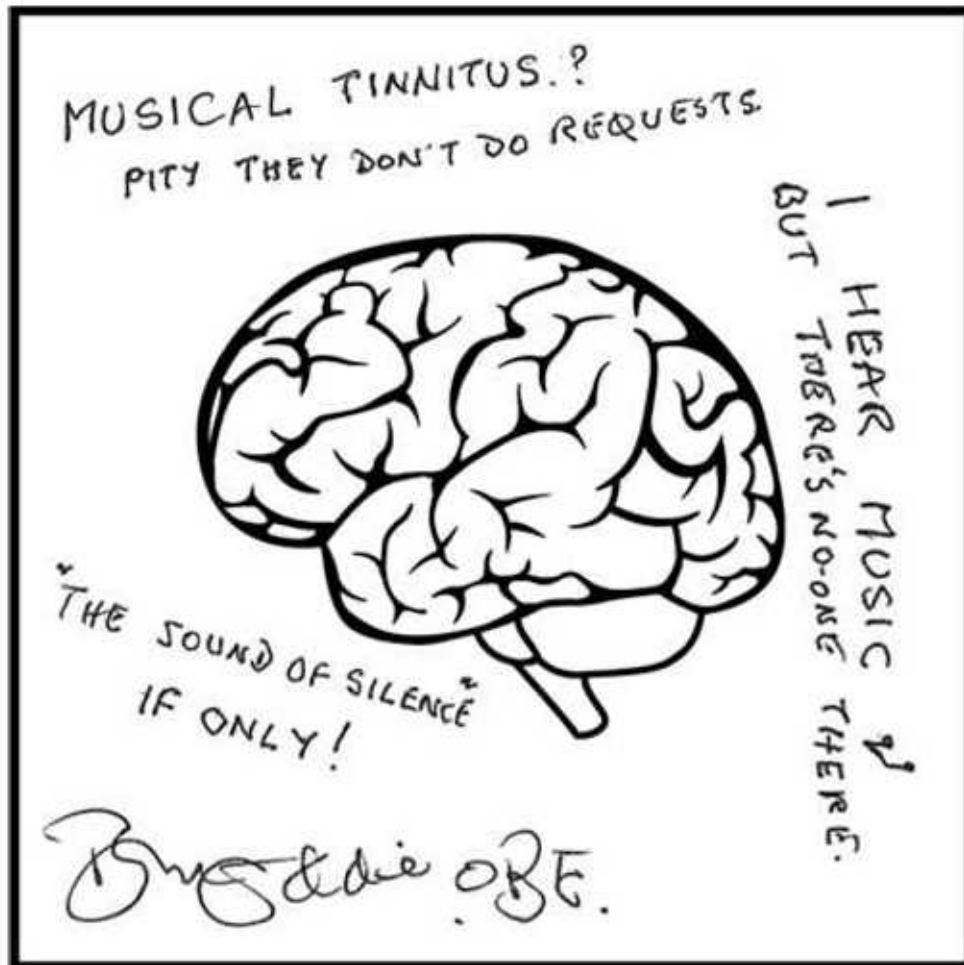


TELEVISION/RADIO  
NOT CLEAR



ASKING FOR  
REPETITION

WHAT YOU MIGHT NOTICE



# Tinnitus

The sensation of hearing a sound in the absence of any external sound

- In one or both ears, in the head, or hard to pinpoint locations
- Duration varies

Most common in those who have a hearing loss or other ear problems

On-going research to fully understand the exact cause

Tinnitus can settle through habituation

WHAT YOU MIGHT NOTICE

# Hyperacusis

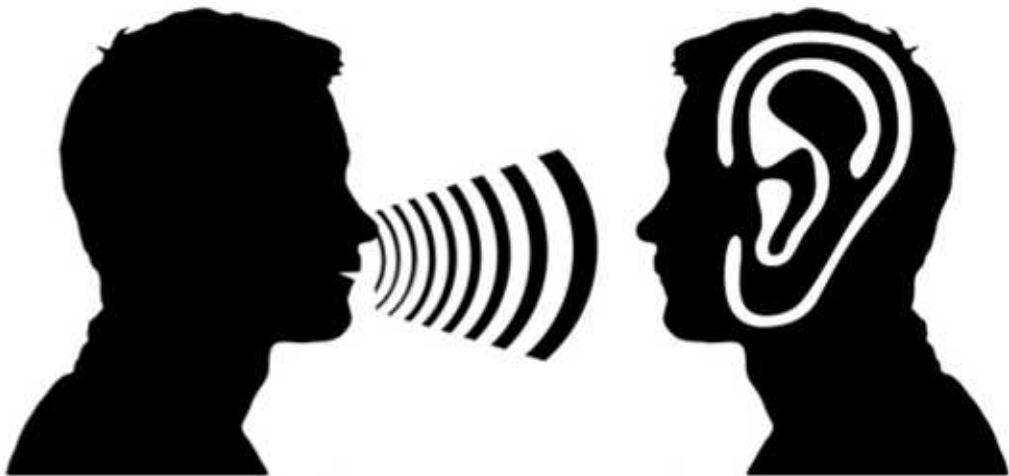
Where everyday sounds seem much louder than they should

- One or both ears
- Can sometimes result in pain/discomfort
- Comes on suddenly or can develop over time

Sound therapy, cognitive behavioural therapy, and relaxation techniques

Avoid using earplugs unless environmentally necessary

Do not avoid noisy situations; removing louder sounds from day-to-day life can result in further sensitivity



WHAT YOU MIGHT NOTICE



# Diplacusis

Where the same sound is perceived as being different in pitch or timing

- More commonly between the two ears, but can affect just one ear

If caused by an obstruction in the ear, this may resolve once the obstruction is removed

Hearing aids or auditory rehabilitation may help to manage diplacusis caused by a permanent hearing loss, head trauma, or certain medications

WHAT YOU MIGHT NOTICE



# Temporary Threshold Shift

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A temporary hearing loss following noise exposure

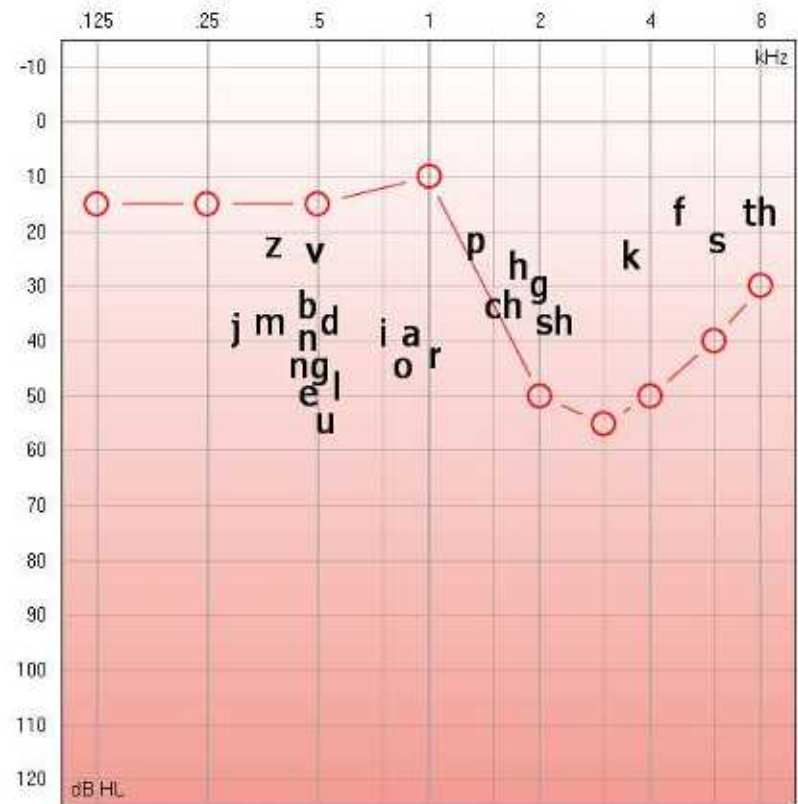
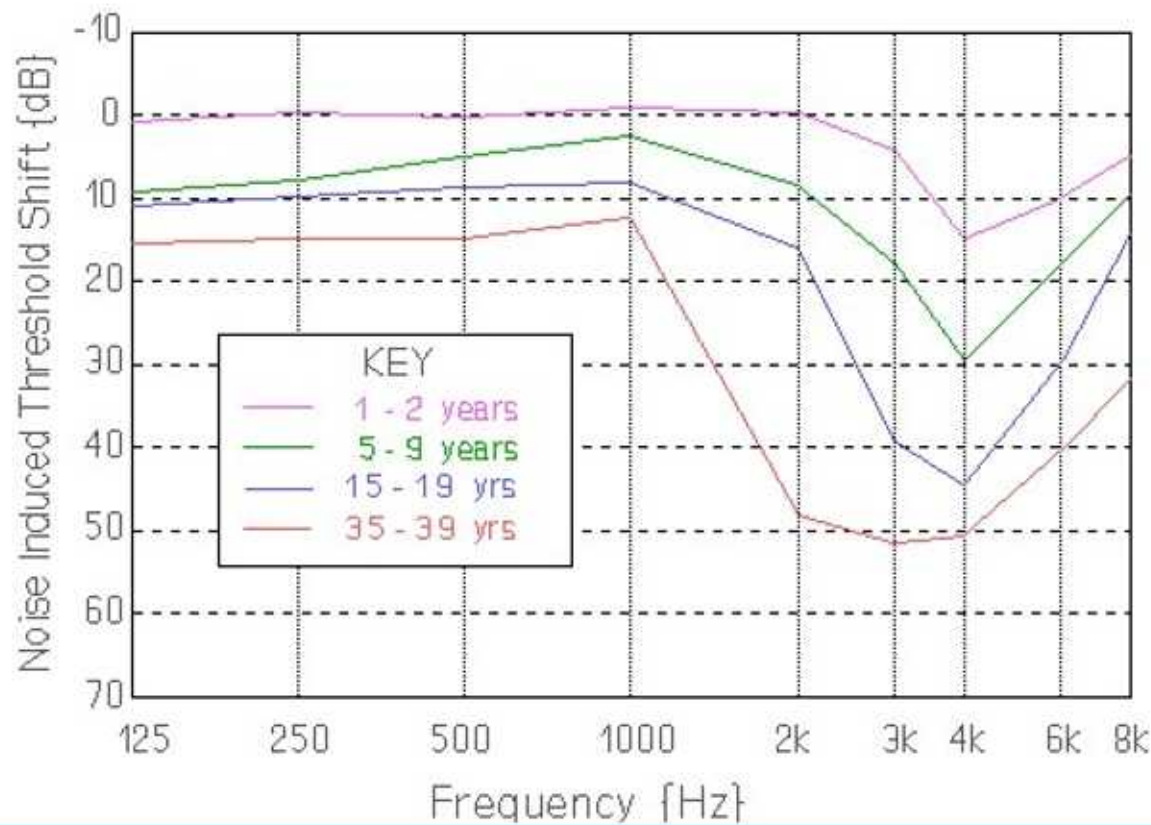
- Tinnitus can also be experienced during this time
- Ears can feel numb or dull

Usually resolves in the following 16 to 18 hours

WHAT YOU MIGHT NOTICE



# Noise-Induced Hearing Loss



WHAT YOU MIGHT NOTICE

Seek	Seek advice from a medical professional (a GP, an ENT consultant, an Audiologist)
Test	Have routine hearing tests (minimum every three years)
Aid	Consider hearing aids when they are recommended
Protect	Use hearing protection in noisy environments
Share	Talk about your experience

## HOW TO MANAGE A HEARING LOSS



Offer to attend appointments with them



Encourage them to be open about their experience



Utilise good communication tactics



Written communication to reinforce in-person communication



Use visual references



Have a rehearsal buddy

# HOW TO SUPPORT SOMEONE WITH A HEARING LOSS

