



FUNCTIONALITY AND EFFICIENCY OF DIFFERENTLY STRUCTURED TINNITUS EDUCATION PROGRAMS (FEDSTEP)

PILOTSTUDY DATABASE

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DANK AAN DE MEDEWERKERS VAN HET TEAM!



Bets de Vries

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Background



- In 2010 we started offering Tinnitus Education to Groups at AC Holland Noord
- In a group normally 6 clients and partners (optional) participate
- Possible advantages of groups:
 - Group dynamics
 - Peer group
 - More efficient
- Possible disadvantage of groups:
 - Negative influence of peers
 - Less personal attention

Aim of FEDSTEP



- Compare outcomes of Tinnitus Education Programs: group sessions versus one-on-one sessions
- Method: Randomized Controlled Trial
- Primary Outcome Measures:
 - Self-reported tinnitus handicap as measured with Tinnitus Handicap Inventory (THI)
 - Self-reported effect on Quality of Life as measured with Glasgow Health Status Inventory (GHSI)
- Secondary Outcome Measures:
 - Medical consumption
 - Client opinion

Pilot Study



- Before starting we conducted a pilot study to:
 - Develop and test our group education program
 - Test (administrative) procedures
 - Gather information about our client population
 - Test outcome measures

Pilot Study



- Inclusion criteria:
 - Clients referred to our clinic for tinnitus counseling between March 2010 and January 2011
 - Age at referral 16 years and older
 - For group session THI < 4
- First 150 clients of both groups were used to build the data base
- 70% of the clients were referred by an otolaryngologist, 30% by their general practitioner (N=84)

Pilot Study



- Individual Tinnitus Counseling in compliance with usual care given in Dutch Audiological Centers:
 1. Audiological evaluation
 2. Individual first-visit counseling is done by either audiologist (usual care) or social worker (ACHN specific)
 3. Follow-up treatment dependent on individual needs (hearing aid/tinnitus masker try-out, psychosocial support or combination)

Pilot Study



- First group session in September 2010, from then monthly (6 clients and partners):
 1. Presentation to group of usual care tinnitus information by audiologist and social worker
 2. Short (15 min.) one-on-one consults with audiologist and social worker to discuss follow-up treatment (carousel format)
 3. Clients not in one-on-one consult are together in peer group
 4. Follow-up treatment dependent on individual needs (hearing aid/tinnitusmasker try-out, psychosocial support or combination)

Database



- Currently the data of 129 clients has been entered and checked of whom 99 have finished tinnitus care
- 3 clients decided not to follow up referral and never visited our clinic
- 102 clients (79%) received individual counseling and 23 (18%) received group counseling (N = 125)
- 91 clients (71%) tried a hearing aid, tinnitus masker or combination and 32 clients (25%) did not (N = 123)
- Variables:
 - Audiological and psychosocial factors
 - Demographics (sex, age, social economic status ...)

Important remark!

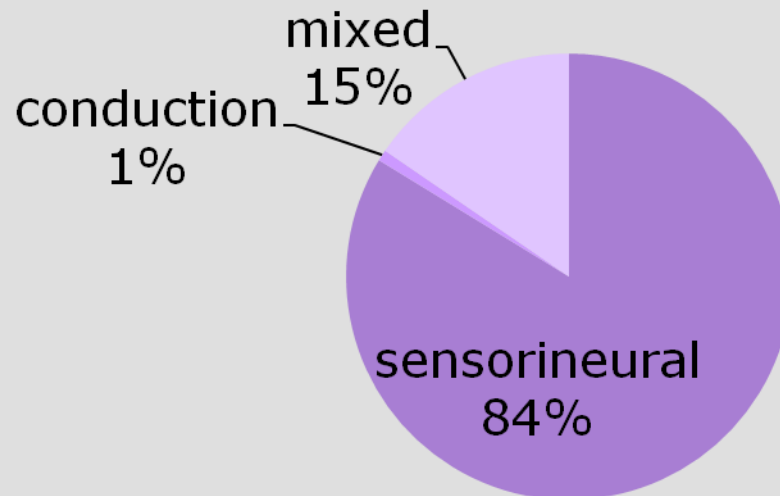


- No analysis yet of differences between group session versus one-on-one sessions
- Presented results are based on the entire group

Results I



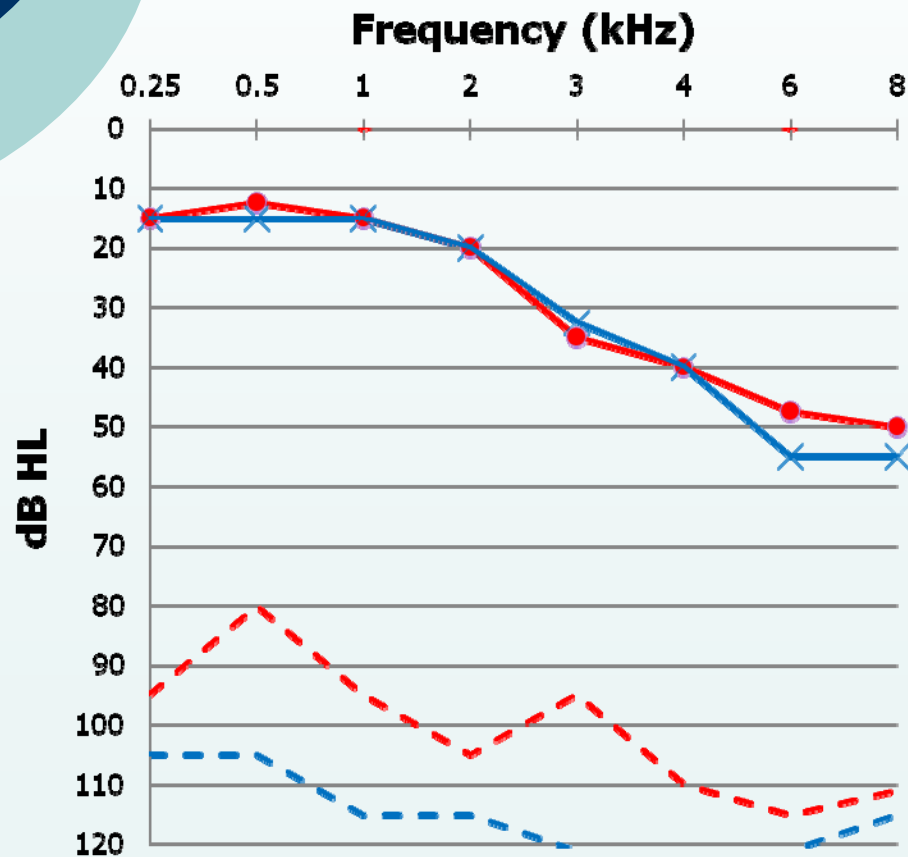
- Average Age (N=129): 57 ± 13 years
- Age Range (N=129): 18-86 years
- Sex (N=129): male 58%, female 42%
- Hearing loss if threshold at at least 1 frequency > 15 dB (N=126): 98%



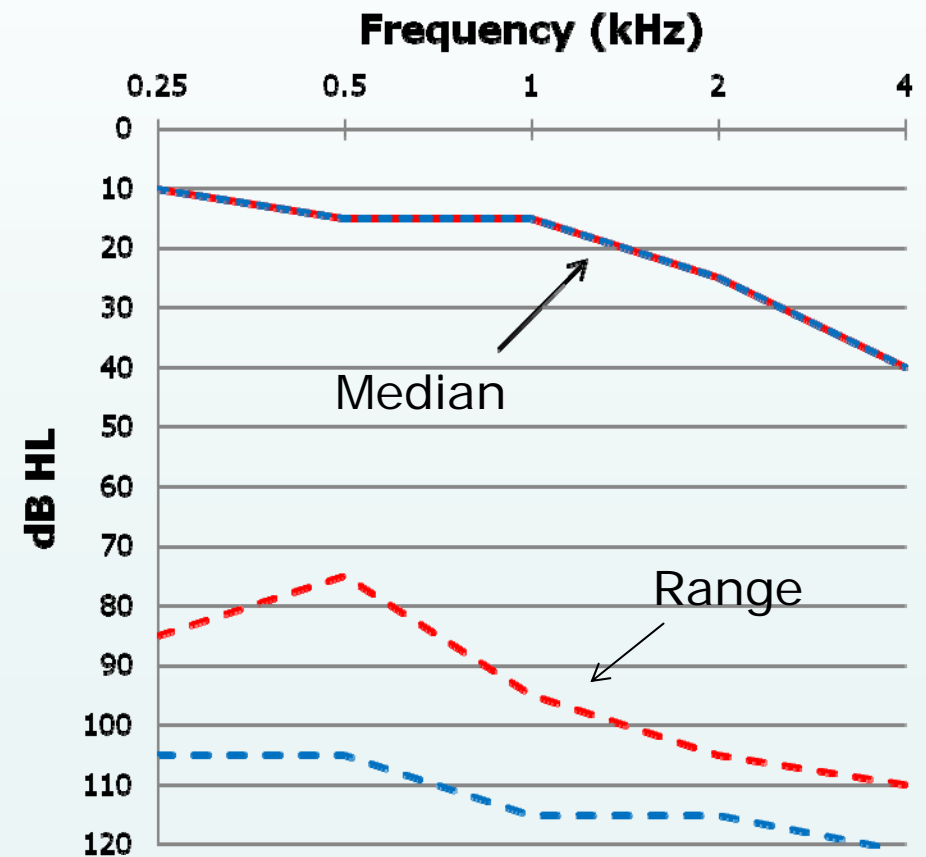
Results II (N=126)



Air conduction



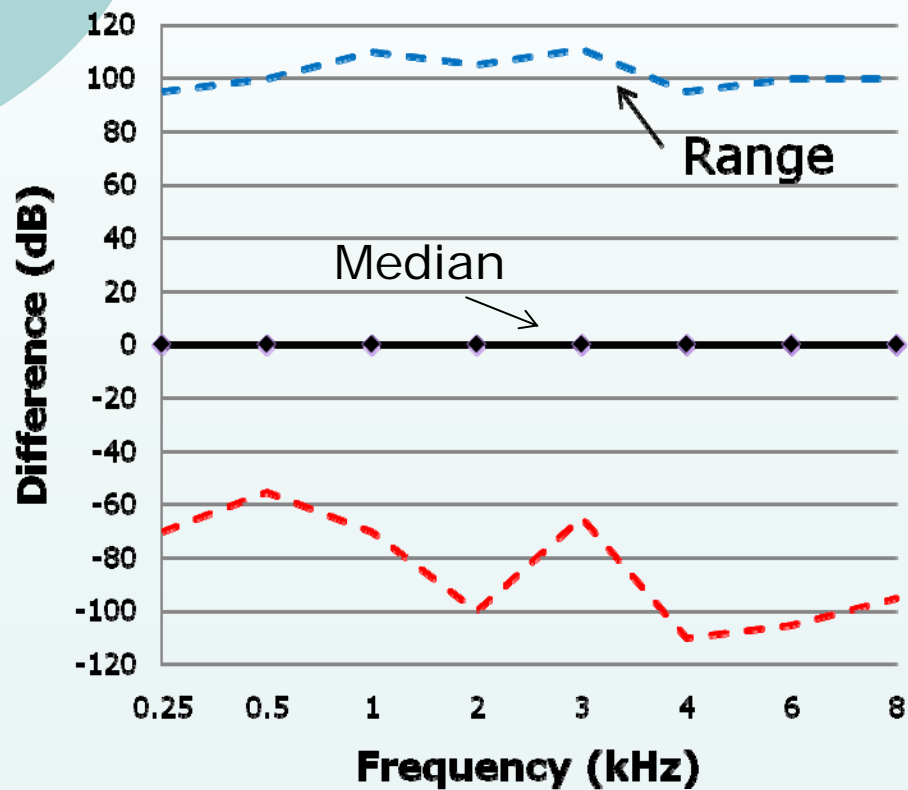
Bone conduction



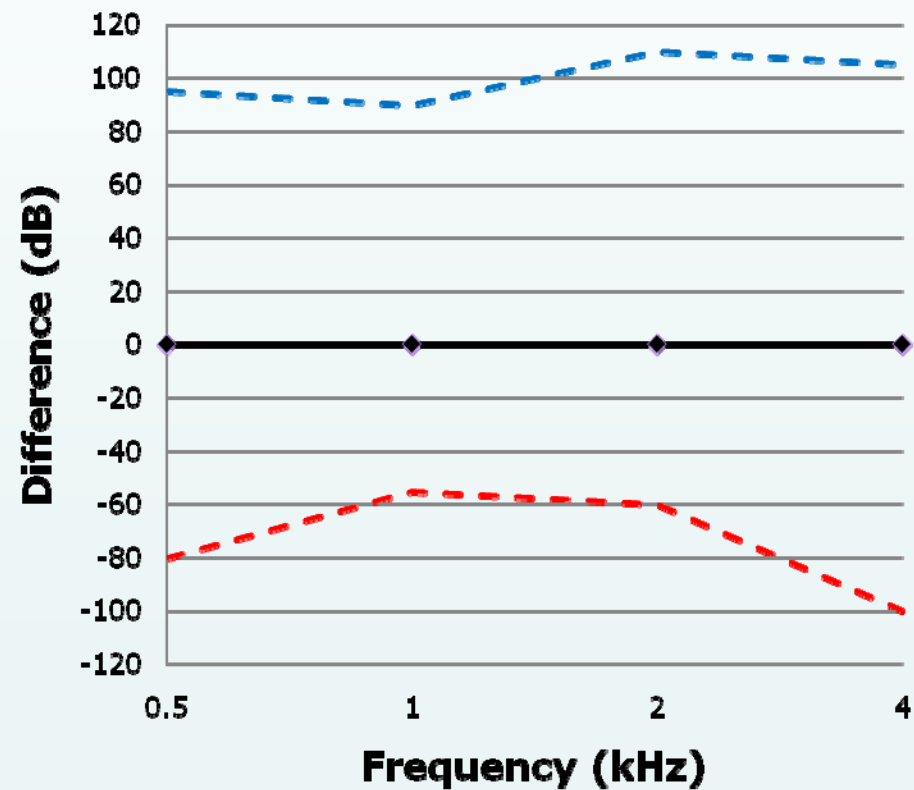
Results III (N=126)



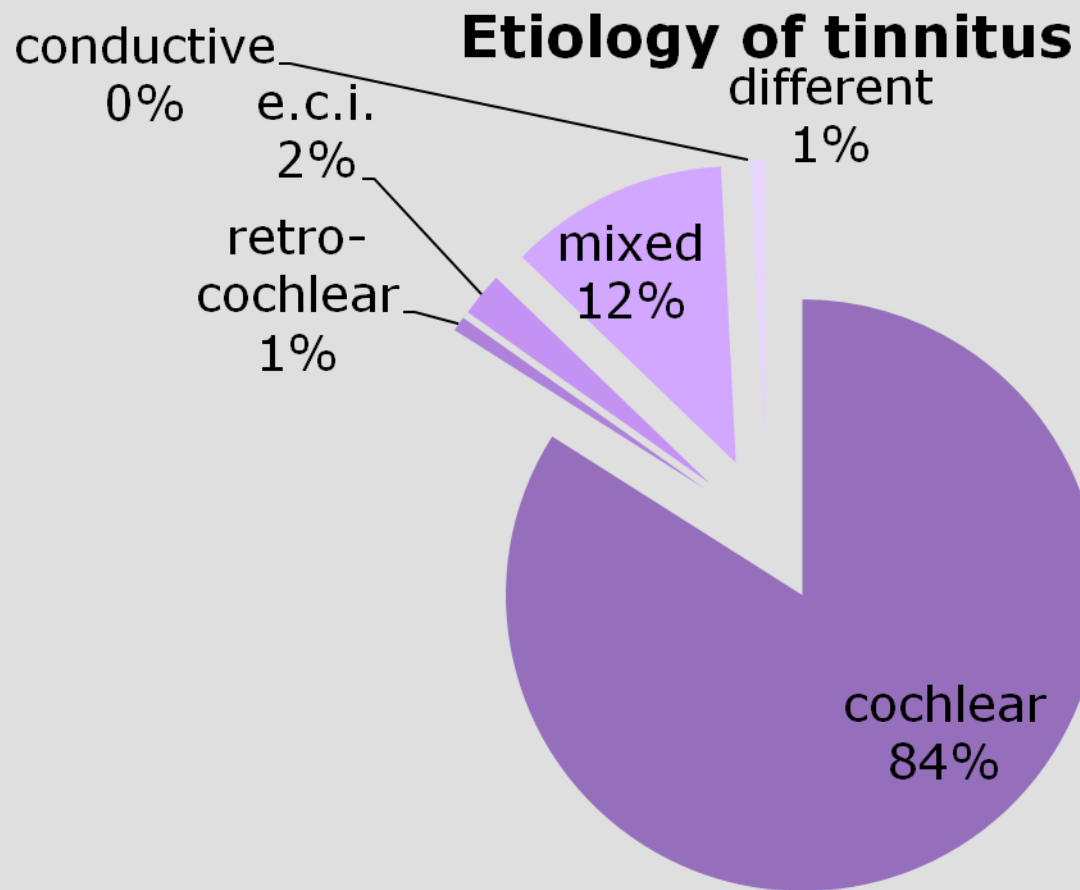
Air conduction Left-Right



Bone conduction Left-Right



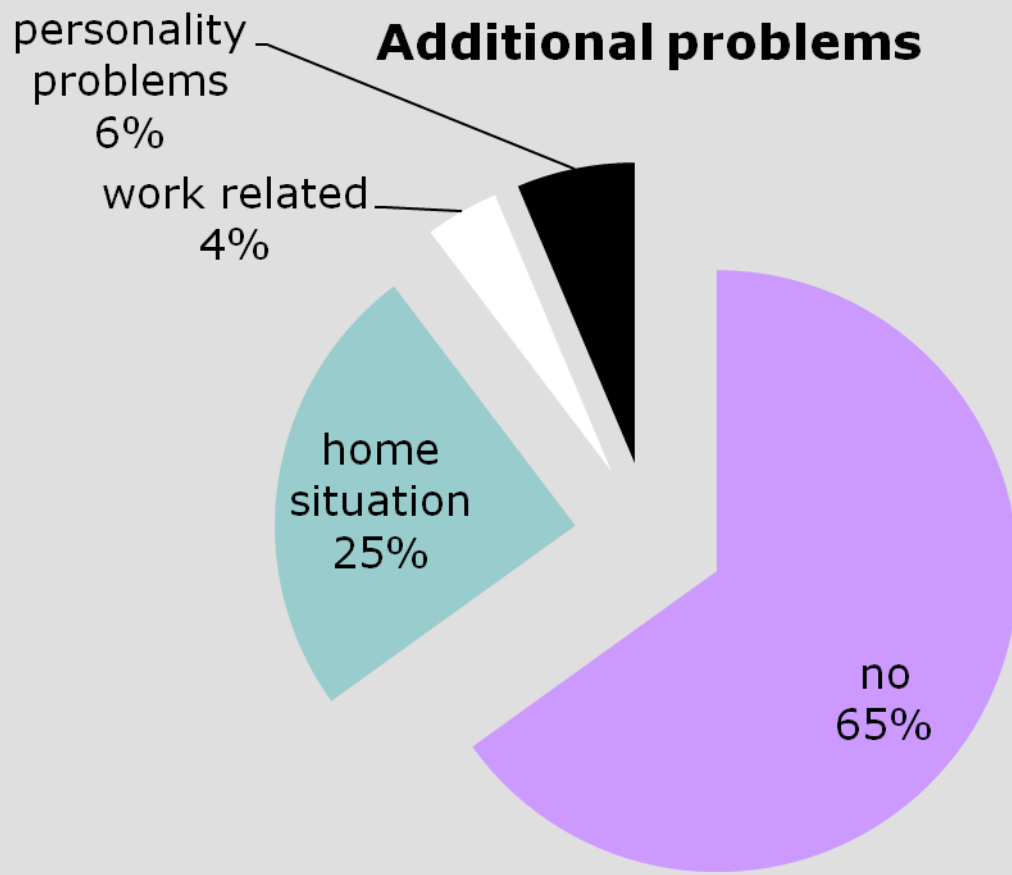
Results IV (N=125)



Results V (N=126)



Additional problems

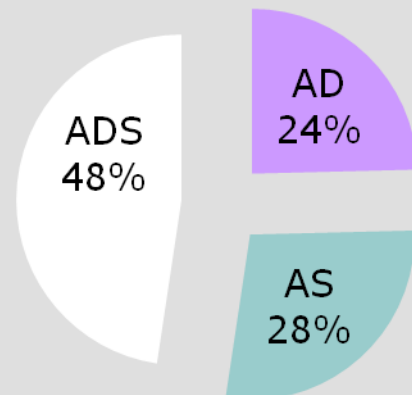
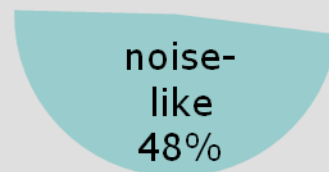


Results VI (N=126)

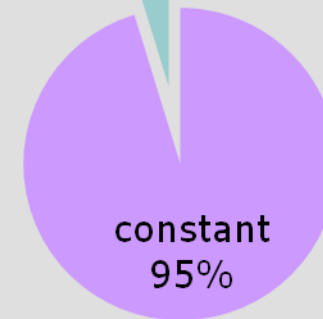


Tinnitus Character

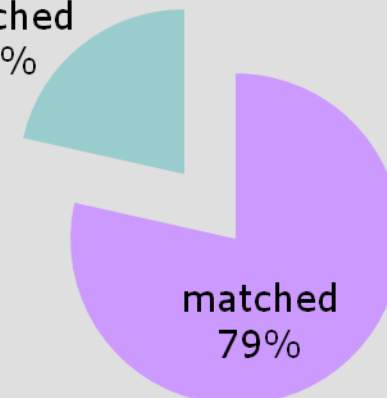
different
25%



pulsating
5%



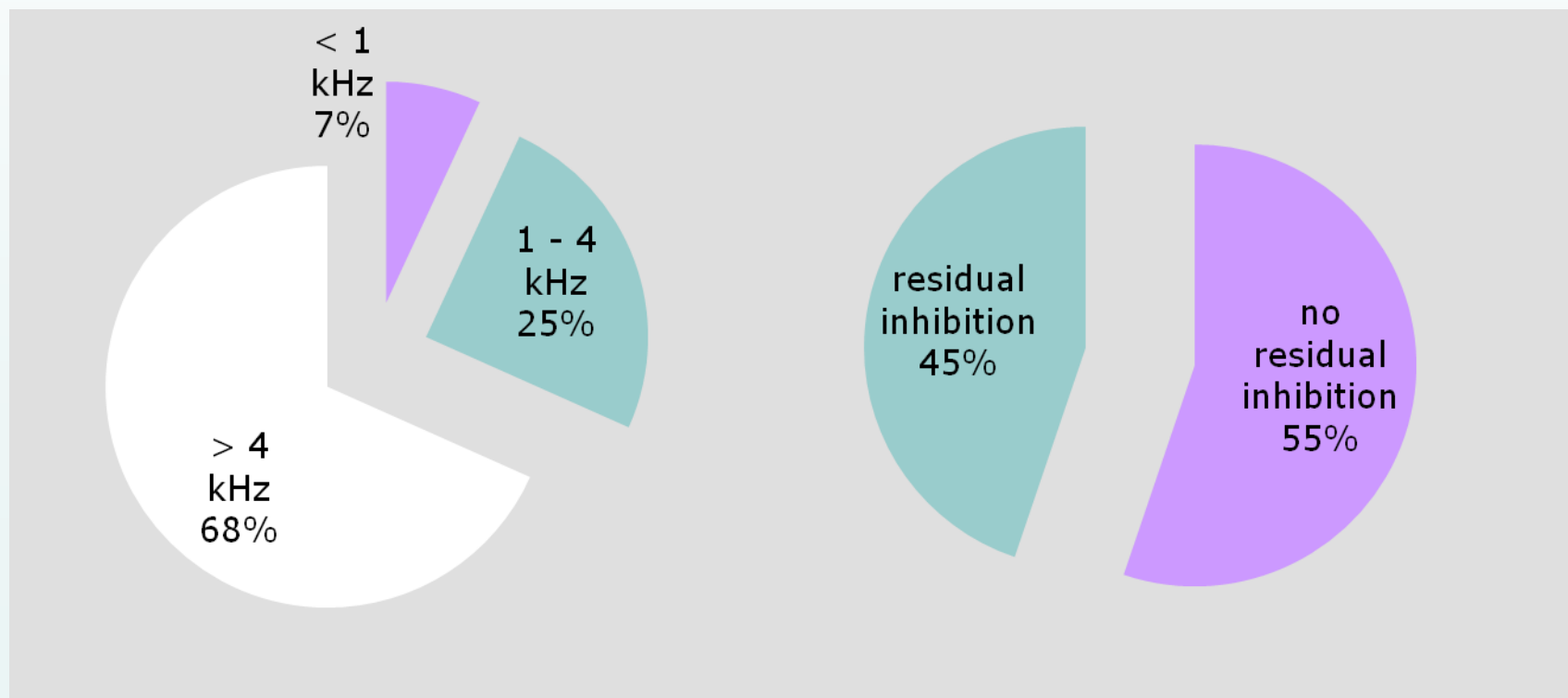
not
matched
21%



Results VII



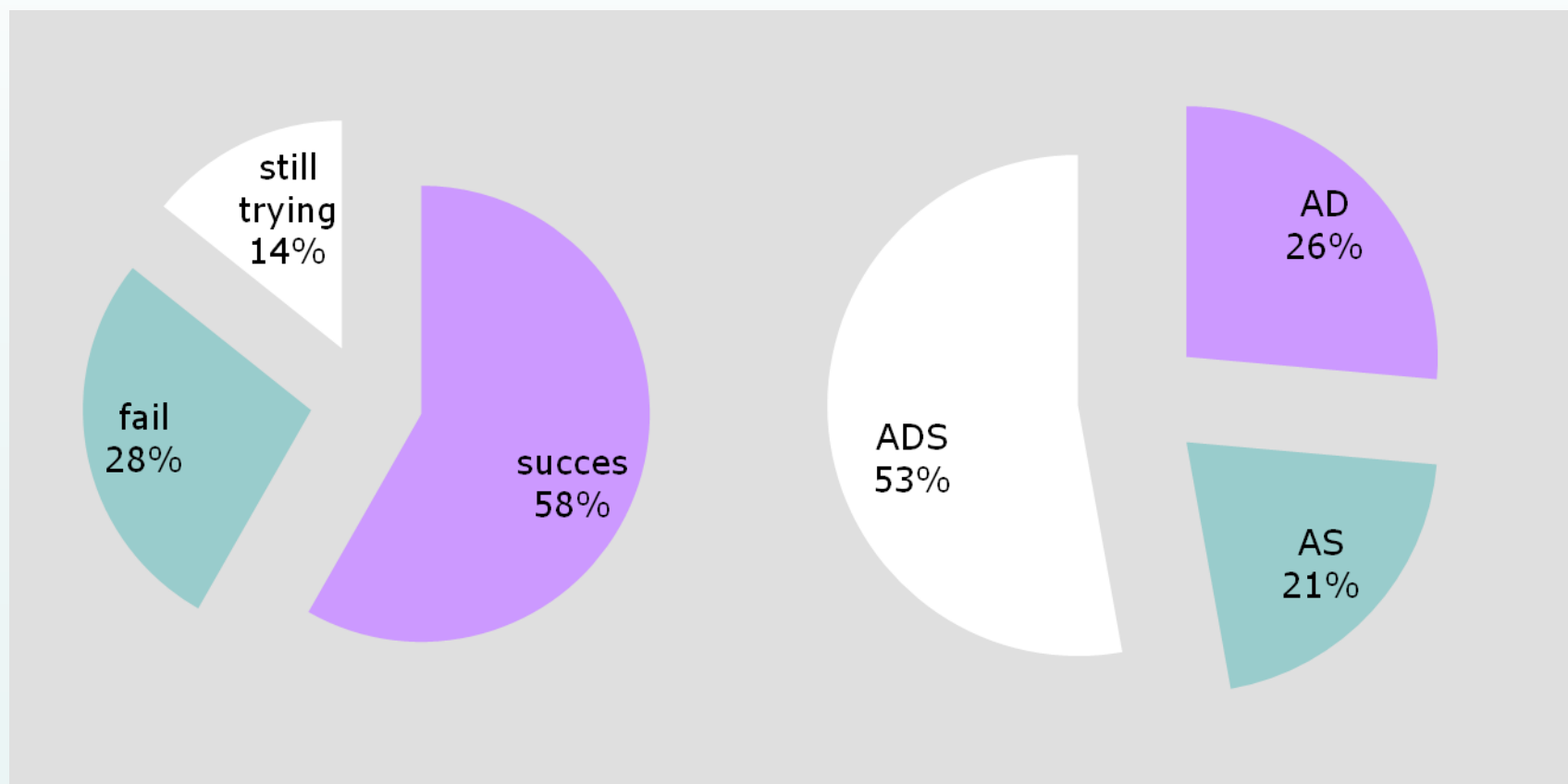
- In 95 subjects the tinnitus could be matched
- Loudness: Median 5 dB(SL)
Range 0-25 dB(SL)



Results VIII



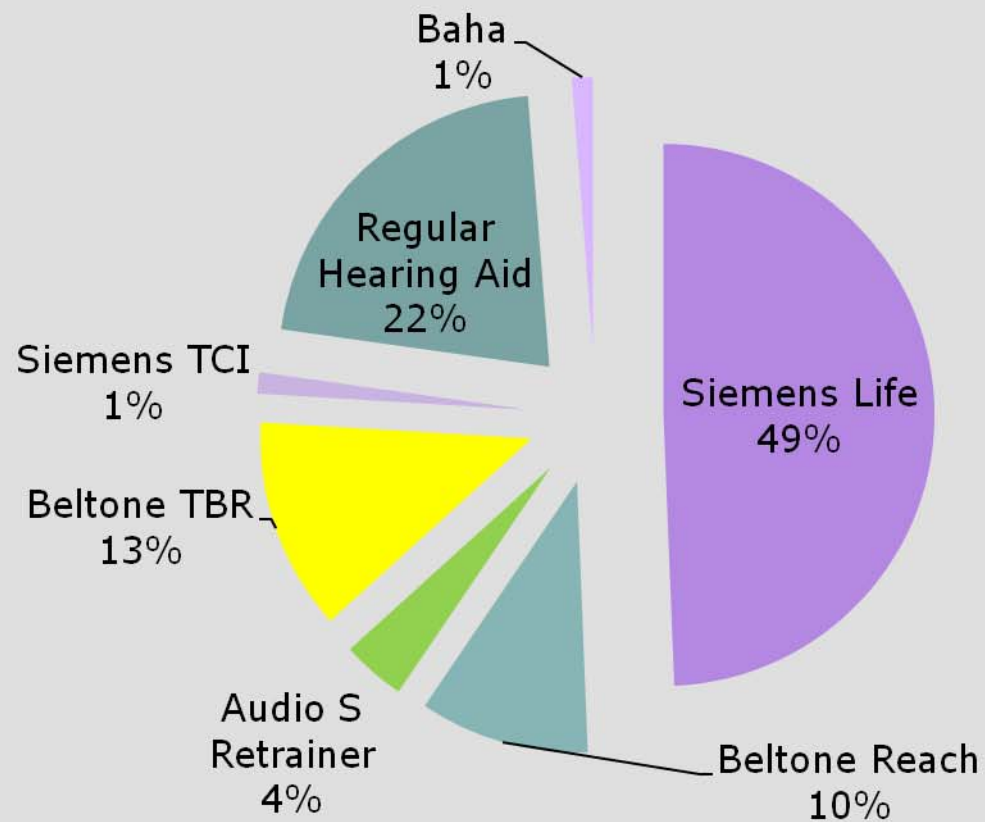
91 clients tried a hearing aid, tinnitus masker or combination of both



Results IX



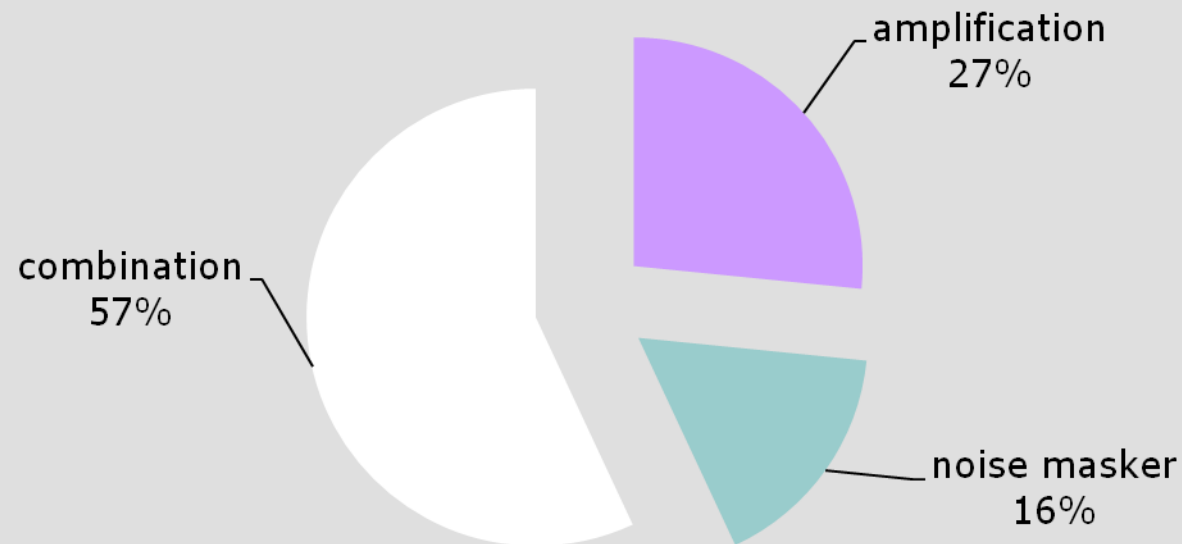
78 clients finished try-out period



Results X (N=78)



- 73% of the clients tried a noise masker
- Average loudness of masking noise relative to tinnitus: $4,9 \pm 1,0$ (tinnitus loudness = 10)

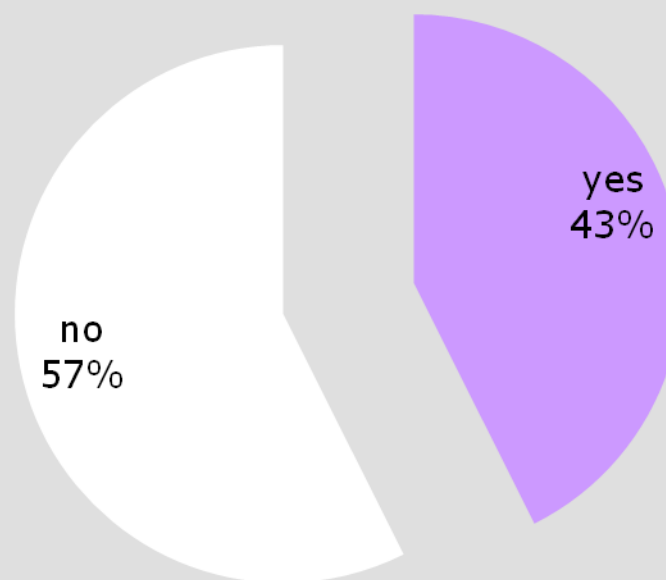


Results XI

(N=115)



Additional psychosocial counseling



What we learned from the pilot study



- Group sessions have been optimized
 - short one-on-one consult with audiologist only and not with social-worker
 - inclusion criteria for group session will be adjusted (no restriction on THI score)
- Generally good appreciation of group sessions
- Administrative procedures are feasible
- Outcome measures have still to be tested



Thank you for your attention