

BSA E-Update – Oct 2022

Tinnitus and Hyperacusis Special Interest Group

The TH SIG has been through some membership changes over the summer. We have said goodbye to founding members David Stockdale and Julie Brady, who have contributed to and lead many projects for tinnitus, including authoring guidance for combination hearing aids and tinnitus in adults. We wish to thank them for all the hard work and support on the SIG. We are also delighted to welcome new members, Rachel Knappett, Magdalena Margol-Gromada and Bev Herne to the TH SIG steering group. They bring a range of knowledge and experience from audiology, researcher and psychology for tinnitus and hyperacusis.

So what have we have been doing over the past year... We have been busy working on our new studies to establish guidance and information for hyperacusis. We have successfully completed analysis of our hyperacusis service evaluation survey on current practice hyperacusis in adults. The results highlighted the need for more information resources for hyperacusis, training and guidance on sound therapy. Based on these results, we are in the process of planning a consensus survey to gain agreement from clinicians on the procedure that should be used when using sound therapy, which will be used to create recommended procedures. We have created an information leaflet 'all about hyperacusis' to help in clinical practice and can be given directly to patients as additional reading to take away with following an appointment. This is currently with our members being reviewed and will be available soon. Also underway are information leaflets on 'Hyperacusis vs Recruitment' and 'hyperacusis in children'. So watch this space for new leaflets!

We have continued to expand our tinnitus work, including creating online learning sessions on NICE guidance for assessing mental health in tinnitus which will be available later this year. After successfully publishing the Practice guidance for tinnitus in adults last year, we were invited to present the guidance at the British Tinnitus Association conference last month. Magdalena Sereda, Joanne Goss and I presented the guidance and took part in a great Q&A session with the delegates. It was really enjoyable experience and great to have so many people interested in the guidance. If you would like to see the guidance, then please access them through the BSA resources: <https://www.thebsa.org.uk/resources/> and share with your colleagues.

If you are interested in hyperacusis or tinnitus, we welcome further applications to join our SIG from across the wider BSA membership, so please do get in touch if you are interested: bsa@bsa@thebsa.org.uk