Oticon Fitting Guide
Tinnitus

A person-centred approach to tinnitus fittings

A good understanding of your patient's experience with tinnitus and a person-centred approach is fundamental. This includes considering what solutions work for your patient as this may vary from person to person. You can consider the following based on the individual needs of the patient:

- using a combination of strategies including e.g. sound therapy, counselling, Cognitive Behavioral Therapy etc.
- providing a fitting that allows for flexibility and fluctuations of tinnitus, including a general program and potentially several
- different tinnitus programs
- what is needed for a given patient may change both daily and over time

This guide presents the tinnitus screen in Oticon Genie 2 and provides a step-by-step guide to support your personalised tinnitus fitting.

Before fitting:

*In **FIT**, complete the following steps: Get ready for Tinnitus SoundSupport™*

1. Fit the hearing aid to the patient's audiogram following the standard routine including your typical measurements

2. Select the program where you would like to add Tinnitus SoundSupport

3. In the task pane, click on **Tinnitus a** and activate Tinnitus SoundSupport by clicking the toggle button **b**

Consider using a subjective measure of choice, e.g. the Client Oriented Scale of Improvement in Tinnitus (COSIT)1, Tinnitus Handicap Inventory (THI)2, Tinnitus Functional Index (TFI)3 or similar, to assess individual experience, measure severity, and improvement of treatment.

Sound therapy in the fitting:

Present the different sounds options

4. Start by presenting the default sound, **Shaped** (to audiogram) and adjust the level according to your protocol and/or your patient's preference

5. Present **White**, **Pink**, and **Red** sound and adjust the signal levels for each to a comfortable level. Present all four broadband sounds again and note your patient's preferred sound

6. Click on **Nature Sounds** and present **Ocean 1**, **Ocean 2**, and **Ocean 3**. Adjust signal levels and present all three Ocean sounds again. Note your patient's preferred sound

7. Together with your patient, decide which relief sound(s) best suits his/her tinnitus needs your protocol. Add the sound(s) to the program(s)

Optional: You can modulate sounds (for broadband sounds only) **8**, trim frequency bands **9**, activate **Automatic Level Steering 10**, or turn the **Microphone hearing instrument** off **11**, depending on your protocol and/or your patient's needs
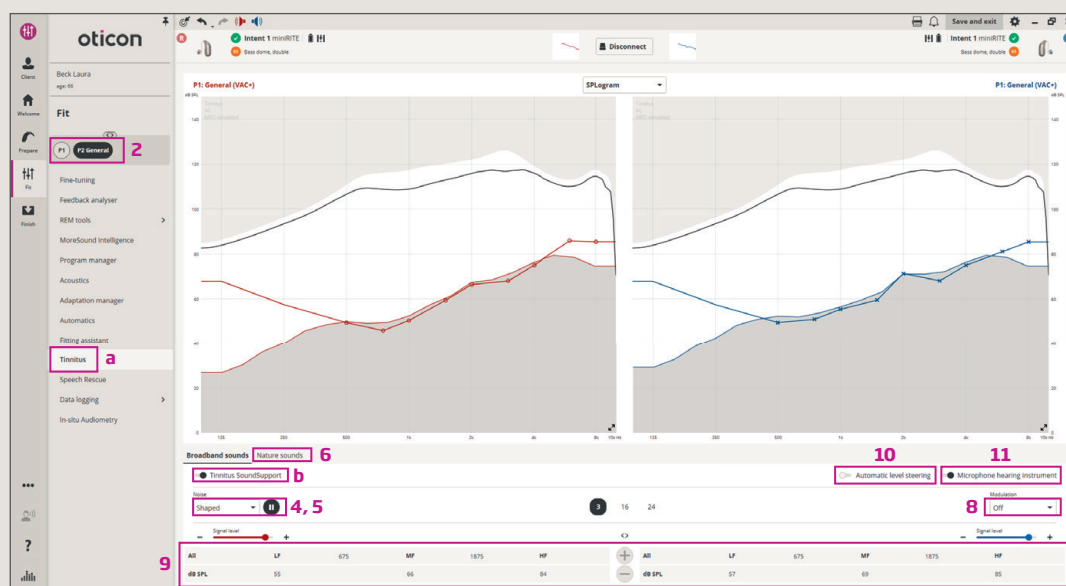
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*In **FINISH**, complete the following steps:*

1. Select **Controls** within the **Finish** task pane

2. Select **Tinnitus volume control**

3. Tick binaural coordination if you would like binaural adjustment of relief sound volume. Otherwise, tick left or right volume control individually

4. Select the **Volume range** if needed. Step size is 1.5 dB

5. Counsel your client on **Max wearing time (hours)**, if risk of noise exposure
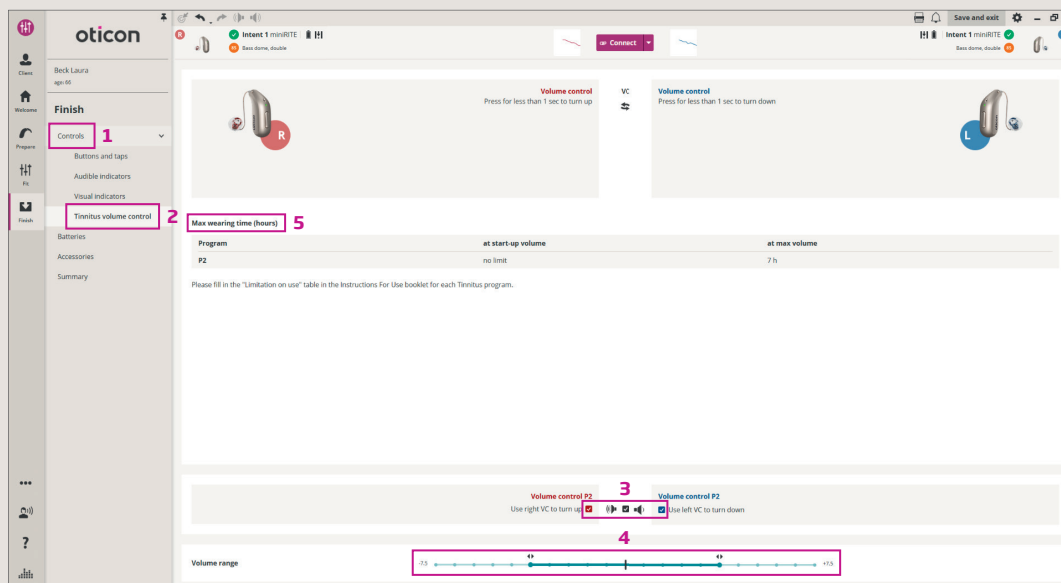

Helpful tip: For tinnitus counselling tools and to support you when you see patients with tinnitus, you can find available tools from Resource Center in Oticon Genie 2

Oticon Companion relief sound adjustments

For added flexibility of relief sound adjustments at home via the Oticon Companion App, activate modulation for broadband sounds in Genie 2. Then the patient has the flexibility to adjust their favorite relief sounds on the go, to suit their personal preferences and needs*.

* The Tinnitus SoundSupport feature is only available in the app if it has been activated by the hearing care professional. Relief sounds are available in the app for select hearing aids.
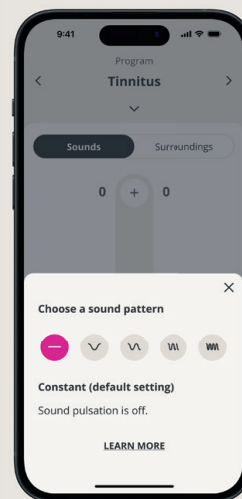
References:

[1] Searchfield G. D. (2019). A Client Oriented Scale of Improvement in Tinnitus for Therapy Goal Planning and Assessing Outcomes. Journal of the American Academy of Audiology, 30(4), 327–337. https://doi.org/10.3766/jaaa.17119

[2] Newman, C. W., Jacobson, G. P., & Spitzer, J. B. (1996). Development of the Tinnitus Handicap Inventory. Archives of otolaryngology--head & neck surgery, 122(2), 143–148. https://doi.org/10.1001/archotol.1996.01890140029007

[3] Meikle, M. B., Henry, J. A., Griest, S. E., Stewart, B. J., Abrams, H. B., McArdle, R., et al. (2012). The tinnitus functional index: Development of a new clinical measure for chronic, intrusive tinnitus. Ear and Hearing, 33(443). https://doi.org/10.1097/AUD.0b013e3182597b3e

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