

Hearing Loop

NEWSLETTER

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ISSUE №6



Clinical recommendations
Social-emotional well-being
and adult hearing loss

Audiologic rehabilitation
Promoting hearing and cognitive health
for the well-being of older adults

Dear partner,

Welcome to our latest edition of Hearing Loop. This issue follows up on the hot study topic of the year – hearing loss and cognition – and covers further fascinating updates on holistic hearing care including social emotional well-being and hearing loss, tinnitus care and a glimpse into the future of hearing technology.

Enjoy the read!

The Triton Hearing Team

FOCUS TOPIC

Clinical recommendations

Social-emotional well-being and adult hearing loss

Best-practice in audiological rehabilitation takes a holistic client- and family-centered approach and considers hearing care in the context of personal well-being. Hearing loss not only impairs the ability to hear, but can also compromise the ability to be socially active, connect with others, and communicate effectively thus negatively impacting our social-emotional well-being.

Hearing care professionals play a key role in fostering their client's well-being. The authors of the article propose a 5-step plan to ensure clients' social-emotional well-being is considered throughout the rehabilitation journey:

- identifying the client's social-emotional well-being
- including family members in audiological rehabilitation

- incorporating social-emotional needs and goals in an individualised management plan

- relating identified hearing needs and goals to rehabilitation recommendations

- using counselling skills and techniques to explore and monitor social-emotional well-being.

On the same topic, Dr. Bec Bennett, PhD, Senior Research Audiologist at the National Acoustic Laboratories in Sydney/Australia and co-author of the study, provides the background to help understand the social and emotional needs of patients.

She also shares excellent guidance and tips for clinicians in her AudiologyOnline interview on how to improve clinical skills in this area.



Read the interview.



Access the full review.



STUDY



Preventive Medicine

Addressing physical activity with older adults with hearing loss

In the English Longitudinal Study of Ageing, hearing loss and physical activity were assessed bi-annually for up to 20 years with 11,292 participants aged 50 years or older at baseline assessment. The study aimed to investigate the potential bi-directional association between hearing loss and the level of physical activity.

One of the main results shows that adults with hearing loss become physically inactive faster than those with normal hearing, and that the decline in physical activity is suggested to occur after hearing loss onset.

The study findings highlight the importance of addressing physical activity for middle- to older-aged adults who report hearing loss. For this group, accelerated decline in physical activity can result in a higher risk of poorer physical function, frailty as well as further comorbidities.

Access the full study.



RESEARCH

Audiologic rehabilitation

Promoting hearing and cognitive health for the well-being of older adults

With our aging population, an increasing number of older adults with hearing loss have cognitive decline. Hearing care professionals have an important role in supporting healthy aging. They should be knowledgeable about cognitive decline and associated management strategies to maximize successful hearing intervention.

In the framework of their review and discussion of current research on the subject, the author team around Julia Sarant from the University of Melbourne provides evidence-based recommendations for hearing care professionals supporting older clients to maximize well-being through the cognitive trajectory.

One key take-away for professionals: With the rising prevalence of dementia and other age-related diseases, it is increasingly important to develop a network of interdisciplinary professionals to refer to and with whom to collaborate on holistic client rehabilitation management.



Read the full review.



TECHNOLOGY



Ask the expert...

The future of hearing aid technology

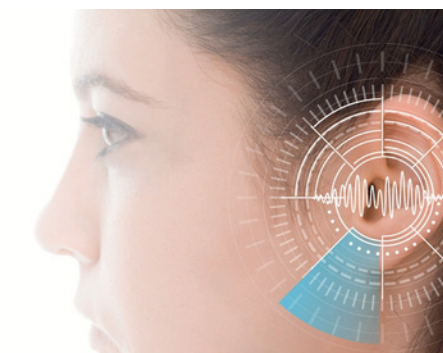
The future looks bright for those with hearing loss. There have been some very exciting developments in our industry over the past decades, for example, Deep Neural Networks (DNN) technology that can help improve speech intelligibility by reducing background noise. Also, artificial intelligence (AI) has further accelerated the pace of the technological advancement in hearing technology.

In an insightful interview, Dr. Stefan Launer, Vice President Audiology & Health Innovation at Sonova Headquarters in Switzerland, talks about the most relevant technological advancements in hearing technology, which trends in communication and which new applications to expect in the future.

Download the interview.



EDUCATION



Virtual Physician Symposium Tinnitus 2.0 – All you need to know

With tinnitus affecting 10-15% of the population¹, and 80% of those also affected by hearing loss², a holistic treatment approach can be beneficial for patients.

In a recent symposium, moderated by Dr. Johanna Bailey-Stark, VP Audiology & Medicalization at Sonova Audiological Care, highly recognized experts in their field shared updates on best practices in tinnitus care, tinnitus and comorbidities, and CBT for tinnitus patients.

If you missed the symposium, you can watch the recording.

Replay the webinar.





Contact

Triton Hearing
6-8 Omega Street
Rosedale, 0632

Email
community@tritonhearing.co.nz

Phone
0800 45 45 44



Any questions?
Contact us: community@tritonhearing.co.nz



¹ Cima, R. F. F., Mazurek, B., Haider, H., Kikidis, D., Lapira, A., Noreña, A., & Hoare, D. J. (2019). A multidisciplinary European guideline for tinnitus: diagnostics, assessment, and treatment. HNO. doi:10.1007/s00106-019-0633-7 ² Baguley, D., McFerran, D., & Hall, D. (2013). Tinnitus. The Lancet, 382, 1600-1607. doi:10.1016/S0140-6736(13)60142-7