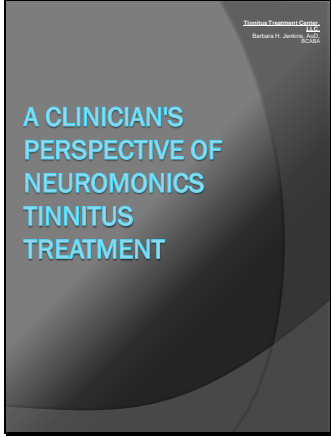


Slide 1




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Slide 2

## Do all roads lead to Oasis?

- Which patients will have most success with Neuromonics (what the guidelines don't tell you).
- Cost factors – They are real and to be dealt with.
- Audiometric data – Does the audiogram determine success?
- Lifestyle factors - Compliance is king.

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Slide 3

The TRQ: One of the most powerful tools in your arsenal to evaluate tinnitus for any patient, not just for Neuromonics.

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Barbara H. Jenkins, AuD, BC-AAA

TINNITUS TREATMENT CENTER, LLC (TRQ)  
(Revised by Barbara Jenkins AuD, BC-AAA, 2012)

Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

My tinnitus is: Mildly Obtrusive Moderate Significant Severe Profound

I notice my tinnitus \_\_\_\_\_% of the day. It bothers me \_\_\_\_\_% of that time.

Item	Yes	No	Never	Seldom	Frequently	Always
1. My tinnitus has affected my ability to hear other people.	5	4	3	2	1	0
2. My tinnitus has made me feel nervous.	5	4	3	2	1	0
3. My tinnitus has made me feel angry.	5	4	3	2	1	0
4. My tinnitus has made me feel sad.	5	4	3	2	1	0
5. My tinnitus has made me feel hopeless.	5	4	3	2	1	0
6. My tinnitus has made me feel like I am losing my mind.	5	4	3	2	1	0
7. My tinnitus has made me feel like I am going crazy.	5	4	3	2	1	0
8. My tinnitus has made me feel like I am losing control.	5	4	3	2	1	0
9. My tinnitus has made me feel like I am losing touch with reality.	5	4	3	2	1	0
10. My tinnitus has made me feel like I am losing touch with my life.	5	4	3	2	1	0
11. My tinnitus has made me feel like I am losing touch with my family.	5	4	3	2	1	0
12. My tinnitus has made me feel like I am losing touch with my friends.	5	4	3	2	1	0
13. My tinnitus has made me feel like I am losing touch with my work.	5	4	3	2	1	0
14. My tinnitus has made me feel like I am losing touch with my hobbies.	5	4	3	2	1	0
15. My tinnitus has made me feel like I am losing touch with my beliefs.	5	4	3	2	1	0
16. My tinnitus has made me feel like I am losing touch with my values.	5	4	3	2	1	0
17. My tinnitus has made me feel like I am losing touch with my identity.	5	4	3	2	1	0
18. My tinnitus has made me feel like I am losing touch with my purpose.	5	4	3	2	1	0
19. My tinnitus has made me feel like I am losing touch with my dreams.	5	4	3	2	1	0
20. My tinnitus has made me feel like I am losing touch with my life.	5	4	3	2	1	0

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Slide 4

**TRQ Additions:** How Severe does your patient rate his or her own tinnitus?

Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

My tinnitus is: Mildly obtrusive Moderate Significant Severe Profound

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Slide 5

**TRQ Additions:** What % of the day does your patient notice his tinnitus and what % of that time does it bother him?

I notice my tinnitus \_\_\_\_\_ % of the day. It bothers me \_\_\_\_\_ % of the time.

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Slide 6

**TRQ Additions:**

Answer all questions by circling the number that best reflects how your tinnitus has affected you in the last week.

	Not at All	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	1	2	3	4
2. My tinnitus has made me feel lonely.	0	1	2	3	4
3. My tinnitus has made me feel irritable.	0	1	2	3	4
4. My tinnitus has made me feel angry.	0	1	2	3	4
5. My tinnitus has led me to cry.	0	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	0	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	0	1	2	3	4
8. My tinnitus has made me feel depressed.	0	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	1	2	3	4
10. My tinnitus has made me feel confused.	0	1	2	3	4
11. My tinnitus has driven me crazy.	0	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	0	1	2	3	4
13. My tinnitus has made it hard for me to concentrate.	0	1	2	3	4
14. My tinnitus has made it hard for me to relax.	0	1	2	3	4
15. My tinnitus has made me feel distressed.	0	1	2	3	4
16. My tinnitus has made me feel hopeless.	0	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	0	1	2	3	4
18. My tinnitus has interfered with my ability to work.	0	1	2	3	4
19. My tinnitus has led me to despair.	0	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	0	1	2	3	4
21. My tinnitus has led me to avoid social situations.	0	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	0	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	3	4
24. My tinnitus has led me to think about suicide.	0	1	2	3	4
25. My tinnitus has made me feel panicky.	0	1	2	3	4
26. My tinnitus has made me feel embarrassed.	0	1	2	3	4

Total \_\_\_\_\_

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Slide 7

Beginning Neuromonics Treatment – Suggestions for Patients

- Research, blog, read... then stop
- Dear Me, a letter to myself: Understanding the effects tinnitus has and how treatment has helped

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Slide 8

First Session Counseling

- Neuromonics is a helpful tool the patient uses to learn to control his own tinnitus.
- Pavlov's dog revisited
- Expectations are everything! Set realistic expectations and under promise.

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Slide 9

Neuromonics is a great choice for 20% of my patients. What do I recommend for the other 80%?

- Just knowing is enough
- Other medical issues can be addressed to reduce the tinnitus significantly
- Hearing aids with or without masking – but be cautious

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Slide 10

When things just don't go as planned

- Tinnitus is getting worse!
- Compliance issues
- Equipment failure
- Great Expectations

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Slide 11

Is Neuromonics worth it?

- Neuromonics therapy is the most reliable treatment I've used.
- Neuromonics treatment works as long as the audiologist is properly trained and confident in his treatment strategy.
- Oasis + Educated Audiologist = Success!

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Slide 12

V.W. Letter dated 07/07/2012...

- ...It was Horrible! It was so loud in my head that I had to turn up the TV to hear. I visited several ENT doctors and no one offered me any relief. Sometimes would cry all night long out of despair...
- ...I was tempted to run out of the house at night and just keep running. You were the first doctor to offer me any hope. I thank you for encouraging me to keep at it and that I **WOULD** get better. And I did!! I am so thankful to have my life back!

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**Tinnitus Reaction Questionnaire (TRQ)**

Name W P

Date Com

This questionnaire is designed to find out what sort of effects tinnitus has on your lifestyle, general well-being, etc. Some of the effects below may apply to you, some may not. Please answer **all** questions by circling the number that best reflects how your tinnitus has affected you **over the past week**.

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	Not at all	A little of the time	Somewhat of the time
1. My tinnitus has made me unhappy.	0	1	2
2. My tinnitus has made me feel tense.	0	1	2
3. My tinnitus has made me feel irritable.	0	1	2
4. My tinnitus has made me feel angry.	0	1	2
5. My tinnitus has led me to cry.	0	1	2
6. My tinnitus has led me to avoid quiet situations.	0	1	2
7. My tinnitus has made me feel less interested in going out.	0	1	2
8. My tinnitus has made me feel depressed.	0	1	2
9. My tinnitus has made me feel annoyed.	0	1	2
10. My tinnitus has made me feel confused.	0	1	2
11. My tinnitus has "driven me crazy".	0	1	2
12. My tinnitus has interfered with my enjoyment of life.	0	1	2
13. My tinnitus has made it hard for me to concentrate.	0	1	2
14. My tinnitus has made it hard for me to relax.	0	1	2
15. My tinnitus has made me feel distressed.	0	1	2
16. My tinnitus has made me feel helpless.	0	1	2
17. My tinnitus has made me feel frustrated with things.	0	1	2
18. My tinnitus has interfered with my ability to work.	0	1	2
19. My tinnitus has led me to despair.	0	1	2
20. My tinnitus has led me to avoid noisy situations.	0	1	2
21. My tinnitus has led me to avoid social situations.	0	1	2
22. My tinnitus has made me feel hopeless about the future.	0	1	2
23. My tinnitus has interfered with my sleep.	0	1	2
24. My tinnitus has led me to think about suicide.	0	1	2
25. My tinnitus has made me feel panicky.	0	1	2
26. My tinnitus has made me feel tormented.	0	1	2
Total	0	1	2

Wilson et

12 wks after starting treatment