Clinical Recommendations and Resources

DOEHRS-HC TINNITUS QUESTION:
RESPONSE SELECTION AND REFERRAL GUIDANCE

The DOEHRS-HC Tinnitus Question information sheet was created to educate and guide DoD Hearing Conservation Technicians about tinnitus and correct recording in the DOEHRS-HC system. The current DOEHRS-HC tinnitus screening question does not differentiate between transient ear noise (a normal auditory phenomenon) and tinnitus. To facilitate appropriate clinical referrals, a new tinnitus screening question was developed to be asked of the Service member in place of the DOEHRS-HC question. The Hearing Conservation Technician is directed on the proper recording of tinnitus in DOEHRS-HC based on the Service member's response to the new question.

Key takeaways:

♦ The hearing technician should first ask: "Do you have noises in your ears or head that occur at least twice a week and last for 5 or more minute that affect your ability to concentrate, sleep, and/or affect your mood?"

♦ Service members responding "yes" will be asked if they are "Bothered a lot", "Bothered a little", or "Bothered not at all" by their tinnitus. The corresponding response will be selected in DOEHRS-HC. A response of "no" will be entered into DOEHRS-HC as "Bothered not at all."

♦ Service members "Bothered a lot" by tinnitus should be referred to an audiologist. Service members who are "Bothered a little" can be referred to an audiologist, if requested. The "Tinnitus Q&A–One page" brochure will be provided.