

# 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.

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