

Clinical Recommendations and Resources

TINNITUS CARE AND REFERRAL: DHA PRACTICE RECOMMENDATION

This practice recommendation was initially created for primary care providers, but can be used by any clinician who sees patients with tinnitus. It is a summary of clinical practice guidelines and recommendations for tinnitus. The information provided in this document helps clinicians talk with patients about various types of tinnitus and determine what specialty referrals are appropriate.

Key takeaways:

- ◆ Tinnitus that comes on suddenly, is only present in one ear, and resolves within 2-3 minutes is considered transient ear noise and does not require a referral.
- ◆ Audiology referrals are recommended for patients whose tinnitus occurs at least weekly and lasts at least 5 minutes.
- ◆ Most patients who experience tinnitus are not significantly bothered by it.
- ◆ Providers should give patients a message that is accurate and leaves a sense of hope about living with tinnitus.
- ◆ Learning coping skills can improve patients' quality of life with tinnitus.
- ◆ Sound enrichment and cognitive behavioral therapy may be beneficial.

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