

Rehabilitative Audiology Masterclass

Dates: 21-22 June 2018

Venue: Birkbeck, University of London, London,
United Kingdom

Summary

This course is designed for those who wish to enhance their skills and knowledge in rehabilitative audiology. Students will gain a wider spectrum of theoretical knowledge and clinical skills with regard to psycho-social aspects of hearing impairment and application of advanced evidence-based psychological skills in empowering patients through the process of audiologic rehabilitation. This course will outline the application of cognitive behaviour therapy (CBT), motivational interviewing (MI) and general counselling skills in audiology. In addition, research lectures on technical aspects of amplification ranging from the prescription targets to frequency lowering algorithms and sound localization will be provided.

Provisional programme

	<i>Thursday 21st June 2018</i>
Time	Topic Presenter <i>“Synopsis”</i>
8:30-9:00	Registration
9:00-10:00	Introduction to the course
10:00- 11:00	Cognitive triad and its relevance to hearing aid use Dr. Hashir Aazh <i>“This is an interactive session providing an opportunity for participants to gain practical training on how to explore underlying psychological dilemma which directly links to non-adherence to hearing aid use. In addition, participants will gain knowledge on how the individual’s belief system about self, the world and the future can impact their behaviour of hearing aid use or non-use.”</i>
11:00-11:30	Break
11:30-12:30	Development, evaluation and practical application of the CAM2B fitting method Professor Brian Moore, University of Cambridge, Cambridge <i>“This lecture focuses on improving the audibility, comfort and intelligibility of speech using loudness equalisation and restoration. In this talk you will learn the theoretical background of and clinical implications of the Camfit methods for determining initial fittings of multi-channel compression hearing aids.”</i>
12:30-13:30	Lunch
13:00-15:00	Client-centred counselling for audiologists Dr. Hashir Aazh, Royal Surrey County Hospital, Guildford <i>“This session focuses on exploring relevance and applicability of psychology in day- to-day audiology practice. By the end of this practical session participants should be able to demonstrate an understanding of the theoretical and empirical underpinnings of</i>

	<i>client-centred counselling model of Carl Rogers. To apply a wide range of basic counselling skills in the context of rehabilitative audiology.”</i>
15:00-15:30	Break
15:30-17:00	<p>Designing brief behavioural experiments to improve hearing aid use</p> <p>Dr. Hashir Aazh</p> <p><i>“This practical session focuses on the design and delivery of behavioural experiments in promoting effective use of hearing aids. Behavioural experiments are defined as planned experiential activities undertaken by patients. The main aim of behavioural experiments is to change perspective. If the troublesome thoughts and safety behaviours are accurately captured and examined in the experiment, then the change is likely to happen even after one single key behavioural experiment.”</i></p>

	Friday 22nd June 2018
Time	<p>Topic</p> <p>Presenter(s)</p> <p>“Synopsis”</p>
9:00-11:00	<p>Helping patients to explore the barriers and facilitators for uptake and/or effective use of hearing aids: Audiologist-delivered guided discovery and behavioural experiments</p> <p>Dr. Hashir Aazh</p> <p><i>“This is a practical session on application of audiologist-delivered guided discovery and behavioural experiments. Audiologists use Socratic questioning in order to encourage their patients to examine the validity of their predictions or negative thoughts based on what they learned through carrying out the behavioural experiment. Once the patient achieve a more realistic perspective with regard to the impact of their hearing loss and/or hearing aid use, it is more likely for them to change their behaviour i.e., use their hearing aids consistently, and/or minimise their avoidance coping strategies.”</i></p>
11:00-11:30	Break
11:30-12:00	<p>Sound localisation and hearing aids</p> <p>Professor Michael A Akeroyd, University of Nottingham, Nottingham</p> <p><i>“This lecture reviews the research evidence on implications of hearing impairment and hearing aid use for sound localization”</i></p>
12:00-12:30	<p>Evaluation of a frequency-lowering algorithm for adults with high-frequency hearing loss</p> <p>Dr. Marina Salorio-Corbetto, University of Cambridge, Cambridge</p> <p><i>“This talk reviews the research evidence on when and how the frequency-lowering function in hearing aids improve patient outcomes Effective amplification in cases of high-frequency hearing loss is often challenging due to electroacoustic and psychoacoustic factors. Restoration of the audibility of high-frequency speech sounds, such as ‘s’, ‘ch’, ‘sh’, is not always possible. Additionally, in some cases where these sounds are made audible, no information that is useful for speech intelligibility can be extracted. This may happen in cases of extensive dead regions in the cochlea. Frequency-lowering hearing</i></p>

	<i>aids have been developed in the last decades in order to convey information about high-frequency sounds to listeners who do not have access to it with traditional (non-lowering) hearing aids. Many evaluations of frequency-lowering hearing aids have been carried out, but with mixed results. Also, new methods for electroacoustically verifying these hearing aids have been developed. This presentation will review the current state of knowledge on frequency-lowering hearing aids from an evidence-based clinical perspective. ”</i>
12:30-13:30	Lunch
13:30-14:30	Health behaviour theory and its relevance to rehabilitative audiology Dr Melanie Ferguson, NIHR Nottingham Biomedical Research Centre, Nottingham <i>“This talk reviews the research evidence for motivational engagement interventions in improving quality of life of hearing impaired individuals.”</i>
14:30-15:30	Motivational Interviewing for improving hearing aid use and outcome (I) Dr. Hashir Aazh <i>“This practical session provides an opportunity for participants to practice principles of motivational interviewing (MI; Miller 1996; Miller 1983) in audiological rehabilitation. MI is “a collaborative conversation style for strengthening a person’s own motivation and commitment to change”(Miller & Rollnick 2012). The provision of hearing aids in the NHS benefits from adopting a more compassionate patient-clinician relationship, additional patient education, and post-hearing-aid-fitting support. These are among the main themes which seemed to have helped people to improve their hearing-aid use during a clinical trial on MI in audiology.”</i>
15:30-16:00	Break
16:00-17:00	Motivational Interviewing for improving hearing aid use and outcome (II) <i>“MI is a psychological intervention which is rooted in the client-centred counselling method of Carl Rogers and gives great importance to both understanding a patient’s internal frame of mind and exhibiting unconditional positive regard. The key elements of MI are partnership, acceptance, compassion, and evocation. MI involves a flexible and strategic application of some core communication and counselling skills comprising: open questions, affirmation, reflective listening, summarizing, informing and advising with patient’s permission.”</i> Conclusions