

Tinnitus Management



What are person-centered functional goals?

- Goals identified by the client, in partnership with the clinician and family, that allow participation in meaningful activities and roles

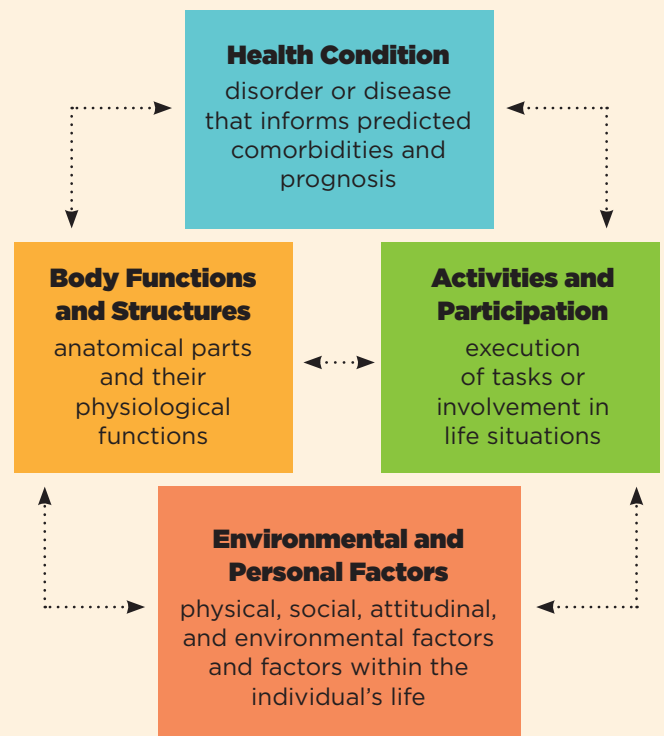
Why target person-centered functional goals?

- To maximize outcomes that lead to functional improvements that are important to the individual
- To optimize the individual's potential to participate in meaningful activities
- To facilitate a partnership that ensures the individual and family have a voice in the care received and outcomes achieved
- To demonstrate to the payers the value of skilled services

What is the ICF, and how does it help?

The International Classification of Functioning, Disability and Health (ICF)—developed by the World Health Organization (WHO)—is a framework to address functioning and disability related to a health condition within the context of the individual's activities and participation in everyday life.

ICF: International Classification of Functioning, Disability and Health



Person-Centered Focus on Function: Tinnitus Management

Case study: Mr. S

Health Condition: Tinnitus

Assessment Data

Body Functions and Structures

(Audiologic diagnostic exam, tinnitus assessment, hearing aid fitting)

- Detection and perception of sounds/speech reduced due to noise-induced hearing loss and tinnitus
- Emotional functions reduced due to perception of tinnitus
- Energy levels reduced due to sleep deprivation caused by tinnitus
- Ability to focus reduced due to tinnitus

Activities and Participation

- Difficulty focusing attention on specific stimuli and concentrating
- Difficulty receiving spoken messages due to tinnitus
- Difficulty engaging in all aspects of work
- Difficulty participating in community/social life due to tinnitus
- Difficulty in interpersonal interactions and relationships, because others do not understand tinnitus and its impact

Environmental and Personal Factors

- Is 45 years old
- Has noise-induced hearing loss
- Is depressed
- Receives limited family/friend support for understanding sounds others cannot hear
- Has benefitted from hearing aids and tinnitus maskers
- Has benefitted from audiology services
- Has limited access to rehabilitation services

Clinical Reasoning

What impairments most affect function in the current setting or at discharge, based on clinician assessment and the individual's self-report?

What activities are most important to the individual in the current or discharge setting?

What environmental/personal characteristics help or hinder participation in activities or situations in the current or discharge setting?

Goal Setting

Mr. S's Functional Goals

Long-Term Goal:

Mr. S will fully participate in life by accepting tinnitus.

Short-Term Goals:

- Mr. S will describe the causes, incidence, and impact of tinnitus on activities of daily living.
- Mr. S will keep a diary for 2 weeks to record which sounds exacerbate and/or minimize the impact of tinnitus.
- Mr. S will make appointments with other professionals to explore treatment/counseling for depression and lack of family support.
- Mr. S will use sound therapy to reduce the prominence of the tinnitus at bedtime so that he can get a good night's sleep.