

## WIDEX ZEN THERAPY II

### MANAGING SEVERE TINNITUS CASES

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PROFESSIONAL TRAINING AUDIOLOGIST

WIDEX  
ZEN THERAPY

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## TINNITUS COURSES BY WIDEX

**Course # 22560**  
Tinnitus Management Fundamentals: Widex Zen Therapy I  
Recorded

**Course # 22561**  
Managing Severe Tinnitus Cases: Widex Zen Therapy II  
Tuesday, July 9, 2013 at 1:00 pm CDT

**Course # 22565**  
Adding Tinnitus Management to Your Service Portfolio  
Wednesday, July 10, 2013 at 12:00 pm CDT

**Course # 17751**  
Effects of Musical Stimulation on Tinnitus & Relaxation  
Recorded

Ongoing Zen Courses Every Second Tuesday of the Month

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## TODAY'S AGENDA

- Why WZT – A Brief Overview
- Advanced Treatment Protocols
- Advanced Counseling Techniques
- WZT Resources

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### TINNITUS NEGATIVELY IMPACTS QUALITY OF LIFE

- Sleeping problems
- Annoyance & irritation
- Difficulty relaxing
- Despair and frustration
- Problems focusing on speech
- Concentration difficulties
- Stress



Although we cannot cure tinnitus, we can address the negative reactions to tinnitus

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THERE IS NO CURE BUT...  
TREATMENT OPTIONS  
ARE AVAILABLE

**TINNITUS**



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### WIDEX ZEN THERAPY A COMPREHENSIVE PROGRAM

COUNSELING



TECHNOLOGY

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# WIDEX ZEN THERAPY PROTOCOL AND TOOLS



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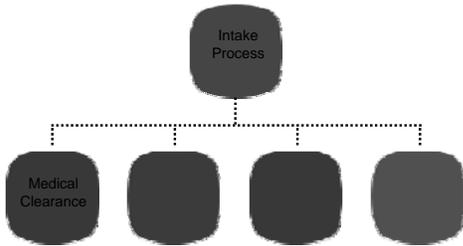
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# STEP 1 DIAGNOSTIC PROCESS



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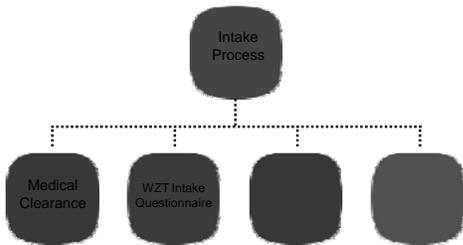
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# STEP 1 DIAGNOSTIC PROCESS



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## ASSESSMENT INTAKE QUESTIONNAIRE

Provides you with information on

- Tinnitus and medical history
- Previous treatments
- Patient lifestyle
- Reaction to their tinnitus



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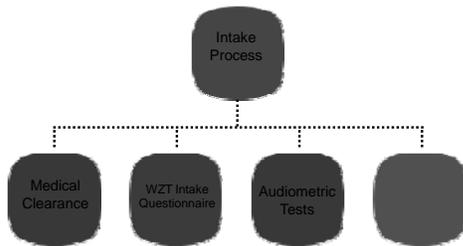
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## STEP 1 DIAGNOSTIC PROCESS



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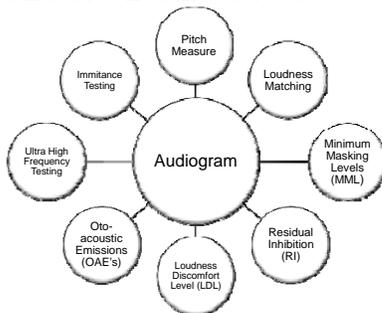
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## ASSESSMENT AUDIOLOGIC EVALUATION

Diagnostic Tests



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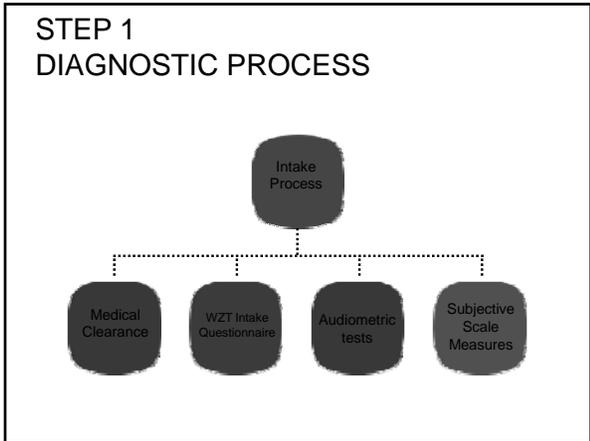
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### DIAGNOSTICS TINNITUS SCALES

25 - 26 items quantify negative reaction to tinnitus

- Easy to administer
- Valuable tool for diagnosing degree of distress
- Provides tool for verification

Tinnitus Reaction Questionnaire (TRQ)

- Provides a quick evaluation of psychological impact of tinnitus
- Available from Widex

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### DIAGNOSTICS TINNITUS SCALES

25 - 26 items quantify negative reaction to tinnitus

- Easy to administer
- Valuable tool for diagnosing degree of distress
- Provides tool for verification

Tinnitus Functional Index (TFI)

- Looks at 8 subcategories including sleep issues
- Detailed scale from 0 – 10
- Sensitive to improvements
- Available through OHSU.edu

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# DIAGNOSTICS TINNITUS SCALES

25 - 26 items quantify negative reaction to tinnitus

- Easy to administer
- Valuable tool for diagnosing degree of distress
- Provides tool for verification

### Tinnitus Handicap Inventory (THI)

- Results will rate tinnitus as:
  - Slight
  - Mild
  - Moderate
  - Severe
  - Catastrophic
- Available from Widex




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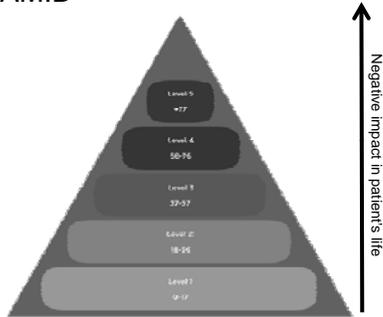
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# TINNITUS DISTURBANCE LEVEL PYRAMID




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# CREATING TREATMENT GOALS & REASONABLE EXPECTATIONS

- Create Measureable Goals – Examples:
  - Improve sleep
  - Improve concentration
  - Improve ability to relax
  - Increase sense of control over tinnitus
  - Decrease attention directed to tinnitus



- Emphasize this is a journey and may take time
- Use information gathered during intake
- Focus on areas causing the most disturbance
- Utilize other professionals when appropriate

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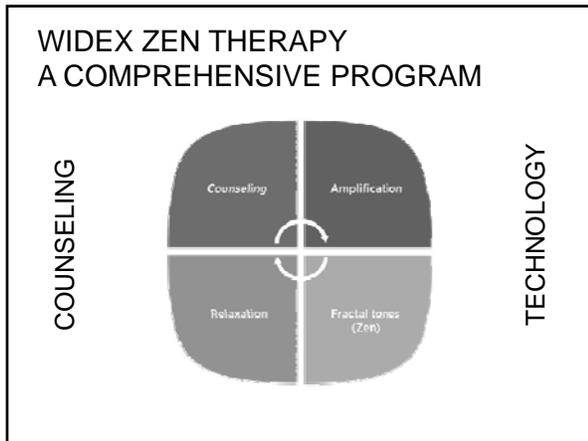
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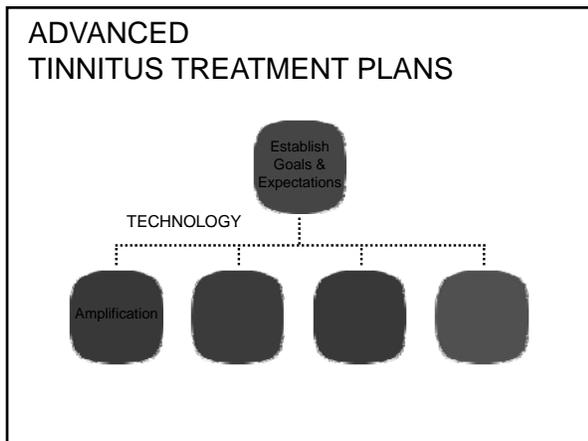
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### BENEFITS OF AMPLIFICATION

Amplification can be an effective tool in the treatment of tinnitus

- Provides input to central nervous system
- Helps move focus away from tinnitus
- Can reduce the contrast with complete silence
- Can reduce stress associated with straining to hear

Hearing Aids

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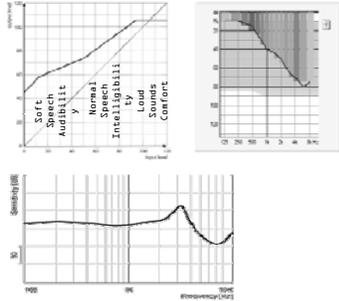
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### IDEAL CHARACTERISTICS OF AMPLIFICATION

- Low compression thresholds
- Broad frequency responses
- Precise fitting at third octaves
- Flexible acoustic options




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### BINAURAL OR MONAURAL?

#### Binaural Fitting Considerations

Tinnitus and HL in both ears

Tinnitus in one ear, HL in both

Tinnitus in both ears, HL in one

Tinnitus but no HL

Tinnitus and HL in one ear

- No matter where tinnitus originates, it almost always becomes a central nervous system issue.
- Binaural stimulation is always recommended with the exception being a dead ear.

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### ZEN AVAILABILITY

#### WIDEX DREAM™

- 440 Shaped noise
- 330
- 220
- 110

#### WIDEX CLEAR™

- 440
- 330
- 220\*

#### WIDEX ZEN™



#### WIDEX SUPER™

- 440
- 220\*

#### widex mind™

- 440
- 330\*
- 220\*

#### WIDEX MENU™

- 10\*
- 5\*
- 3\*

\*Must order with Zen

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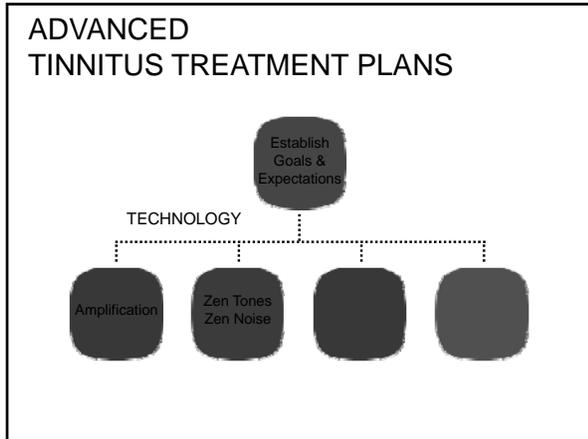
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### WIDEX ZEN2GO™

- **IDEAL SOLUTION** for tinnitus patients with normal audiograms
- **READY TO GO** Tinnitus Management Tool
- **WIDEX ZEN2GO** pre-programmed devices with paired RC-DEX

The image shows a black box for the Widex Zen2GO product, which is a tinnitus management tool. Next to the box are two hearing aids, one of which is connected to a small white device (RC-DEX).

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### PROGRAMMING ZEN 3 SIMPLE STEPS

1. Sensogram      2. Feedback Test      3. Zen+ in Smart Toggle

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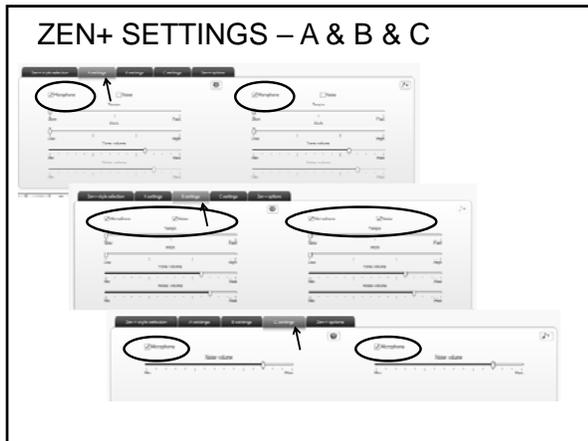
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### VERIFYING ZEN

How to verify Zen settings:

- 1 • Zen tones should be audible, but relatively soft
- 2 • Zen tones should not interfere with conversational speech
- 3 • Zen tone volume is sufficient to just begin to decrease annoyance level of tinnitus

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### MODIFICATIONS TO ZEN ZEN ADJUSTMENTS

- Tempo: Slower = Calmer, Faster = Active
- Pitch: Low = Soothing, High = Alerting
- Volume: Softer to Louder

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## CHANGING ZEN STYLES



- Have patient listen to all Zen styles for 30 seconds each.
- Rate accordingly

Zen style	Tinnitus Awareness Score	Relaxation Score
Aqua		
Coral		
Lavender		
Green		
Sand		
Noise		

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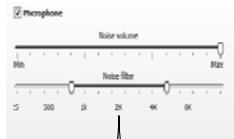
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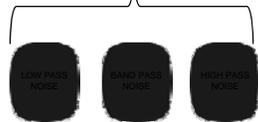
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## ZEN NOISE SHAPED

DREAM 440



- AVAILABLE IN DREAM440 with ZEN+
- EASY TO ADJUST
- AUTOMATIC LOUDNESS CORRECTION




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## IF PATIENT NEEDS A RELAXATION PROGRAM

### Deactivate Microphone




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### IF PATIENT NEEDS A SLEEP PROGRAM

#### Set Limited Play Time



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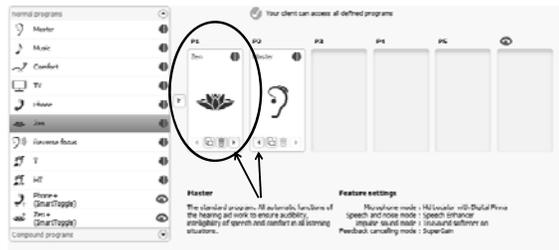
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### SET IT AND FORGET IT ZEN



Choose Zen and move into Program 1 slot

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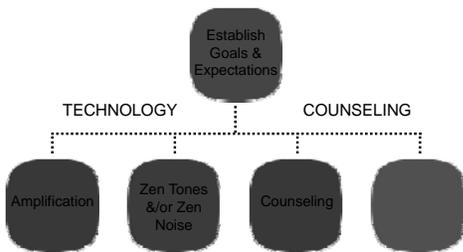
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### ADVANCED TINNITUS TREATMENT PLANS



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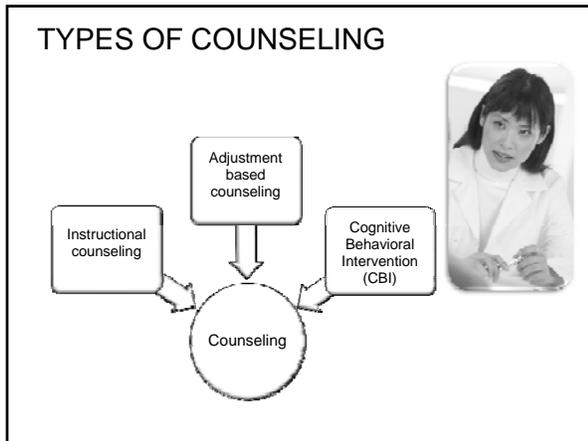
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### INSTRUCTIONAL COUNSELING

Talking Points

- Basic anatomy of auditory system
- Relationship between hearing loss and tinnitus
- Tinnitus-Stress cycle
- Habituation
- Lifestyle modifications

The flipchart shows a diagram of the human brain with the auditory system highlighted. Below the flipchart is a DVD icon and a small photo of a man's face.

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### ADJUSTMENT BASED COUNSELING

- Understanding the patient's perspective
- Interactive

Types of Questions

- Content Question
- Confirmation Question
- Affect Question

The photo shows a man and a woman sitting at a desk, engaged in a conversation. The man is on the left, looking towards the woman on the right.

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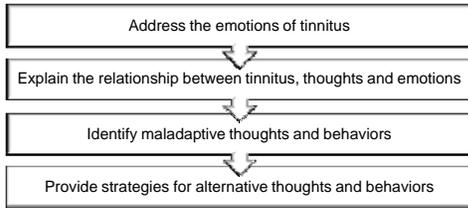
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### COGNITIVE BEHAVIORAL INTERVENTION



Disclaimer: The suggested CBI activities are not intended to replace the services of a mental health professional.

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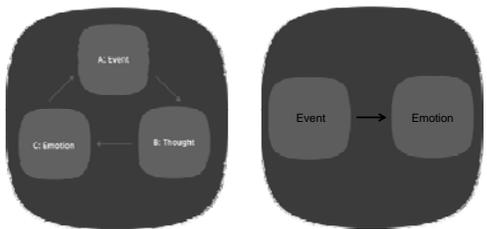
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### COGNITIVE THEORY



**The cognitive model:**  
Event-Thought-Emotion

**Common misunderstanding:**  
An event causes an emotion

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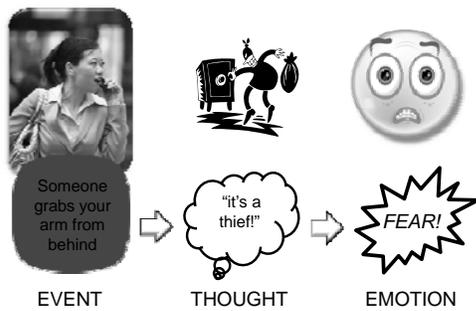
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### EXAMPLE OF COGNITIVE THEORY



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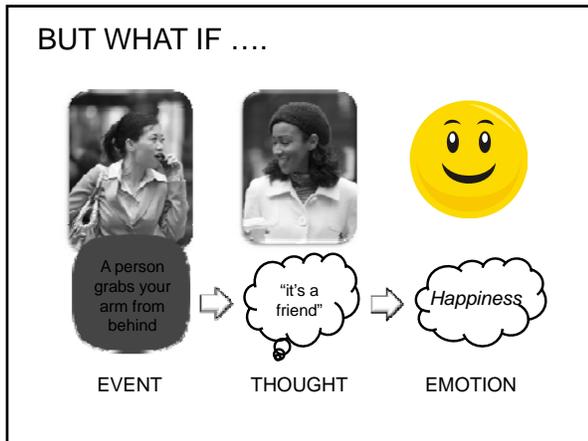
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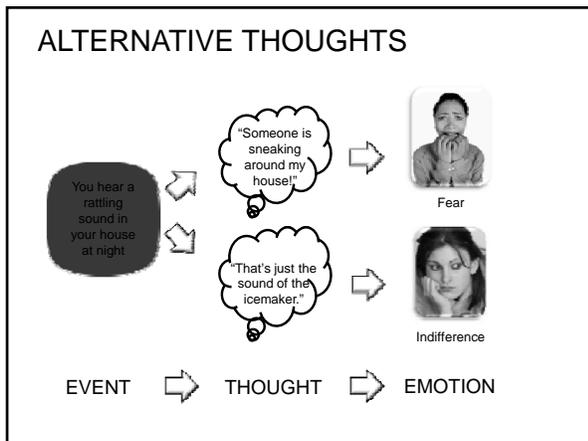
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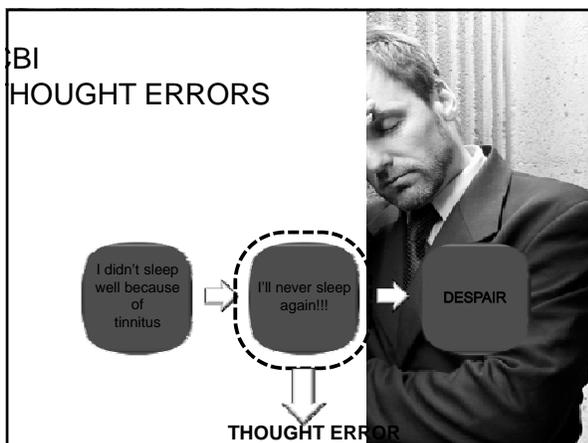
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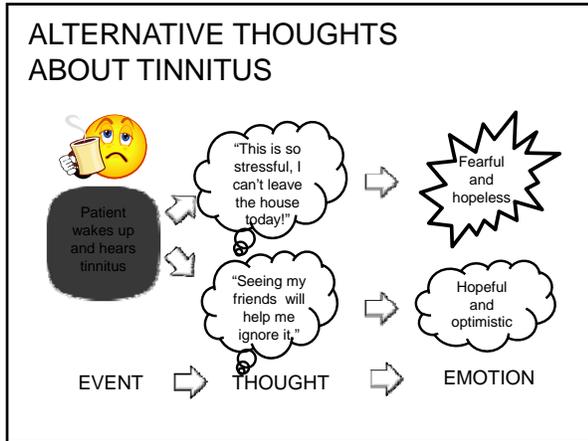
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### TOOLS TO USE WITH CBI

Analyzing perceived problems:

Perceived problem	Alternative assessment
My tinnitus keeps me awake all night	I fall asleep relatively easily but then I awaken twice each night and it takes about an hour to fall back asleep.
The tinnitus drives me crazy	I am finding it difficult to concentrate when I can't find any quiet time and I am frustrated, but I am not crazy!
Tinnitus is ruining my life	I am really stressed because I don't have enough time to juggle work, family and leisure, and I tend to blame the tinnitus for my problems.

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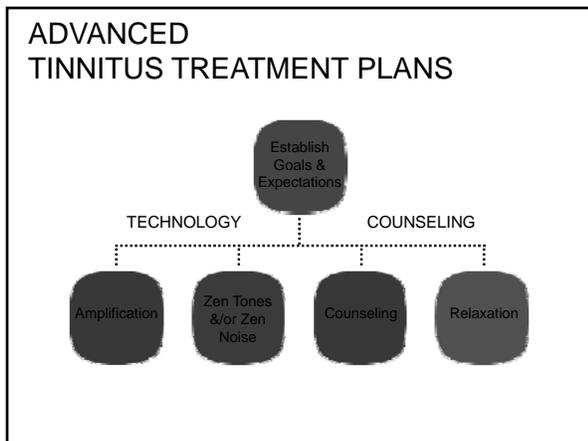
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## TINNITUS AND STRESS

Tinnitus and stress are highly correlated

- Stress increases
- perception of tinnitus increases
- Tinnitus increases
- Stress increases

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Vicious Cycle



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## RELAXATION STRATEGIES

- Stress Reduction
  - Progressive muscle relaxation
  - Deep breathing
  - Guided imagery
- Sleep improvement techniques



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## PROGRESSIVE MUSCLE RELAXATION

- Tense each individual muscle group while inhaling
- Tense as hard as you can for 8 seconds
- Release the muscles as you exhale
- Progress to the next muscle area



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## DEEP BREATHING

- Exhale completely through your mouth
- Inhale through nose for 4 seconds
- Exhale through mouth for 6-8 seconds
- Repeat cycle



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## GUIDED IMAGERY

- While doing deep breathing exercises:
  - Close your eyes
  - Imagine yourself in a relaxing environment
- Can use WZT relaxation CD or printed materials



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## FOLLOW UP

### Suggested schedule:

- 2 weeks
  - 1 month
  - 3 months
  - 6 months
- Repeat Tinnitus Inventory Scale (TFI, THI or TRQ) periodically
  - Focus on evidence of progress towards goals
  - Modify treatment plan as needed
  - This is a process and takes time!



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### FOLLOW UP PROGRESS

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### WIDEX ZEN THERAPY A COMPREHENSIVE PROGRAM

<p><b>Most Effective Amplification</b></p> <ul style="list-style-type: none"> <li>■ Low compression threshold</li> <li>■ Broad frequency response</li> <li>■ Precise gain</li> </ul> <p><b>Multiple Sound Stimulation Options</b></p> <ul style="list-style-type: none"> <li>■ Adjustable Zen Fractal Tones</li> <li>■ Zen Broadband Noise</li> <li>■ Use with or without amplification</li> </ul> <p><b>Affordable, Flexible &amp; Wearable</b></p> <ul style="list-style-type: none"> <li>■ All price point</li> <li>■ All styles</li> </ul>	<p><b>Fitting and Counseling Tools</b></p> <ul style="list-style-type: none"> <li>■ WZT Manual (DBR85)</li> <li>■ Flipchart (DRM219)</li> <li>■ WZT step by step overview (DRM220)</li> <li>■ WZT fitting guide checklist (DFM63)</li> <li>■ DVDs (DVD20)</li> <li>■ CDs</li> <li>■ Printed Patient Exercises</li> <li>■ Widex Press</li> </ul>
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### SUMMARY

**Widex Zen Therapy**

- An easy and effective protocol
- Flexible options at all price points
- Complete portfolio of tools and materials to help with even severe tinnitus cases.
- Technical & marketing support programs

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