



WZT: OVERCOMING CHALLENGES FOR PATIENTS WITH MODERATE TINNITUS

Meryl Epstein, M.A.
Training Audiologist
Widex USA



TODAY'S AGENDA

- Review Zen & Widex Zen Therapy
- Introduce Case Study
- Create a Treatment Plan
- Review Flexibility With Zen & WZT Tools For An Individualized Plan



AUDIOLOGY ONLINE ZEN AND TINNITUS COURSES BY WIDEX

- [Course # 22836](#)
Tinnitus Management Fundamentals: Widex Zen Therapy I
- [Course # 22852](#)
Managing Severe Tinnitus Cases: Widex Zen Therapy II
- [Course # 22850](#)
Adding Tinnitus Management to Your Service Portfolio
- [Course # 17751](#)
Effects of Musical Stimulation on Tinnitus & Relaxation
- [Course # 23021](#)
Discussing WZT with Physicians: Solutions for Better Tinnitus Referrals.
- [Course # 23144](#)
Managing Tinnitus without Hearing Loss and Unilateral Hearing Losses and Case Studies
- [Course # 23195](#) –
Practical Applications of Zen – Making Zen Easy





ZEN FRACTAL TONES & NOISE

- Proven to enhance relaxation response
- Induces passive listening
- 5 Zen tone options
- Zen noise/shaped noise option*
- Filters sounds based on individual's hearing loss
- Combination unit
 - With or without amplification



*Zen Noise Shaped is available on Dreas 444 only

WIDEX ZEN & TINNITUS

UNIQUE BENEFITS OF ZEN FRACTAL TONES

- Widex' patented Fractal Technology
- Randomized tones based on the relaxing properties of music
- Music activates many structures of the brain
- Promotes passive listening
- Habituation
- Zen has a calming rather than alerting effect



BOTH AUDITORY STIMULATION AND STRESS MANAGEMENT CAN BE ADDRESSED

WIDEX ZEN & TINNITUS

USING MUSIC FOR SOUND THERAPY

- Fractals are unique and offer greater benefit vs. broadband noise
- Music can affect physiological responses:
 - heart rate
 - blood pressure
 - respiration rate
 - muscle tension
 - skin temperature
 - skin conductance
 - tears
 - chills
 - release of hormones



WIDEX ZEN & TINNITUS

ZEN AVAILABILITY

WIDEX DREAM™ <ul style="list-style-type: none"> ■ 440 (Shaped Noise Available) ■ 330 ■ 220 ■ 110 	WIDEX SUPER™ <ul style="list-style-type: none"> ■ 440 ■ 220*
WIDEX CLEAR™ <ul style="list-style-type: none"> ■ 440 ■ 330 ■ 220* 	widexmind™ <ul style="list-style-type: none"> ■ 440 ■ 330* ■ 220*
WIDEX ZEN™ 	WIDEX MENU™ <ul style="list-style-type: none"> ■ 10* ■ 5* ■ 3*

*Must order with Zen



ZEN: A PROVEN TOOL FOR TINNITUS MANAGEMENT



- Kuk, F., & Peeters, H. (2008). *The hearing aid as a music synthesizer*. Hearing Review, volume 15 number 11
- Sweetow, R.W., Henderson, S.J. (2010). *Effects of acoustical stimuli delivered through hearing aids on tinnitus*. Journal of the American Academy of Audiology, 21(7), 461-473.
- Kuk, F., Peeters, H. & Lau, C. (2010): *The efficacy of fractal music employed in hearing aids for tinnitus management*. Hearing review, 17(10).
- Herzfeld, M., Kuk, F. (2011): *A Clinician's Experience with Using Fractal Music for Tinnitus Management*. Hearing review, 18(11).
- Widex Press about Zen: No. 27, 28 and 32
- Sekiya, Y., Takahashi, M., et al. (2013) *Using Fractal Music as Sound Therapy in TRT Treatment*. Audiology Online




WHAT IS WIDEX ZEN THERAPY?



TECHNOLOGY





ZEN CASE STUDY:
PATIENT WITH MODERATE TINNITUS



MEET PAUL



- 51 year old construction worker
- Moderate high frequency notch from 3-6KHz
- Long standing tinnitus



PAUL'S STORY



Recently divorced
Fulltime custody of two children

Enjoys watching sports on TV & keeping fit
Recently noticed difficulty hearing TV and conversing in noise

Recently feels his tinnitus is worse and he is more annoyed by it
Difficulty falling asleep at night



INITIAL ASSESSMENT

TO DO:

- Initial Assessment
- Initial Counseling
- Initial Fitting
- Follow-Up
- Fine Tuning
- CBI Counseling
- Reassurance instructions & sleep strategies




WHERE DO YOU BEGIN?

**WIDEX ZEN THERAPY
EVALUATION AND TREATMENT PLAN CHECKLIST**

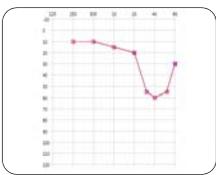
Patient Name: _____ Date: ____/____/____

ASSESSMENT	
<input type="checkbox"/> Audiological Evaluation	Date: ____/____/____
<input type="checkbox"/> Questionnaires/Intake Forms	Date: ____/____/____
<input type="checkbox"/> Subjective scale scores TFI _____ TRQ _____ THI _____	Date: ____/____/____
<input type="checkbox"/> Medical Clearance	Date: ____/____/____
<input type="checkbox"/> Tinnitus Disturbance Level (select) <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	Date: ____/____/____
TREATMENT PLAN	
<input type="checkbox"/> Reassurance and Basic Counseling (Flipchart, DVD 20)	Date: ____/____/____
<input type="checkbox"/> Instructional Counseling (Flipchart)	Date: ____/____/____
<input type="checkbox"/> Adjustment Based Counseling (WZT Overview)	Date: ____/____/____
<input type="checkbox"/> Lifestyle Modifications (Flipchart)	Date: ____/____/____
<input type="checkbox"/> Amplification (www.widexpro.com)	Date: ____/____/____
<input type="checkbox"/> ZEN Tones and/or ZEN Noise (Programming Guide)	Date: ____/____/____
<input type="checkbox"/> Relaxation Exercises (Patient Brochure - Tinnitus Relief (BRIS))	Date: ____/____/____
<input type="checkbox"/> CBI (CBI Worksheets)	Date: ____/____/____
FOLLOW UP POINTS	




INTAKE PROCESS AUDIOMETRIC RESULTS

Paul's most recent audiogram



MEDICAL
CLEARANCE

MODERATE
HIGH
FREQUENCY
HEARING LOSS




INTAKE PROCESS TINNITUS QUESTIONNAIRE

The diagram consists of three rounded rectangular boxes: a blue box on the left containing the text 'POOR SLEEP', a dark blue box on the top right containing 'ANGER', and a yellow box on the bottom right containing 'IRRITABILITY'. The WZT logo and 'WIDEX ZEN & TINNITUS' are at the bottom.

INTAKE PROCESS SUBJECTIVE MEASUREMENTS

The diagram consists of three rounded rectangular boxes: a green box on the left containing the text 'SCORE 54', a red box on the top right containing 'MODERATE NEGATIVE REACTION', and a blue box on the bottom right containing 'ANXIOUS'. The WZT logo and 'WIDEX ZEN & TINNITUS' are at the bottom.

ESTABLISH TINNITUS DISTURBANCE LEVEL

A pyramid diagram with five horizontal levels. From bottom to top, they are: Level 1 (0-17), Level 2 (18-32), Level 3 (33-53), Level 4 (54-73), and Level 5 (74-100). A red circle highlights Level 3, and a red arrow points from a text box 'Paul's TFI score = 54' to this level. To the right of the pyramid is a vertical arrow pointing upwards, labeled 'Negative impact in patients' life'. The WZT logo and 'WIDEX ZEN & TINNITUS' are at the bottom.

TREATMENT PLAN OPTIONS

Components that MAY be necessary for levels 1,2,3, but are not mandatory.

WZT OVERVIEW-DRM220

- Level 3: Moderate negative tinnitus reaction
Instructional and adjustment based counseling, cognitive behavioral intervention, Amplification/avoidance of silence, Zen all day, (relaxation exercises might be useful)
- Level 2: Mild negative tinnitus reaction
Instructional and adjustment based counseling, Amplification (when hearing loss exists), Zen for quiet environments (relaxation exercises might be useful)
- Level 1: Minimal or no negative tinnitus reaction
Basic counseling about the cause and likely course of tinnitus, amplification (when hearing loss exists), (Zen might be useful for quiet environment)



MAKING A PLAN FOR PAUL



TREATMENT PLAN

WIDEX ZEN THERAPY EVALUATION AND TREATMENT PLAN CHECKLIST

Patient Name: _____ Date: ____/____/____

ASSESSMENT	
<input type="checkbox"/> Audiological Evaluation	Date: ____/____/____
<input type="checkbox"/> Questionnaires/Intake Forms	Date: ____/____/____
<input type="checkbox"/> Subjective scale scores TFI ____ TRQ ____ TH ____	Date: ____/____/____
<input type="checkbox"/> Medical Clearance	Date: ____/____/____
<input type="checkbox"/> Tinnitus Disturbance Level (select) <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4	Date: ____/____/____
TREATMENT PLAN	
<input type="checkbox"/> Insurance and Basic Counseling (Flipchart, DVD 20)	Date: ____/____/____
<input type="checkbox"/> Instructional Counseling (Flipchart)	Date: ____/____/____
<input type="checkbox"/> Adjustment Based Counseling (WZT Overview)	Date: ____/____/____
<input type="checkbox"/> Lifestyle Modifications (Flipchart)	Date: ____/____/____
<input type="checkbox"/> Amplification (www.widexps.com)	Date: ____/____/____
<input type="checkbox"/> ZEN Tones and/or ZEN Noise (Programming Guide)	Date: ____/____/____
<input type="checkbox"/> Relaxation Exercises (Patient Brochure - Tinnitus Relief (CBRS))	Date: ____/____/____
<input type="checkbox"/> CBI (Worksheets)	Date: ____/____/____



CONSIDERING LIFESTYLE AND LISTENING NEEDS



INITIAL COUNSELING

- TO DO:**
- Initial Assessment
 - Initial Counseling
 - Initial Fitting
 - Follow-Up
 - Fine Tuning
 - CBI Counseling
 - Relaxation instructions & sleep strategies



INSTRUCTIONAL COUNSELING



TINNITUS & HEARING LOSS

HABITUATION

TINNITUS & STRESS



WHAT DID WE FIT PAUL WITH?



WIDEX DREAM™



DREAM 440 PASSIONS
OPEN INSTANT TIP



RC DEX



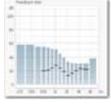
INITIAL FITTING



PAUL'S FIRST FIT



COMPASS™ GPS
FITTING SIMPLIFIED



Feedback Test



Zen Smart
Toggle



ZEN + SMART TOGGLE SETTINGS

ZEN + SMART TOGGLE SETTINGS

Volume control effect on Zen+
* Regulate tone level
○ Regulate microphone level and tone level

INDEX WIDEX ZEN + TIMOTHY

SLOT A- ZEN AQUA + MICROPHONES DEFAULT SETTING

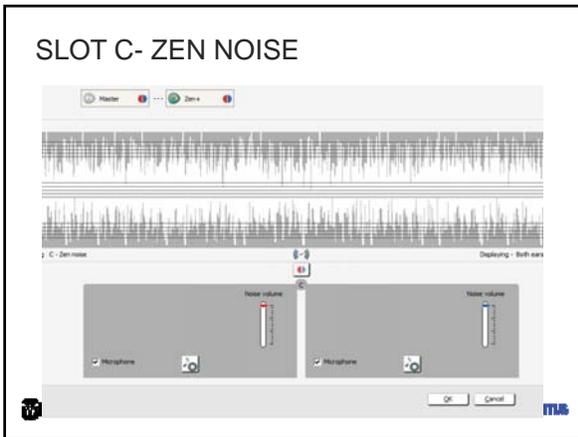
SLOT A- ZEN AQUA + MICROPHONES
DEFAULT SETTING

INDEX WIDEX ZEN + TIMOTHY

SLOT B- ZEN AQUA + NOISE

SLOT B- ZEN AQUA + NOISE

INDEX WIDEX ZEN + TIMOTHY



RECOMMENDED INSTRUCTIONS

ZEN A FOR REGULAR USE

ZEN B & C WHEN TINNITUS IS MORE BOTHERSOME

HEARING PROTECTION AROUND WORK MACHINERY

COEX WIDEX ZEN & TINNITUS

ONE WEEK FOLLOW-UP

TO DO:

- Initial Assessment
- Initial Counseling
- Initial Fitting
- Follow-Up
- Fine Tuning
- CBI Counseling
- Relaxation instructions & sleep strategies

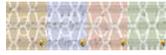
COEX WIDEX ZEN & TINNITUS

SOUND DIARY & SUBJECTIVE REPORTS

DATA LOGGING

FINE TUNING

CHANGING ZEN STYLES



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

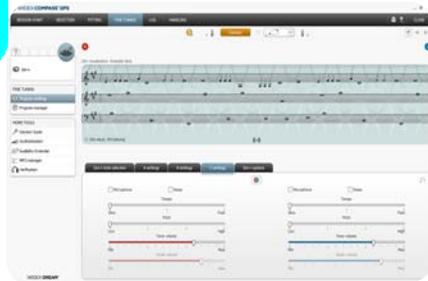
Zen style	Tinnitus Awareness Score	Relaxation Score
Aqua		
Coral		
Lavender		
Green		
Sand		
Noise		



WIDEX ZEN & TINNITUS

PAUL'S NEW ZEN SETTINGS

ZEN C



WIDEX ZEN & TINNITUS

INSTRUCT ON HOW TO USE NEW ZEN SETTINGS



WIDEX ZEN & TINNITUS

CBI COUNSELING

TO DO:

- Initial Assessment
- Initial Counseling
- Initial Fitting
- Follow-Up
- Fine Tuning
- CBI Counseling
- Relaxation instructions & sleep strategies



THE BASIC PROCESS OF CBI



Address the emotions of tinnitus

Explain the relationship between tinnitus, thoughts and emotions

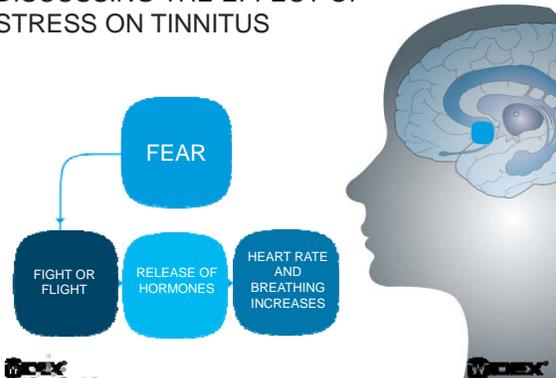
Identify maladaptive thoughts and behaviors

Provide strategies for alternative thoughts and behaviors

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



DISCUSSING THE EFFECT OF STRESS ON TINNITUS



ADDITIONAL COUNSELING



ZEN FOR RELAXATION

UNHAPPY ABOUT WEARING HAs

REALISTIC GOALS

HABITUATION VS. MASKING




IN OFFICE- INITIAL CBI SESSION

- Paul is asked to identify behaviors that are being impacted by his Tinnitus :








HOMEWORK FOR PAUL

Spend 15 minutes/day performing these exercises

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




RELAXATION INSTRUCTIONS & SLEEP STRATEGIES

TO DO:

- Initial Assessment
- Initial Counseling
- Initial Fitting
- Follow-Up
- Fine Tuning
- UCI Counseling
- Relaxation instructions & sleep strategies




WZT RELAXATION TOOLS






INTRODUCING ZEN RELAXATION CDS

ORDER CODE: DDC24

Relaxation

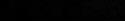
1. Introduction
2. General guidelines
3. Breathing exercise for stress relief - introduction
4. Breathing exercise for stress relief - exercise
5. Progressive muscle relaxation for stress relief - introduction
6. Progressive muscle relaxation for stress relief - exercise
7. Guided imagery for stress relief - introduction
8. Beach visualization
9. Cloud visualization
10. Forest visualization
11. Elevator exercise for stress relief - introduction
12. Elevator exercise for stress relief - exercise
13. Sleep management - introduction
14. Sleep management - exercise

Relaxation exercises with Dr. Robert Sewell

This CD is a substitute for a medical consultation or an intensive health or educational program. It is a general guide to stress relief and does not replace the professional services of a health care provider. The CD is not intended to be used as a substitute for medical advice or treatment. It is not intended to be used as a substitute for medical advice or treatment. It is not intended to be used as a substitute for medical advice or treatment. It is not intended to be used as a substitute for medical advice or treatment.



WIDEX ZEN THERAPY
Relaxation

RELAXATION EXERCISES

- Choose a quiet place with no distractions
- Turn on **Zen C**
- Remove shoes and wear comfortable clothing
- Don't worry about falling asleep



SLEEP STRATEGIES FOR PAUL



- No distractions
- Standard bedtime
- Set your alarm
- Walk or exercise
- Comfortable bedroom temperature
- Use a fan or white noise machine
- Close your curtains/drapes
- Change the number of pillows
- Don't watch TV, eat or read in bed
- Sleep on your back or on your side

Remember to Establish Realistic Expectations



REALISTIC EXPECTATIONS OVER TIME

- Effect may NOT be immediate.
- Goal is to improve overall quality of life.



SECOND FOLLOW-UP VISIT

PAUL'S SUBJECTIVE REPORT AND PROGRESS

HA USE= 5 HOURS/DAY

PREFERS SLOT B WHEN TINNITUS IS BAD

TFI=48

USING RELAXATION EXERCISES & ZEN C

TINNITUS LESS BOTHERSOME

STILL IRRITABLE WHEN WATCHING TV

IDENTIFYING NEGATIVE THOUGHTS

Negative thought	Thought error	Alternative thought
My life used to be perfect before I had tinnitus, now it is horrible.	All or nothing thinking	Life is never perfect, I had some problems before, and I still have some good things about my life now (like my grandchildren).
My tinnitus makes me feel hopeless.	Emotional reasoning	Other people have survived tinnitus, I can Too.

THREE MONTHS LATER



TO DO:

- Initial Assessment
- Initial Counseling
- Initial Fitting
- Follow-Up
- Fine Tuning
- TBI Counseling
- Relaxation instructions & sleep strategies



PAUL'S PROGRESS AT 3 MONTHS



- Paul is now wearing hearing aids whenever he is not around noisy machinery
- Still perceives tinnitus but does not think about it as much

TFI=28

HA USE= 9 HOURS/DAY

LESS IRRITATED



SIX MONTHS LATER



TO DO:

- Initial Assessment
- Initial Counseling
- Initial Fitting
- Follow-Up
- Fine Tuning
- TBI Counseling
- Relaxation instructions & sleep strategies



PAUL AT 6 MONTHS OF TREATMENT

- USING MASTER PROGRAM 30%
- SPENDING LESS TIME THINKING ABOUT TINNITUS
- IMPROVED SLEEP WITH FAN AND SLEEP AID
- TFI=22
- NOTICES IMPROVED HEARING
- USE= 9 HOURS/DAY

WIDEX **WIDEX ZEN & TINNITUS**

SUMMARY

Widex Zen Therapy:

- Offers flexible solutions for clinicians and patients
- Realistic expectations and timelines are key in achieving success
- Complete portfolio of tools and materials to help with even moderate to severe tinnitus cases.

WIDEX **WIDEX ZEN & TINNITUS**

LIVE AUDIOLOGY ONLINE ZEN EVENTS

Join us for more "Zen Talk"

- Zen talk – every second Tuesday at 12 noon Eastern time. Remember to put it on your calendar!

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AUDIOLOGY ONLINE ZEN AND TINNITUS COURSES BY WIDEX

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THANK YOU

FOR ADDITIONAL QUESTIONS,
PLEASE CONTACT AOINQUIRY@WIDEX.COM
OR CALL WIDEX AT 1-800-221-0188