



WIDEX **ZEN THERAPY**

Introduction

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WHAT IS WIDEX **ZEN THERAPY?**

Widex Zen Therapy provides systematic guidelines for tinnitus management by hearing care professionals, using Widex hearing and tinnitus devices equipped with ZEN technology. Widex Zen Therapy is unique because it is an integrated program addressing all three dimensions of tinnitus distress: auditory, attention and emotion.

Widex Zen Therapy includes various components that can be combined depending on the needs of the individual tinnitus sufferer.

The Widex Zen Therapy overview condenses the critical elements of the Widex Zen Therapy into a user-friendly guide. Together with this overview, Widex has developed a range of different elements and useful tools dedicated to the care of individuals suffering from tinnitus.



INTAKE PROCESS

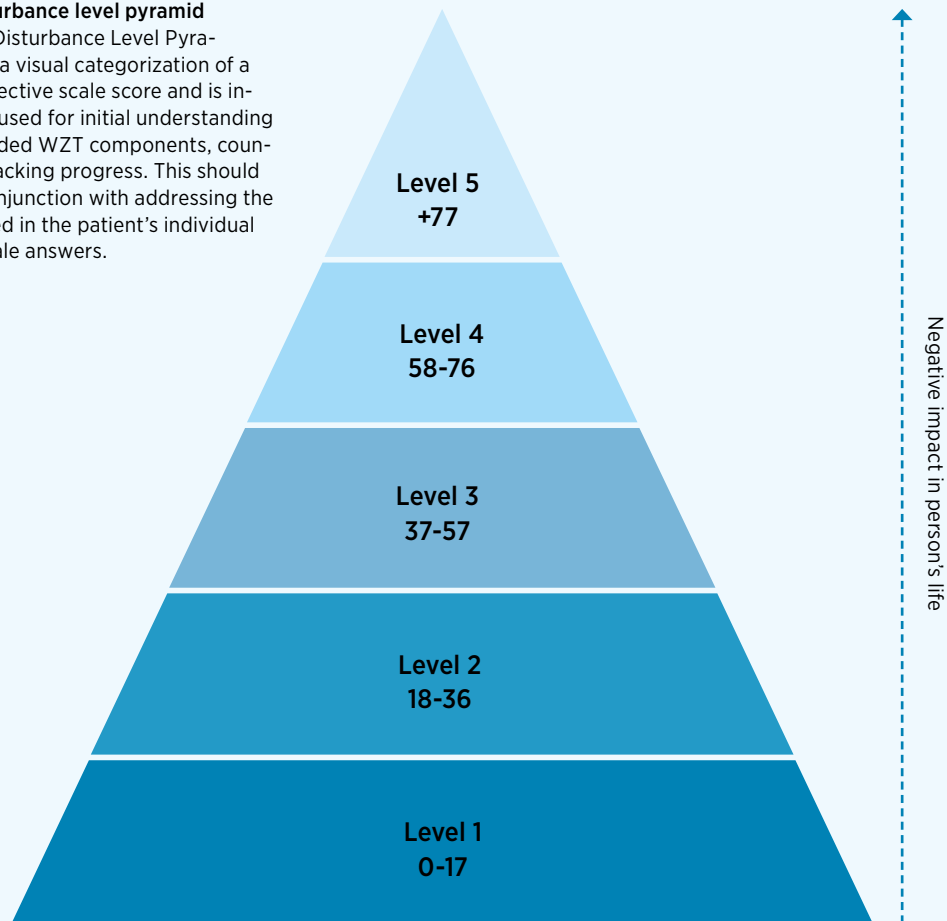
Learning about the person with tinnitus

Before you begin to incorporate the components of Widex Zen Therapy, you need to understand the history, needs, fears and expectations of the person with tinnitus so that you can individualize the therapy. The first step in this process is to administer the intake questionnaires and perform an audiogram.

ASSESSMENT PROCESS	DESCRIPTION
WZT Intake Questionnaire	Collects information on: <ul style="list-style-type: none">• Tinnitus & medical history• Previous treatments• Lifestyle• Reaction to tinnitus
Subjective Tinnitus Scale Options <ul style="list-style-type: none">• Tinnitus Functional Index (TFI)• Tinnitus Reaction Questionnaire (TRQ)• Tinnitus Handicap Inventory (THI)• Tinnitus Handicap Questionnaire (THQ)	Designed to: <ul style="list-style-type: none">• Establish a baseline score• Identify how tinnitus is affecting the person's quality of life• Track progress
Audiological Evaluation	Measures: <ul style="list-style-type: none">• Audiometry• Potential causes of tinnitus
Initial Interview	Dialogue with patient to ensure that you have all of the information you need to create a treatment plan.

Tinnitus Disturbance level pyramid

The Tinnitus Disturbance Level Pyramid provides a visual categorization of a patient's subjective scale score and is intended to be used for initial understanding of recommended WZT components, counseling, and tracking progress. This should be used in conjunction with addressing the needs revealed in the patient's individual subjective scale answers.



WZT RECOMMENDATIONS BASED ON SUBJECTIVE SCALE MEASUREMENTS:

- Level 5: Catastrophic tinnitus reaction with or without hearing loss**
 - 1) Instructional and adjustment based counseling, cognitive behavioral intervention
 - 2) Amplification (when hearing loss exists)
 - 3) Avoidance of silence, ZEN all day
 - 4) Relaxation exercises 2-3 times a day

- Level 4: Severe negative tinnitus reaction**
 - 1) Instructional and adjustment based Counseling, cognitive behavioral intervention
 - 2) Amplification (when hearing loss exists)
 - 3) Avoidance of silence, ZEN all day
 - 4) Relaxation exercises

- Level 3: Moderate negative tinnitus reaction**
 - 1) Instructional and adjustment based Counseling, cognitive behavioral intervention
 - 2) Amplification (when hearing loss exists)
 - 3) Avoidance of silence, ZEN all day
 - 4) Relaxation exercises might be useful

- Level 2: Mild negative tinnitus reaction**
 - 1) Instructional and adjustment based Counseling
 - 2) Amplification (when hearing loss exists)
 - 3) ZEN for quiet environments. Relaxation exercises might be useful

- Level 1: Minimal or no negative tinnitus reaction**
 - 1) Basic Counseling about the cause and likely course of tinnitus
 - 2) Amplification (when hearing loss exists)
 - 3) ZEN might be useful for quiet environments

ESTABLISHING A **TREATMENT PLAN**

On the basis of the individual responses to the intake questionnaire, the subjective scale result and the initial interview, the components and goals of the individual patient's WZT treatment plan are established.

TREATMENT PLAN PROCESS	DESCRIPTION
Establish tinnitus disturbance level from 1-5 as per pyramid	Consider the person's overall reaction to tinnitus and/or TFI score for classification
Establish treatment goals	Examples of realistic goals: <ul style="list-style-type: none">• Decrease tinnitus awareness and/or annoyance• Increase sense of control over tinnitus• Improve ability to concentrate regardless of tinnitus• Improve ability to fall asleep and stay asleep• Hear speech and conversation more clearly• Decrease anxiety and stress levels and enhance ability to relax• Improve overall quality of life
Create Treatment Plan	<ul style="list-style-type: none">• Develop treatment plan utilizing the four categories of Widex Zen Therapy (ZEN, Relaxation, Counseling, Relaxation, and amplification; see page 8)• Remember: not every patient will require every component

COMPONENTS OF WIDEX ZEN THERAPY

Widex Zen Therapy includes various components that can be combined, depending on the needs of the individual tinnitus sufferer.

WZT ELEMENT	DESCRIPTION
Simple reassurance and instructional counseling (For tinnitus disturbance pyramid levels 1-5)	<p>Explain that millions of people with tinnitus have habituated to their tinnitus, and so can your patient. Provide appropriate reassurance, based on medical clearance, that tinnitus does not represent a serious illness.</p> <p>Also discuss with your patient:</p> <ul style="list-style-type: none">• The basic anatomy and function of the auditory system• The relationship between hearing loss and tinnitus• The vicious cycle of tinnitus and stress• Habituation• Lifestyle modification
Adjustment based counseling (For tinnitus disturbance pyramid levels 1-5)	<p>By using both active dialogue and attentive listening, the professional is better able to understand the patient's perspective. Adjustment based counseling also helps the person to identify and challenge irrational and maladaptive thoughts, beliefs, attitudes or behaviors that might contribute to distress and fear of tinnitus.</p>
Amplification (For tinnitus disturbance pyramid levels 1-5 when any hearing loss is present)	<p>Hearing and tinnitus devices alone are often a successful solution in a successful tinnitus management treatment plan. Key elements to consider are:</p> <ul style="list-style-type: none">• Widex low compression threshold to reduce the contrast between silence and tinnitus• Widex broadband frequency response to ensure sufficient stimulation of the auditory cortex• Widex Sensogram to establish the most precise and accurate fit at all frequencies

ZEN tones and ZEN noise

(For tinnitus disturbance pyramid levels 1-5)

ZEN fractal tones stimulate passive listening, reduce tinnitus awareness, promote relaxation and interrupt the tinnitus-stress cycle. ZEN noise can provide additional tinnitus relief.

- Up to 5 ZEN programs available
- Multiple combinations of ZEN tones, ZEN noise and amplification
- Maximum flexibility and control for professional and patient

Relaxation

(For tinnitus disturbance pyramid levels 2-5)

These activities address issues of concentration, stress relief, sleep disruption and overall quality of life.

- Progressive muscle exercises
- Breathing exercises
- Guided imagery
- Sleep strategies

Cognitive Behavioral Intervention (CBI)

(levels 3-5)

- Identify unwanted thoughts and behaviors hindering natural habituation and replace them with alternative thoughts and behaviours.
- Best implemented when combined with strategies to enhance your patient's ability to relax and reduce stress.

For more information on CBI, refer to the Widex Zen Therapy Manual.



FOLLOW-UP SCHEDULE AND VERIFYING RESULTS

The need for follow-up services is typically greater for people with tinnitus than for people with hearing loss alone. The follow-up sessions are used to assess progress, and to change the treatment components if necessary.

PROCESS	DESCRIPTION
Suggested follow-up schedule	2 weeks, 1 month, 3 months, 6 months, 1 year.
Verification	<ul style="list-style-type: none">• Repeat THI, TFI and/or TRQ periodically to track progress.• Focus on evidence of progress towards goals, reminding the patient that this is a process and will take time.

You can obtain more information about Widex Zen Therapy, the use of Widex hearing and tinnitus devices and ZEN technology, as well as articles describing the theoretical background and evidence on the use of ZEN as a tinnitus management tool in a variety of different elements. Widex has also developed a series of tools that can help you in the clinic, or can be handed out to people with tinnitus.

Please contact your local Widex sales representative to find out what is available in your market.



By choosing Widex hearing and tinnitus devices, you are choosing products from a company that has been WindMade certified. WindMade is the first global consumer label identifying companies that use wind power.

A medical consultation is always recommended to rule out any significant medical conditions. The following red flags indicate a need for immediate referral, preferably to an otolaryngologist

- sudden hearing loss
- unexplained unilateral hearing loss
- pulsatile tinnitus
- tinnitus accompanied by dizziness or vertigo
- tinnitus with conductive hearing loss previously not diagnosed
- depression, anxiety, or uncontrolled and extreme stress



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