

# Oticon Fitting Guide

## Tinnitus

### A person-centered approach to tinnitus fittings

A good understanding of your patient's experience with tinnitus and a person-centered approach is fundamental. This includes considering what solutions work for your patient as this may vary from person to person. Consider the following based on the individual needs of the patient:

- Using a combination of strategies including e.g. sound therapy, counseling, Cognitive Behavioral Therapy etc.
- Providing a fitting that allows for flexibility and fluctuations of tinnitus, including a general program and potentially several different tinnitus programs
- The needs for a given patient may change both daily and over time.

This guide presents the tinnitus screen in Oticon Genie 2 and provides a step-by-step guide to support your personalized tinnitus fitting.

### Program the hearing aid:

In the **Fit screen**, complete the following steps:

1. Fit the hearing aid to the patient's audiogram following the standard routine including your typical measurements
2. Select the program where you would like to add Tinnitus SoundSupport™
3. In the task pane, click on the **Tinnitus tab a** and activate Tinnitus SoundSupport by clicking the toggle button **b**

Consider using a subjective measure of choice, e.g. the Client Oriented Scale of Improvement in Tinnitus (COSIT)<sup>1</sup>, Tinnitus Handicap Inventory (THI)<sup>2</sup>, Tinnitus Functional Index (TFI)<sup>3</sup> or similar, to assess individual experience, measure severity, and improvement of treatment.

### Sound therapy in the fitting:

Present the different sounds options

4. Start by presenting the default sound, **Shaped** (to audiogram) and adjust the level according to your protocol and/or your patient's preference.
5. Present **White**, **Pink**, and **Red** sounds and adjust the signal levels for each to a comfortable level. Present all four broadband sounds again and note your patient's preferred sound.
6. Click on **Nature Sounds** and present **Ocean 1**, **Ocean 2**, and **Ocean 3**. Adjust signal levels and present all three Ocean sounds again. Note your patient's preferred sound.
7. Together with your patient, decide which relief sound(s) best suits his/her tinnitus needs. Add the sound(s) to the program(s).

Optional: The following options are available depending on your protocol and or your patient's needs. Modulate sounds (for broadband sounds only) **8**, adjust frequency bands **9**, activate **Automatic Level Steering** **10**, or turn the **Microphone hearing instrument** off **11**, depending on your protocol and/or your patient's needs.

The screenshot shows the Oticon Genie 2 software interface. The sidebar on the left has a 'Fit' section with a 'Tinnitus' tab highlighted (1). The main display area shows two audiogram plots for 'Pt: General (VAC)'. The bottom control panel includes a 'Broadband sounds' section with 'Nature sounds' selected (6), a 'Tinnitus SoundSupport' toggle (3b), a 'Shaped' sound selection (4, 5), a 'Modulation' dropdown set to 'Off' (8), an 'Automatic level steering' toggle (10), and a 'Microphone hearing instrument' toggle (11). A frequency band selection area (9) is also visible at the bottom.

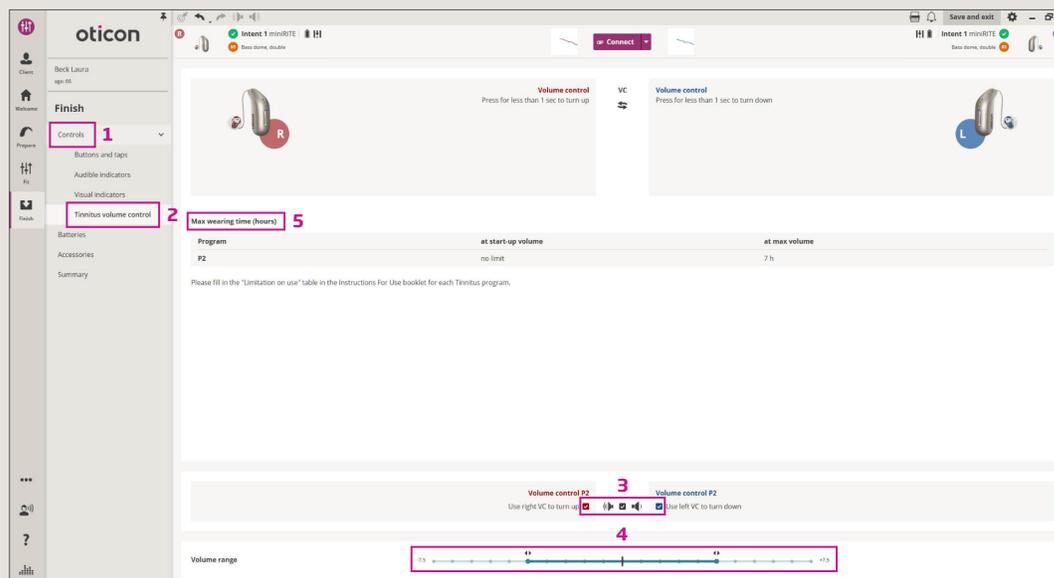
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### Before ending the fitting:

In the **FINISH** screen, complete the following steps:

1. Select **Controls** within the **Finish** task pane.
2. Select **Tinnitus volume control**.
3. Using the check box you can choose to enable/disable binaural coordination if you would like binaural adjustment of the relief sound volume. Otherwise, choose left or right volume control individually.
4. Select the **Volume range** if needed. Step size is 1.5 dB.
5. Counsel your patient on **Max wearing time (hours)**, if risk of noise exposure.

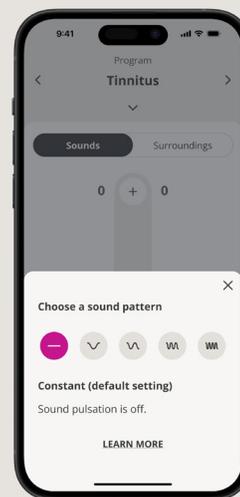


**Helpful tip:** For tinnitus counseling tools and to support you when you see patients with tinnitus, you can find available tools in the Resource Center in Oticon Genie 2.

### Oticon Companion relief sound adjustments

For added flexibility of relief sound adjustments at home via the Oticon Companion app, activate modulation for broadband sounds in Genie 2. The patient will then have the flexibility to adjust their favorite relief sounds on the go, to suit their personal preferences and needs.\*

\*The Tinnitus SoundSupport feature is only available in the app if it has been activated by the hearing care professional. Relief sounds are available in the app for select hearing aids.



### References:

- <sup>1</sup>Searchfield G. D. (2019). A Client Oriented Scale of Improvement in Tinnitus for Therapy Goal Planning and Assessing Outcomes. *Journal of the American Academy of Audiology*, 30(4), 327–337. <https://doi.org/10.3766/jaaa.17119>
- <sup>2</sup>Newman, C. W., Jacobson, G. P., & Spitzer, J. B. (1996). Development of the Tinnitus Handicap Inventory. *Archives of otolaryngology--head & neck surgery*, 122(2), 143–148. <https://doi.org/10.1001/archotol.1996.01890140029007>
- <sup>3</sup>Meikle, M. B., Henry, J. A., Griest, S. E., Stewart, B. J., Abrams, H. B., McArdle, R., et al. (2012). The tinnitus functional index: Development of a new clinical measure for chronic, intrusive tinnitus. *Ear and Hearing*, 33(443). <https://doi.org/10.1097/AUD.0b013e3182597b3e>