# Advanced Tinnitus Masterclass

## Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Activity</th>
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| 7.00am - 7.45am | **Registration**  
Desk at The Exchange Hub          |
| 7.45am - 8.00am | **Welcome and Introductions**  
*Breakfast Service Included*  
Plenary Room          |
| 8.00am - 9.00am | **Opening Plenary**  
Gurgit Singh Ph.D., Aud(C), Reg. CASLPO  
Senior Research Audiologist  
Phonak          |
| 9.15am - 10.45am | **Introduction and overview of tinnitus:**  
Prof. William Hal Martin  
Professor of Otolaryngology  
National University of Singapore  
This session will provide an overview of several factors related to tinnitus including mechanisms, epidemiology, factors affecting tinnitus severity, impact on the individual, psychoacoustic evaluation, the difference between tinnitus treatment and management and basic principles of tinnitus management.          |
| 10.45am - 11.15am | **Morning Tea**  
Served in The Exchange Hub          |
| 11.15am - 12.45pm | **Sound tolerance conditions**  
*Principles of acoustic therapy*  
*Programming devices for tinnitus management*  
Dr. Jennifer Martin  
Senior Lecturer in Otolaryngology  
National University of Singapore  
This session provides information about variations of sound tolerance conditions, examples of how these conditions manifest in clinic and management strategies for each condition. The use of ear level devices in tinnitus and sound tolerance management is discussed, including types of devices, programming strategies and accommodation strategies for individual patients.          |
| 12.45pm - 1.45pm | **Lunch**  
Served in The Exchange Hub          |
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>1.45pm - 2.45pm</td>
<td><strong>The tinnitus specialist</strong></td>
<td>Role of the family in tinnitus care</td>
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<td></td>
<td><strong>Progressive Tinnitus Management overview</strong></td>
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<tr>
<td></td>
<td>Dr. Jennifer Martin</td>
<td>Senior Lecturer in Otolaryngology National University of Singapore</td>
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<tr>
<td></td>
<td>The tinnitus specialist is an individual who provides several roles in tinnitus care in terms of evaluation, management, advocacy and coordination of care. Family members can play an important role in tinnitus management. Progressive Tinnitus Management is a structured approach to tinnitus care that incorporates acoustic therapy, counselling and self-help materials.</td>
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<tr>
<td>2.45pm - 3.10pm</td>
<td><strong>Afternoon Tea</strong></td>
<td>Served in The Exchange Hub</td>
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<tr>
<td>3.10pm - 4.10pm</td>
<td><strong>Clinical Application of Widex Zen Therapy</strong></td>
<td>Jenny Smith M.Ed., Dip Aud. Clinical Audiological Consultant</td>
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<td></td>
<td>Widex Zen Therapy (WZT) is a comprehensive therapy program developed by Widex for the treatment of tinnitus. It offers a prescriptive approach designed to provide a model of best practice for clinicians who are new to working with tinnitus clients. The overall objective is to ensure that the tinnitus does not negatively impact on the client’s quality of life. This presentation will detail the recommended assessment and evaluation protocols for a WZT program. It will explore the four WZT cornerstones, which are counselling, amplification, sound stimulation and relaxation, and detail their application in a clinical setting.</td>
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<tr>
<td>4.15pm - 5.00pm</td>
<td><strong>Plenary Session</strong></td>
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<tr>
<td>6.00pm - 11.30pm</td>
<td><strong>Bus Departs for Dinner</strong></td>
<td>Please meet in the lobby by 5.45pm for departure at 6:00pm sharp</td>
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</table>
Day 2

On the second day of the Advanced Tinnitus Masterclass, participants will be split into two groups. Each group will attend concurrent workshops, one workshop in the morning and then swap to participate in the other workshop after lunch.

<table>
<thead>
<tr>
<th>Time</th>
<th>WORKSHOP ONE</th>
<th>WORKSHOP TWO</th>
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</thead>
</table>
| 8.00am - 10.00am | Prof. William Hal Martin  
Professor of Otolaryngology  
National University of Singapore | Dr. Jennifer Martin  
Senior Lecturer in Otolaryngology  
National University of Singapore |

### Outcomes measures and questionnaires

This session will review evaluation tools that include tinnitus severity indices, anxiety and depressions questionnaire and visual numerical and analog measurement tools that can be applied during tinnitus evaluation.

### Medical issues/Medications

This session discusses medical factors (otologic and other) that have been shown to trigger or exacerbate tinnitus and are important to address during tinnitus care. It will also review the appropriate use of medications in tinnitus management.

### Particularly challenging cases

Several conditions may affect individuals in ways that make it extremely challenging to provide patients with relief and control over their tinnitus. These conditions will be discussed and options presented.

### How would I do it?

The workshop participants will submit examples of patients they have encountered with tinnitus and/or sound tolerance conditions and Prof. Billy Martin will provide insights into factors that would be beneficial in their evaluation and care in an open discussion forum.

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<th>Morning Tea</th>
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<td>10.00am - 10.30am</td>
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### Advanced Tinnitus Masterclass

**10.30am - 11.30am**

**WORKSHOP ONE**

Prof. William Hal Martin  
Professor of Otolaryngology  
National University of Singapore

**Starting my tinnitus clinic: where do I begin?**

This session is for those who are just beginning to offer tinnitus evaluation and care through their organizations. It will present the building blocks needed to start services confidently and competently.

**Tinnitus prevention: Dangerous Decibels**

The most commonly reported trigger of tinnitus is exposure to loud sounds. Dangerous Decibels is an evidenced based program that has been shown to change knowledge, attitudes, beliefs and behaviours related to sound exposure and use of hearing protective strategies reducing the likelihood of getting noise induced hearing loss and tinnitus.

**WORKSHOP TWO**

Dr. Jennifer Martin  
Senior Lecturer in Otolaryngology  
National University of Singapore

**Guidelines for use of sound in tinnitus management and hands-on activities**

Sound therapy guidelines and implementation strategies will be demonstrated on a tabletop sound machine. Each individual will then practice these strategies using smart phone sound applications and headphones.

### 11.30am - 12.30pm

**Lunch**

Served in The Exchange Hub
### WORKSHOP ONE

**Dr. Jennifer Martin**  
Senior Lecturer in Otolaryngology  
National University of Singapore  

**Hands-on practicum with tinnitus technology**

Participants will be split into small groups of approximately 3 people and assigned a programming station manned by a manufacturer representative. Case studies will be described to the entire group and each small group will have a hard copy of the details of the case study. Each small group will work through the case history and address the questions listed, one study at a time. With the help of the manufacturer representative, they will use the programming software to set hearing aids for the specific needs of the patient outlined in the case study, based on the programming strategies outlined in the lectures from Day 1.

### WORKSHOP TWO

**Prof. William Hal Martin**  
Professor of Otolaryngology  
National University of Singapore  

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### Afternoon Tea

**2.30pm - 3.00pm**  
Served in The Exchange Hub
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Senior Lecturer in Otolaryngology  
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### 4.00pm - 4.45pm

**Group Discussions**

Dr. Jennifer Martin & Prof. William Hal Martin  
Questions from delegates

### 4.50pm - 5.45pm

**Closing Plenary**

### 6.00pm - 7.00pm

**Farewell Drinks**

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**SAVE THE DATE**

Post-conference workshops on other informative topics will be held on Monday 12th June 2017. Separate registrations are required for post-conference workshops and The Sound Exchange ‘17.
### Dr. Jennifer Martin
**Senior Lecturer, Otolaryngology**
**National University of Singapore**

Dr. Jennifer Martin earned her degrees at UC Santa Barbara, University of Nebraska-Lincoln and A.T. Still University. She currently holds a position as a Senior Lecturer in Otolaryngology at the National University of Singapore, where she is helping start the first graduate audiology training program in that country. She also works at the National University Hospital in Singapore as a Senior Audiologist. Her clinical interests include tinnitus evaluation and management, management of special auditory disorders and hearing health promotion. Her research interests include the neuropharmacology of tinnitus, hearing health promotion in tribal communities and noise-induced hearing loss prevention in children.

### Prof. William Hal Martin
**Professor of Otolaryngology**
**National University of Singapore**

Billy Martin has a wide range of clinical and research interests spanning the fields of physics, hearing, neuroscience and population health. This was followed by a post doctoral fellowship at the Technion-Technical Institute of Israel in auditory neurophysiology. He is currently professor of Otolaryngology at the National University of Singapore where he directs the M.Sc. graduate training program in Audiology and continues as co-director the Dangerous Decibels. Presently, his research projects examine community based hearing loss and tinnitus prevention in Native American/Alaska Native children, the neurobiology of deafness, hearing health promotion in Southeast Asia/Pacific Islands and the medical economics of hearing loss.

### Jenny Smith M.Ed., Dip Aud.
**Clinical Audiological Consultant**

Jenny Smith is a clinical audiologist with experience in both adults and paediatrics in both Australia and the United Kingdom. She was an independent consultant to the global hearing aid manufacturer Widex for 15 years, providing audiological training at an international level. She now works supporting Widex Australia, to ensure high standards of audiological care. Her areas of interest are models of best practice with a focus on rehabilitation including tinnitus management, and changing hearing aid technologies. She is also known for her work as Editorial Manager for Audiology Now.

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_Avanced Tinnitus Masterclass_  
**Speakers**

**Draft Program as of 24th February 2017 - Subject to change**