

What if tinnitus is caused by noise exposure or injury at work?

If you have a recognized tinnitus claim through WorkSafeBC (WSBC) or Veterans Affairs Canada (VAC), you may be eligible for Tinnitus Retraining Therapy, or TRT. TRT is a particular way of managing tinnitus that uses educational counselling and sound therapy.

WSBC claimants wishing to come to the group and individual tinnitus management sessions at the Tinnitus Clinic as part of their TRT program must arrange for authorization through their claim manager.



The Tinnitus Clinic

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www.providencehealthcare.org



How you want to be treated.

The Tinnitus Clinic

St. Paul's Hospital
Department of Audiology

*"Thanks to the Tinnitus Clinic,
I am enjoying myself, and life is
great again." – RD*

What does the St. Paul's Hospital Tinnitus Clinic do?

The Tinnitus Clinic provides support to individuals struggling to manage tinnitus and/or hyperacusis (sound intolerance). We serve patients from around British Columbia and the Yukon.

Tinnitus

(pronounced TIN-i-tus or tin-EYE-tus):

- is an awareness of a ringing, buzzing or other sound coming from within the head.

Hyperacusis:

- when everyday sounds are uncomfortably loud, annoying or painful.

Tinnitus Group Management Sessions

All patients referred to the Tinnitus Clinic participate in a tinnitus group session as a first step. The group session is an opportunity to learn about tinnitus, hyperacusis (decreased sound tolerance) and hearing loss management in a supportive group setting. The session is held in the library of the ENT/Audiology Department at St. Paul's Hospital. We encourage participants to bring a friend or family member to the group. Patients attend the group session once only.

The goals of the group are to:

- help make tinnitus less annoying and less noticeable
- lessen the impact tinnitus plays in daily life
- understand what tinnitus is (and isn't)
- learn about hyperacusis and hearing loss
- learn about available management strategies and resources
- provide answers to your questions

"I learned so much, and was grateful to hear and share with others."

Individual Tinnitus Management Sessions

Individual tinnitus management sessions are available for:

- those who need additional help beyond what the group session provides
- individuals who might have difficulty communicating in a group situation

"The appointment really helped me to look at tinnitus in a different way."

How much does it cost to attend?

The BC Medical Services Plan does not cover tinnitus management services. Everyone who comes to the clinic must pay for the therapy.

Group tinnitus management session (3 hours total, includes book) ¹	\$100
First individual tinnitus management session (2-3 hours)	\$250
Individual tinnitus management follow-up sessions	\$120 per hour

¹ Fees for third-party payers vary. Please contact our office.

How do I make an appointment at the Clinic?

Before coming to the Tinnitus Clinic, patients must see an otolaryngologist (an ear, nose and throat physician) about tinnitus or hyperacusis. This can be arranged by a referral from your family doctor.

We will need:

1. a copy of the "consult" letter from your otolaryngologist
2. a copy of your most recent hearing test (must be no more than 6 months old)

Have these documents faxed to us at 604-806-8435, attention Tinnitus Clinic.

Please ensure that your name, telephone number, address, date of birth, and Care Card or personal health number (PHN) appear on both documents.

Our clerk will then contact you to arrange for your appointment.