

Book Review: Tinnitus Stepped-Care. A Standardized Framework for Clinical Practice. First Edition

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Book review

Beyond clichés like “tinnitus is the grave of the ENT,” all of us (Physician in Audiovestibular Medicine, ENT, Audiologists...) find ourselves in daily practice, facing patients with tinnitus and/or hyperacusis. Dr. James A Henry has very long experience in this field and has authored 246 publications to date, 138 of which are peer-reviewed in medical journals. He has written seven books about tinnitus and has had over 30 funded grants and projects to study various aspects of tinnitus and auditory-related conditions. He has made over 450 presentations both in USA and abroad and is actively providing both live and online training. Dr. Jim Henry received his PhD from the Oregon Health and Sciences University in 1994. He currently holds the post of research career scientist at the Veterans Affairs Rehabilitation Research and Development Service National Center for Rehabilitative Auditory Research, Veterans Affairs Portland Health Care System in Portland, Oregon. He also serves as a research professor in the Department of Otolaryngology, and adjunct professor in the Department of Speech and Hearing Sciences at Portland State University in Portland, Oregon.

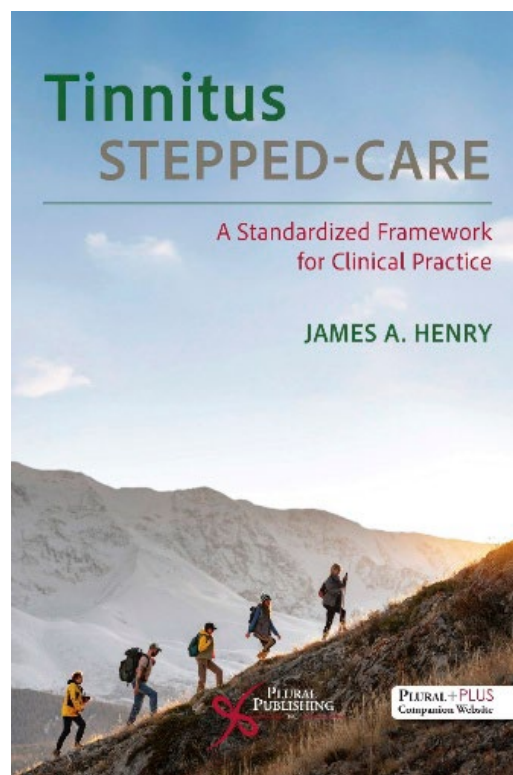
Dr. Henry has been an extremely successful career researcher. From 1995 to date, he received extramural financial support for 31 projects for a combined total of \$11.7 million. This funded research focused on some areas including electrophysiological assessment of high-frequency auditory sensitivity using high-frequency tone bursts, electroacoustic measures of tinnitus, clinical trials of different forms of tinnitus treatment, development, and the development of psychometrically robust tinnitus outcome measures. Dr. Henry was awarded funding to develop, evaluate, and implement the most effective, efficient, and beneficial approach to clinical management of tinnitus. This resulted in the development of Progressive Tinnitus Management, which is currently the standard of care for the Veterans Affairs and being evaluated for use by the Department of Defense. From this work, Dr. Henry developed a telephone-administered version and has successfully demonstrated the feasibility and efficacy of providing tinnitus counseling by telephone to veterans throughout the United States, with and without a history of traumatic brain injury.

Tinnitus clinical services are far from standardized and there is no system for credentialing clinicians for competency in providing tinnitus care. While a few well-established, research-based methods are available for the clinical management of tinnitus, no one method has been proven more effective than the others, and differences in methodology result in different outcomes. Authored by James A. Henry, *Tinnitus Stepped-Care: A Standardized Framework for Clinical Practice* provides a clinical path to follow for addressing these differences to deliver tinnitus care in a logical, stepwise fashion. Clinicians can continue to utilize their preferred methodology, but within the uniform framework that is offered by *Tinnitus Stepped-Care*.

A clinic adopting this framework would follow these specific steps:

- Step 1 – Triage: Inform other hospitals and clinics in their geographic area about tinnitus and how to properly refer patients who complain of tinnitus.
- Step 2 – Audiology Services: Conduct the initial assessment of patients using a minimum of specific measures that are consistent across clinics.
- Step 3 – Tinnitus Education: Advance patients with bothersome tinnitus to learn about tinnitus, how and why it can be bothersome, and what realistically can be done about it.
- Step 4 – Tinnitus Counseling: Make available an established, research-based method of treatment for tinnitus.
- Step 5 – Comprehensive Assessment: Conduct a comprehensive assessment for patients who require further care to determine why services thus far have been inadequate.
- Step 6 – Expanded Treatment: Provide further treatment or refer patients to another tinnitus specialist to address any needs identified in Step 5.

While primarily written for audiologists who are the main providers of tinnitus clinical services, this book is also appropriate for physicians in Audiology and Otolaryngologists who often see tinnitus patients and may be unaware of the stepwise clinical procedures for providing tinnitus care.



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