

## Resources to start you on your hearing health journey

### Reading material for Hearing health

<https://www.linkedin.com/pulse/acoustic-shocks-red-herring-different-not-so-silent-threat-caniato/>

Information about Hearing, Communication, and Understanding - NIH Curriculum Supplement Series - NCBI Bookshelf

<https://aiic.org/uploaded/web/Acoustic%20Shocks%20Research%20Project.pdf>

<https://www.nidcd.nih.gov/sites/default/files/Content%20Images/nihl.pdf>

<https://www.noisyplanet.nidcd.nih.gov/parents/too-loud-too-long#:~:text=Sounds%20at%20or%20below%2070,greater%20risk%20for%20hearing%20loss>

Listening Effort: How the Cognitive Consequences of Acoustic... : Ear and Hearing (lww.com)

<https://hearinghealthfoundation.org/blogs/hearing-loss-in-the-hospital>

### Scripts for self-advocacy:

#### Multiple voices speaking [loudly] at the same time

*The interpreter is requesting that parties speak one at a time for all to be heard. The interpreter requests repetition.*

#### Video connections with audio problems

*The interpreter cannot safely interpret with this audio connection and requests to switch to a phone conference connection.*

#### Items being dropped or colliding

*The interpreter is experiencing ear pain from the noise and requests that [i.e., the pills are not shaken]. The interpreter requests repetition.*

#### Phone connections that have audio problems

*The interpreter requests that the...*

*[provider/patient moves away from background noise]*

*[provider/patient disconnects and dials back in]*

*[provider/patient switches to another device]*

**Poor provider awareness and control of unnecessary noise**

*The interpreter is unable to hear and requests that... [say what is needed]*

**Too fast, too much or too disjointed**

*The interpreter requests that you speak in [complete sentences or ideas] [shorter passages] [at a slower pace].*

**Hand over to an in-person interpreter when you/patient cannot hear, for example:**

Patient cannot speak, speak beyond an inaudible whisper

Hard of hearing patient not wearing hearing aids/using devices

*The interpreter requests that the provider converts this encounter into an in-person interpreter encounter to ensure patient safety*

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