

**one** Ashford  
Hospital

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## Hearbase at **One Ashford Hospital**

Hearbase is Kent's largest independent hearing company, working in association with the One Ashford Hospital, delivering quality hearing and balance services.

For more than 25 years Hearbase has provided audiology services in Kent, applying the latest technology to the problems of hearing loss. We back that up with outstanding customer care and support which is at the heart of our service.

We use the latest diagnostic equipment and our audiologists are trained to deliver a high quality technical service and expertise, adhering to the highest clinical standards. This ensures that the care and support that you receive at the One Ashford Hospital is second to none.

This brochure tells you about some of the services available. You can find out more by calling our helpline on 0800 028 6179 or by visiting us at [www.hearbase.com](http://www.hearbase.com)

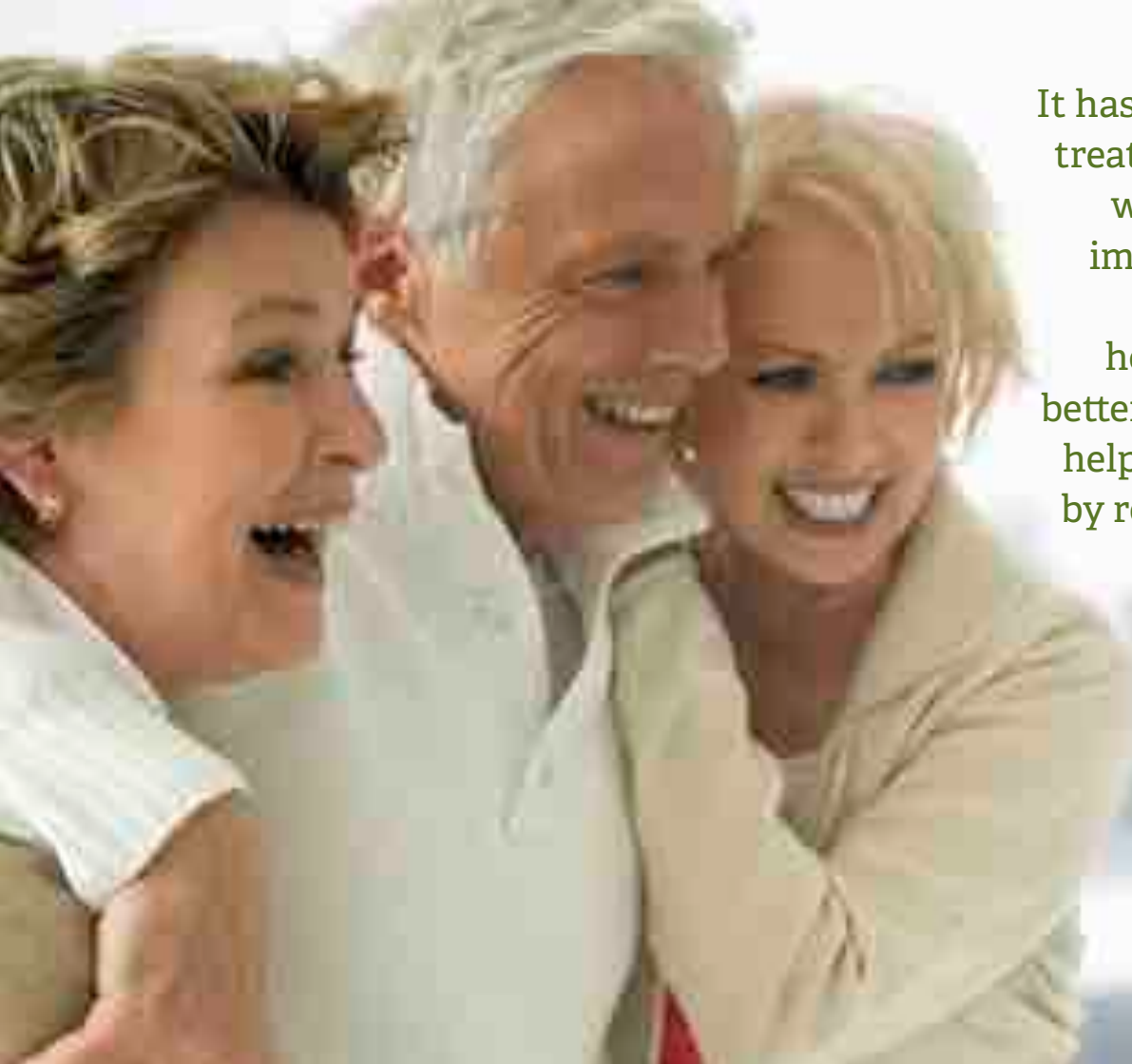


## Digital Hearing Aids

Hearbase offers you a quality, clinically-based, private hearing aid service at the One Ashford Hospital, using the latest diagnostic techniques combined with first class care and support.

Digital hearing aids come in a vast range to suit most people's needs, from the most straightforward to the most sophisticated, and our highly trained audiologists will guide you in choosing. They will explain the pros and cons of the various features so you can be sure of making the right decision.

Like any other important health-related issue hearing loss needs to be taken seriously, should be professionally diagnosed and should be treated with the best solutions available. As Kent's largest independent hearing aid company we can help find the best solution for your hearing difficulties.



It has been proved that treating a hearing loss will have a positive impact on quality of life. In addition to helping you to hear better, hearing aids can help you to feel better by reducing the social consequences of isolation and communication problems



## Digital Hearing Aids cont.

### Custom discreet solutions

If you want the most discreet solution Hearbase can provide hearing aids which disappear inside your ear canal as well as those which come in a range of subtle tones to match your hair or skin. There are also bright designs in primary colours if you want to make a bold statement.

### The latest technology

If you are looking for the latest technology we can offer hearing aids which work with remote controls and are wireless enabled to communicate with mobile phones, MP3 players and televisions. We get our products from a wide variety of suppliers so we can access the very latest technology from all over the world.

### Understanding your needs

The first step in helping you with your hearing problem is for one of our audiologists to spend time talking to you about your hearing difficulties so we can really understand your needs. We will carry out some hearing tests to assess your loss. We will then discuss your test results and talk about your hearing aid options.



## Steps to better hearing

Once you have decided on the type of hearing aid which best meets your needs we will take measurements for the custom fitting and arrange to see you for the fit two weeks later.

## Your fitting appointment

The fitting appointment will include advice on how to get the best from the aid, an explanation of the controls and demonstration of its removal and insertion. You will also be shown how to clean and maintain it and replace the batteries. There will be plenty of opportunity for you to ask questions so you understand everything about your new hearing aid.





Hearbase provides a full range of tests to support your consultant in diagnosing and treating your hearing disorder.

## Diagnostic Hearing Tests

**Hearing tests** are conducted in an audiometric booth where you will listen to sounds played through headphones and the audiologist will plot your hearing level on an audiogram.

**Tympanometry** is an examination of the mechanical integrity of the middle ear. The results are viewed in conjunction with the audiogram to give a comprehensive view of the status of your ears and hearing.

**Oto-acoustic emissions** are a reliable indicator of inner ear function. They are useful because they are the basis of a simple, non-invasive, test for hearing defects which cannot always be detected by the conventional test battery.

**Speech tests** are a means of understanding the ability of an individual to hear in real world situations and can be particularly useful in cases where an individual has a normal hearing test result but experiences difficulty understanding speech.



# Musicians' Hearing Protection

Hearbase supplies Etymotic Research hearing protection products. They were specially developed for musicians who need to protect their hearing but not destroy the fidelity of their music. It is the chosen hearing protector for many classical performers.

If you are routinely exposed to sound levels above 85 decibels you should consider hearing protection. Musicians who perform regularly or who play in high volume surroundings such as an orchestra or band should use custom-made earplugs.

## Comfortable and easy to wear

Since they are specially made for your ears from a special soft silicone they are comfortable and easy to wear. They will protect your hearing, but will also give you good awareness of environmental sound for safety purposes. They will reduce ambient noise but still maintain the clarity of music.





## Ear Protection for **Water Sports**

Many swimmers and water sports enthusiasts such as wind surfers and sailors are now wearing ear protection. Hours spent with your head in or under water can cause infections and other problems such as “swimmer’s ear”, a common and often painful inflammation of the ear canal that affects both children and adults.

### Custom-fit

Custom-fit swimming plugs offer the best possible seal, allowing sound to penetrate for safety reasons while keeping out water, cold air, dirt and bacteria. If you need to prevent “swimmer’s ear”, protect yourself from perforations or just don’t like getting water in your ears then custom-fit swim plugs may be the answer.

# SleepFit Earplugs

Figures show that 58% of people in the UK have at least one bad night's sleep a week, with 18% not getting enough sleep most nights. Noisy neighbourhoods, shift working or a partner who snores can all affect our sleep.

## A simple and effective solution

Hearbase can make you custom-made SleepFit earplugs. They are comfortable to wear while sleeping as they are made from extra soft silicone material and they will stay in all night since they are made to fit the contours of your ear. They will dramatically reduce the ambient noise around you, helping you to get a good night's sleep but will still allow you to hear the important sounds such as an alarm clock or smoke alarm.

## A range of uses

SleepFit noise plugs are ideal for the partners of people who snore, shift workers, students who want to concentrate better, people who travel regularly on noisy transport and anyone who lives in a noisy neighbourhood and has problems getting a good night's sleep.



# Industrial Screening and Noise Management



If you think you may have problems with noise in your workplace but you are unsure of the extent, a noise risk assessment by Hearbase is the first step. This is a simple way to assess your compliance with Noise at Work regulations and will give you recommendations on further measures that you may need to take to ensure full compliance with legislation.

## Mobile on-site testing

Hearbase can also manage the whole employee noise screening process at your premises by using our mobile vehicle for on-site testing, reducing employee downtime. This vehicle is fully equipped and has its own audiometric booth. It provides a controlled test environment.

## Recommendations and guidance

We provide our reports and recommendations in straightforward language, which is legislation compliant, and we offer summaries for non-specialist managers as part of our standard reporting protocol. We can provide a simple noise risk assessment as a first step in developing a noise management strategy.

# Tinnitus Counselling and Rehabilitation

Hearbase's tinnitus counselling and rehabilitation service is provided by our specially trained audiologist who can teach you techniques to ease the condition and can also give advice, help and friendly support. Using a collaborative approach we can help you to find your own solutions and help with the management of this distressing condition in a relaxed setting.

## Understanding tinnitus

Tinnitus is a common condition that can develop at any age, but is more usual in those over 65. It can be gradual or sudden in onset and affects people in different ways. An estimated 10% of adults in the UK have mild tinnitus and about 1% have tinnitus that affects their quality of life.

Hearbase is also able to provide ear-level sound generating devices and combination hearing aid/sound generators which can be useful in overcoming the most distressing symptoms of this disorder.





# Balance Investigations

Hearbase offers a range of diagnostic tests to help your consultant manage your balance disorder. We also work closely with the One Ashford Hospital physiotherapists with programmes of diagnosis and treatment to help you recover quickly and effectively from episodes of imbalance.

**Videonystagmography (VNG)** is a means of recording eye movement while you carry out a range of visual exercises.

This puts parts of your balance system through a “workout” which is designed to highlight any potential anomalies. We also mildly stimulate the balance system and record the responses to help us to understand more about the functioning of the balance organs in your inner ear.

**Video head impulse test (VHIT)** is another video-based technique which allows us to measure visual tracking in response to rapid head movement. This tool can help us understand aspects of balance dysfunction

**Vestibular rehabilitation.** Working in association with the One Ashford Hospital physiotherapists, vestibular rehabilitation consists of diagnosing your condition with the tests outlined above and developing a programme of physiotherapy exercises to retrain your balance system and speed your recovery.





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