

Name:

Date:

Tinnitus information and management plan

Individual management plan

Tinnitus is a very personal condition that affects each person differently. It is best treated on an individual level. Your individual goals and management plan is outlined below.

Goals:

- Be less aware of the tinnitus
- For the tinnitus to be less intrusive
- Improve sleep

Other:

Your management plan:

- | | |
|---|-------------------------------------|
| ☐ Activity/distraction | ☐ Sound |
| ☐ Hearing aids | ☐ Relaxation |
| ☐ Changing thoughts | ☐ Exercise |
| ☐ Understand more about tinnitus | |
| ☐ Other: | |

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

Resources and information

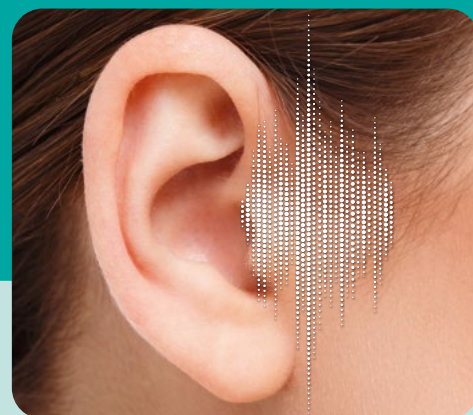
Below are apps which you might find useful. These can be downloaded for free:

- **Resound Tinnitus Relief** – gives you access to a range of sounds, advice on relaxation, sleep and changing thoughts.
- **Starkey Relax** – contains a range of relaxing sounds which can be adjusted.

For further information regarding tinnitus we recommend these leaflets available from Tinnitus UK.

- ☐ All about tinnitus
- ☐ Self-help for tinnitus
- ☐ Stress
- ☐ Sleep
- ☐ Pulsatile tinnitus
- ☐ Hyperacusis
- ☐ Mindfulness with tinnitus
- ☐ Musical hallucinations
- ☐ TMJ (temporomandibular joint and neck) disorders
- ☐ Ideas for relaxation without sound

Scan QR code to download leaflets



Useful contacts

If you have any questions or queries about your tinnitus management plan, please contact the tinnitus team on **01623 672383** or via email: sfh-tr.audiologyhearingaidrepairs@nhs.net

RNID

Telephone: 0808 808 0123

Email: contact@rnid.org.uk

Website: www.rnid.org.uk

Tinnitus UK

Helpline: 0800 018 0527

General enquiries: 0114 250 9933

Email: helpline@tinnitus.org.uk

Text: 07860008241

Website: www.tinnitus.org.uk

Nottinghamshire Talking Therapies

Telephone: 0333 188 1060

Email: notts.tt.admin@notts-talk.co.uk

Website: www.notts-talk.co.uk

Every mind matters

NHS website to support mental health and well-being.

Website: www.nhs.uk/every-mind-matters

Physiotherapy – self-referral

Website:

www.nottinghamshirehealthcare.nhs.uk/musculoskeletal-physiotherapy

Email: MSKReferralHub-Admin@nottshc.nhs.uk