

Otology and Hearing

Summer 2017

We have launched!

On the 1 April 2017, the new NIHR Nottingham Biomedical Research Centre (NIHR Nottingham BRC) came into the world.

We are now continuing our work as one of five health themes within the NIHR Nottingham BRC:

- Deafness and hearing loss
- Digestive (gut) and liver diseases
- Respiratory (breathing) diseases
- Musculoskeletal (muscle and bone) diseases
- Mental health and technology

These themes shall be underpinned by a sixth theme in magnetic resonance imaging (MRI) methods. Prof Deborah Hall is leading our Hearing theme.

To celebrate the arrival of our new organisation, a launch event was held on 1 June at the East Midlands Conference Centre. Attended by 325 delegates, including staff and students of the NIHR Nottingham BRC, patients and members of the public and industry representatives, the event marked a great opportunity to showcase the quality of work across the NIHR Nottingham BRC. Invited speakers included Prof Tony Avery, Dean of the School of Medicine at the University of Nottingham, and Prof Ian Hall, Director of our organisation, who both opened the event. Highlights included a fascinating insight into the development of MRI (1970s BBC

Tomorrow's World programme on the late Prof Sir Peter Mansfield's work) and exciting talks from Dr Julie Bayley of Coventry University on achieving real world impact of research, and Simon Denegri, Chair of INVOLVE, on the importance of patient and public involvement in research.

Onwards and upwards for the NIHR Nottingham BRC!

Prof Ian Hall, Director of the NIHR Nottingham BRC



Wonder 2017

On a sunny Saturday 17 June, the University of Nottingham campus opened its doors to the local community.

Visitors enjoyed a wealth of displays, activities, presentations (and ice cream!), to find out more about research and what the University does. In all, 6000-7000 people, young and old, enjoyed the day. We teamed up with the Medical Research Council Institute of Hearing Research to provide a mix of demos, online hearing checks, auditory illusions and other fun activities for all ages. We also took the opportunity to recruit people to our studies. Many thanks to all those who attended and helped out!



Tonndorf lecture

Prof Deborah Hall was invited to present the prestigious Tonndorf Lecture at the 1st World Tinnitus Congress and the XII International Tinnitus Seminar in Warsaw, Poland on 22 May 2017.

Attracting over 500 delegates, the meeting included sessions on surgical interventions, cochlear implants for tinnitus and somatosensory tinnitus. The Tonndorf Lecture represents an occasion to reflect upon the progress of tinnitus research and treatment and what is needed to achieve success. Prof Hall was recognised for her contribution to the field in making people think about tinnitus in an organised, systematic way. Her talk "Designing clinical trials for investigating treatment efficacy" focused on the importance of identifying the best ways to test whether a treatment has worked. Delegates were invited to take part in our world-wide study seeking agreement on what clinical trials should measure and report when testing tinnitus treatments (follow on Twitter: @COMITIDStudy).



Hidden hearing loss

Aged 25-40? Exposed to loud noise?

This could be from playing or working at sports and race track events, music concerts and festivals, using personal music/MP3 players, machinery, motorised vehicles - anything loud! Have normal hearing (with or without tinnitus)? Dr Rebecca Dewey is recruiting for an MRI brain imaging study looking at "hidden hearing loss". It is taking place at the University of Nottingham (The Sir Peter Mansfield Imaging Centre) and involves two separate visits: a two hour screening session, followed

by a further one and a half hour appointment (which will include your MRI scan lasting one hour).

If you take part, you will be paid an inconvenience allowance of £10 per hour and up to £15 travel expenses per visit. You'll also get a picture of your brain!! Please get in touch (rebecca.dewey@nottingham.ac.uk) if you are interested or would like more information.



Consensus on candidacy for cochlear implantation in the UK

Cochlear implants restore important aspects of hearing in people whose degree of hearing loss means that they cannot benefit from hearing aids.

Research suggests that the UK has some of the most restrictive criteria for who can receive a cochlear

implant. Dr Pádraig Kitterick, lead for severe and profound hearing loss in the NIHR Nottingham BRC, together with Dr Debi Vickers from UCL and the British Cochlear Implant Group (BCIG) ran a national exercise to find out if there was agreement among the major stakeholders in cochlear implantation on who should be able to receive a cochlear implant on the NHS in the UK. The consensus process was informed by over 150 submissions to a public survey, and involved over 30 stakeholder organisations including those that represent patients and clinicians, national organisations, charities, manufacturers and commissioners of NHS services. The results of the consensus exercise are now freely available online at: www.cicandidacy.co.uk.



Out and about

May saw Deaf Awareness Week and International Clinical Trials Day.

In recognition, we took the opportunity to get out of the office and share our research with visitors

at the Bulwell Riverside Centre and the Mary Potter Centre in Nottingham. It was great to meet people and find out more about their interests and concerns. It was also a pleasure to team up with our Digestive and Liver disease theme and the Ear Foundation who joined us in promoting research.

Tinnitus: past, present and future

As a new Professor, relishing the opportunity to share my thoughts with the public and researchers, I held my Inaugural Lecture in May at the University of Nottingham's Lakeside Arts Centre.

I spoke on 'Tinnitus: past, present, and future', reviewing what previous generations thought about tinnitus, what we understand about it now, and what can be done about it, and then to try and glimpse the future of tinnitus. I then spoke about the new research I am starting, into tinnitus and hearing loss associated with certain cancer chemotherapy treatments.

The majority of the audience were members of the public, many with bothersome tinnitus, and some had driven for several hours to attend. After the formal presentation there was an extended Q&A in which the audience made insightful and interesting points. I came away satisfied, and glad of a good beginning. For a subtitled recording of the lecture, visit www.youtube.com/watch?v=oeuPVfrB--A

Prof David Baguley



Prof Baguley's inaugural lecture, with British Sign Language interpretation.

mHealth Technologies: looking to the future of hearing healthcare

I recently guest edited a series on mHealth technologies in ENT and Audiology News.

But what exactly is mHealth? Mobile health delivers healthcare by mobile technologies, such as smartphones and tablets, and is a subgroup of the broader internet-delivered eHealth and telehealth. With the rapidly growing use of mobile technologies globally, the potential for mHealth is huge. Advantages include low-cost, convenience, greater accessibility, interactivity and personalisation.

The series (in Vol 26, number 1, www.entandaudiologynews.com) included articles from some of the leading international researchers on a range of healthcare areas

including screening, Ida Institute Telecare tools, smartphone-adjustable listening devices, rehabilitation programme for hearing aid users, smartphone apps for measuring noise levels, and our very own C2Hear Online videos for hearing aid users. Contributors came from across the globe (South Africa, Australia, Brazil, Scandanavia, and of course, the UK). In an ever-changing landscape, new service delivery models incorporating mHealth technologies are inevitable, and are to be embraced by professionals and service users alike.

Dr Mel Ferguson



Promoting COMIT'ID to improve tinnitus research

The international COMIT'ID study is an online survey to identify tinnitus complaints that should always be measured when deciding if a treatment is working.

People with tinnitus and those who treat and research tinnitus have been invited to share their views. The findings will inform important guidelines to improve future tinnitus research in order to speed up treatment development.

We have used a range of methods to promote the study including social media, scientific meetings, local radio and television. Our funding partners, the British Tinnitus Association and Action on Hearing Loss have also helped spread the word. Through

this successful campaign, we have recruited hundreds of participants from all over the world, from Australia to Mexico!

Recruitment for the study is now closed but data collection will continue until October 2017. The findings from the study are due to be shared early next year.



Recruited to take part...



384 members of the public with tinnitus



335 tinnitus professionals



40 countries across the world

A new manual to guide tinnitus care

In 2014 we received National Institute for Health Research funding to develop a manual that would guide audiologist-delivered counselling for tinnitus. Since last year we have been testing the manual in a small clinical trial in three audiology departments in the East Midlands. The trial is now reaching its end and over the coming

months we will be interviewing patients and audiologists about their experiences in the trial. Based on the interviews, we will revisit the content and structure of the manual and make any changes that are needed. Our vision is that this manual will, in the near future, become a standard of care for people who have tinnitus.

Dr Derek Hoare, Principal Investigator



Stay in touch Get involved

Are you interested in helping us develop our research?


Around 1600 people now on our database have expressed an interest in taking part and getting involved. We match people and their interests to relevant, ethically approved studies. All participation and involvement is voluntary. Time and information is given to help people decide whether a study or activity is for them. If you would like to:

- volunteer for our projects
- receive the newsletter regularly and express your views
- volunteer to join our panel of public reviewers

we would be delighted to hear from you. Contact Sandra on sandra.smith@nottingham.ac.uk for more information. If you are on our database, please let us know if you have experienced any recent changes to your hearing so we can continue to match you with the most relevant studies.



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Tinnitus Research Review 2017

In the past, the amount of published tinnitus research was small so it was easy to follow.

However, research activity has increased greatly and, while good news, this presents a challenge in keeping up to date. Since 2015, the British Tinnitus Association (BTA) has produced a free yearly review to help meet this challenge. Prof David Baguley, who is President of the BTA and our Clinical Hearing Sciences lead, is co-editor with the BTA's Nic Wray. We are proud

that several of our colleagues feature as chapter authors.

This year information was summarised from over 190 different publications, giving an overview of this thriving field. David Stockdale, BTA Chief Executive comments "We know that the review is valued and recognised for being a high quality source of information on tinnitus research for the audiology and wider tinnitus community." Download the review from www.tinnitus.org.uk



named after a pioneer of British audiology. The prize is awarded annually in recognition of academic contribution to audiology and the recipient is nominated by members of the Society. Prof David Baguley was recognised with an 'Outstanding Contribution' by the industry journal ENT & Audiology News. Dr Magdalena Sereda, Dr Derek Hoare and Julie Brady (Nottingham Audiology Services) winning the conference prize for best poster delivered the icing on the cake!

Contribution to research recognised

This year's British Society of Audiology conference (29 and 30 June) hosted the announcement of awards for our academics. Dr Derek Hoare was awarded the Thomas Simm Littler Prize,

