

3

# Hearing Loss

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

NRS  
DATE INITIAL

--	--

- I. **The client/caregiver can list general facts about hearing loss.**
  - A. It is the most common disability.
  - B. It affects mostly the older population.
  - C. According to the Mayo Clinic, one third of Americans older than the age of 60 years has hearing loss, and one half of Americans older than the age of 85 years has some hearing loss.
  
- II. **The client/caregiver can list signs and symptoms of hearing loss.**
  - A. Muffled quality of speech and other sounds
  - B. Difficulty understanding words, especially in a crowd
  - C. Asking others to speak more slowly, clearly, or loudly
  - D. Needing to turn up the volume of television or radio
  - E. Withdrawal from conversations
  - F. Avoidance of some social settings
  
- III. **The client/caregiver can list types of hearing loss.**
  - A. Conductive is an interference with conduction of sound impulses through external canal, eardrum, or middle ear.
  - B. Sensorineural is caused by disease or trauma of the inner ear.
  - C. Mixed hearing loss is a combination of conductive and sensorineural.
  - D. Central deafness is a rare form affecting the central nervous system causing lack of interpretation of sounds.
  - E. Sometimes a build-up of wax causing blockage can cause loss of hearing.

NRS  
DATE INITIAL

--	--

- IV. **The client/caregiver can list risk factors for hearing loss.**
  - A. Aging and the normal wear and tear can cause damage.
  - B. Loud noises like occupational noise, loud music, shooting firearms can contribute to damage inside your ear.
  - C. Heredity
  - D. Some medication such as the antibiotic gentamicin or aspirin
  - E. Illnesses that result in high fevers may damage the hearing
  
- V. **The client/caregiver can list some treatment options for hearing loss.**
  - A. Removing wax blockage
  - B. Using hearing aid
  - C. Having cochlear implants
  
- VI. **The client/caregiver can list coping skills to promote communication.**
  - A. Face the person with whom you are speaking.
  - B. Turn off background noise such as television.
  - C. Choose quiet settings to talk.
  - D. Ask others to speak clearly.
  - E. Avoid covering mouth or chewing gum when speaking.
  - F. Speak slowly and clearly. Do not shout. Pitch your voice lower (they can be heard better than high tones).
  - G. Consider using a hearing aid or other hearing devices, such as telephone-amplifying devices.

(Continued)

NRS  
DATE INITIAL

--	--

**VII. The client/caregiver can list measures to prevent hearing loss.**

- A. Protect your ears in the workplace.
- B. Have your hearing tested.
- C. Avoid recreational risks by turning down loud music or wearing ear plugs for protection.

**VIII. The client/caregiver can list educational services available to the hearing impaired of any age.**

- A. Regular speech, language, and auditory training from a specialist
- B. Amplification systems
- C. Services of an interpreter for those students who use sign language
- D. Favorable seating in the class to facilitate lip reading
- E. Captioned film, video, and television
- F. Assistance of a notetaker for student with a hearing loss
- G. Instruction in alternate communication methods, such as sign language
- H. Counseling

**RESOURCES**

National Institutes of Health Senior Health  
<http://nihseniorhealth.gov/hearingloss/toc.html>

National Institute on Deafness and other Communication Disorders  
[www.nidcd.nih.gov/](http://www.nidcd.nih.gov/)

Alexander Graham Bell Association for the Deaf and Hard of Hearing  
[www.agbell.org](http://www.agbell.org)

Self Help for Hard of Hearing People  
[www.hearingloss.org](http://www.hearingloss.org)

**REFERENCES**

Ackley, B. J., & Ladwig, G. B. (2006). *Nursing diagnosis handbook: A guide to planning care*. St. Louis: Mosby Elsevier.

Cohen, B. J., & Taylor, J. J. (2005). *Memmler's the human body in health and disease* (10th ed.). Philadelphia: Lippincott Williams & Wilkins.

Hitchcock, J. E., Schubert, P. E., & Thomas, S. A. (2003). *Community health nursing: Caring in action*. Clifton Park, NY: Thomson Delmar Learning.

Hunt, R. (2005). *Introduction to community based nursing*. Philadelphia: Lippincott Williams & Wilkins.

Perry, A., & Potter, P. (2006). *Clinical nursing skills & technique*. St. Louis: Mosby Inc.

Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.