

Title	Provide management strategies for tinnitus, and demonstrate knowledge of Meniere's disease and hyperacusis		
Level	6	Credits	10

Purpose	People credited with this standard are able to: explain the perception and possible causes of tinnitus, hyperacusis, and Meniere's disease, and the possible impacts on a person, demonstrate knowledge of strategies for their management, and provide strategies for the management of tinnitus.
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Classification	Health, Disability, and Aged Support > Hearing Therapy
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Available grade	Achieved
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Guidance Information

- 1 The performance of all outcomes of this unit standard must comply with any relevant cultural and legislative requirements including Te Tiriti o Waitangi ([Te Tiriti o Waitangi | The Treaty of Waitangi | Te Papa](#)), and the rights and responsibilities of people receiving services or supports as outlined in the Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996. ([Health and Disability Commissioner \(Code of Health and Disability Services Consumers' Rights\) Regulations 1996 \(SR 1996/78\)](#)).
- 2 Outcome 5 of this standard must be assessed against in the workplace. This can be through paid or unpaid employment or in a placement with a service provider negotiated by an education provider. It cannot be assessed against in a simulated environment.
- 3 Providing a strategy for the management of tinnitus includes teaching and/or applying the strategy if required for a given strategy or for a given person's needs.
- 4 Definitions
Accepted theories refer to theories that are published in a recognised text or refereed journal, or are documented in organisational standards.
Organisational standards refer to the policies, procedures and practices which reflect an organisation's service philosophy and the current and relevant ethical, legislative regulatory and contractual requirements to which the setting or role is subject.

Outcomes and performance criteria

Outcome 1

Explain the perception and possible causes of tinnitus and the possible impacts on a person.

Performance criteria

- 1.1 The perception of tinnitus is explained in terms of accepted theories of brain function.
- Range may include but is not limited to – process of habituation, process of attention, sensitisation, centres of awareness of sound in the brain;
explanation of three theories is required.
- 1.2 Possible causes or exacerbators of tinnitus are explained in terms of accepted theories.
- Range may include but is not limited to – wax occlusion, stress, diet, noise, hyperacusis, head injury, medical conditions including Menière’s disease, medication, temporal mandibular jaw dysfunction;
explanation of four possible causes or exacerbators is required.
- 1.3 Possible impacts of tinnitus are described in terms of accepted theories.
- Range possible impacts may include – psychological impact; impact on communication, function, activities, participation, wellbeing;
description of two possible impacts is required.

Outcome 2

Explain the possible causes of Meniere’s disease and the possible impact on a person.

Performance criteria

- 2.1 Possible causes of Meniere’s disease are explained in terms of accepted theories.
- Range theories may include but are not limited to – dysfunction of the semi-circular canals, allergies, viral infection, genetic predisposition, head trauma;
explanation of three possible causes is required.
- 2.2 Possible impacts of Meniere’s disease are described in terms of accepted theories.
- Range possible impacts may include – psychological impact; impact on communication, function, activities, participation, wellbeing;

description of two possible impacts is required.

Outcome 3

Explain the possible causes of hyperacusis and the possible impact on a person.

Performance criteria

3.1 Possible causes of hyperacusis are explained in terms of accepted theories.

Range theories may include but are not limited to – auto-immune disorders, traumatic brain injury, metabolic disorders; explanation of two possible causes is required.

3.2 Possible impacts of hyperacusis are explained in terms of accepted theories.

Range possible impacts include – psychological impact; impact on communication, function, activities, participation, wellbeing.

Outcome 4

Demonstrate knowledge of strategies for the management of tinnitus, Meniere's disease and hyperacusis.

Range strategies may include but are not limited to – referral to relevant professional for medical assessment, informational counselling, relaxation techniques, stress management techniques, diet, cognitive behavioural therapy, retraining therapy, habituation, sound therapy, desensitisation, hearing assistive technology, alternative therapies; minimum of three strategies for each condition.

Performance criteria

4.1 Management strategies and their relevant application are explained in accordance with organisational standards.

Outcome 5

Provide strategies for the management of tinnitus for a person.

Range strategies may include but are not limited to – referral to relevant professional for medical assessment, informational counselling, relaxation techniques, stress management techniques, dietary modification, cognitive behavioural therapy (CBT), retraining therapy, habituation, sound therapy, desensitisation, hearing assistive technology, alternative therapies; evidence of three strategies is required.

Performance criteria

5.1 Information on management strategies is provided in accordance with the person's assessed needs associated with their condition(s).

- 5.2 Management strategies provided are explained in terms of their underpinning theory.

Planned review date	31 December 2029
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 April 2017	31 December 2025
Review	2	Xx July 2024	

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Toitū te Waiora info@toitutewaiora.nz if you wish to suggest changes to the content of this unit standard.