

## **VHW HEARING SCREENING AND INTERVENTION**

### **Materials needed:**

**Screening: None (for Whisper Test)**

### **Interventions:**

**“Listenator” hearing aid (Contact Us to inquire)  
Otoscope (Dr. Mom Otoscope, available on amazon.com)  
Cotton balls  
Dropper bottle  
Ear irrigation SprayWash kit (OtoClear Ear Irrigation kit,  
available from bionix.com)**

### **SCRIPT**

- 1) Introduce yourself and Kisoro Elders Project**
  - a) Today we will be testing for hearing problems, very common in older adults**
  - b) There are many causes of hearing problems. We will be looking for ways to help.**
  
- 2) Ask about hearing problems: missing out on conversations, asking to repeat words, turning up the radio.**
  
- 3) If there is a problem, do the Whisper Test on each side:**
  - a) Have the person cover the ear not being tested**
  - b) Stand an arms length away from the ear being tested, and a bit back so the person cannot see your lips**
  - c) *Whisper* 4 common words. Ask the person to repeat them. If they can repeat 3 or 4 of the words, they do not have a serious hearing problem in that ear. If they can only repeat 0, 1, or 2 words, they do have a problem.**
  - d) Use different words for the other ear**
  
- 4) If the person has a hearing problem in both ears, try a listenator to see if it helps. If it does, give the person a listenator and instruct them to keep it in the container so it will stay clean. The person**

speaking into the listener should use a normal tone of voice, do not yell.

Record whether listener helps (B= big, L=little)

People who especially benefit from listeners are those whose family members need to shout at them to communicate.

**5) Inspect for earwax:**

- a) Gently pull the ear up and back to straighten the ear canal
- b) Inspect for wax with the otoscope, carefully, don't push the tip in too far
- c) If wax is plugging the canal, try to flush it out with the spray bottle. Use clean, room temperature water in the spray bottle.
- d) If the wax does not flush out, demonstrate how to soften the wax: tilt the head far over to the side, straighten the ear canal by pulling it gently up and out, drop in 5-10 drops of clean water or clean room temperature cooking oil. Put in cotton ball, keep the head tilted for 2-3 minutes, leave the cotton in for another 10 minutes
- e) Schedule a return visit at least 3 days later to try to flush out the wax again. For 3 days before return visit, use drops twice a day
- f) If wax is removed, ask whether hearing is improved in that ear, a lot or a little. Repeat the Whisper Test in that ear.
- g) If the person has not yet received a listener, and hearing is not fully improved by removing wax, try the listener again. If it helps, give it to the person with instructions.

**6) Record all results**

**7) Followup: if a listener is given, return within 4 weeks. Record:**

- a) Whether using listener? (Yes/No)
- b) Is it helping? (Yes/Big or Little/No)
- c) How is it helping?

**8) Instruct family in communication:**

- a) Face person with your lips at the same level as theirs
- b) Speak a little louder than usual but don't yell. Speak slowly and clearly. Lower your voice a bit if possible.
- c) Try to speak in a quiet environment
- d) Use pictures or hand signals if possible