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GR Tinnitus Sound Generator

Presenter: Valerie Kedem, AuD

All right, so we will go ahead and get started. It is a quick 30 minutes for this session of Grand Rounds by Resound. And this is going to be all around our feature called Tentative Sound Generator. And we're also going to include some information about our smart 3D app and how you can utilize that once the Tinnitus Sound Generator has been turned on. And we will also talk about a different app which is called our Tinnitus Relief, apparently.

My name is Valerie Kettum. I am one of the field training audiologists with GN Resound and just want to say thank you so much for joining us today. So this is going to be very much a course on how to use the features, so you feel more confident about turning it on, making changes, what's actually happening, talking to your patients about the Tinnitus Sound generator at large and then also how that corresponds within the app. So that's going to be the focus of today. And we also know that for every type of educational experience that sometimes there are inherent risk and benefits.

So this is what we have going on here at Audiology Online. And like I said, these are our learner app outcomes. So we want you to feel comfortable being able to adjust that Tinnitus Sound Generator, which I'll start to refer to as TSG from time to time. We want you to feel good about being able to discuss the differences between what we refer to as nature sounds versus Sound presets. We'll talk about that and show you that within the software.

And then again, we want you to feel comfortable with not only the Smart3D app and its functionality, but what that Tinnitus Manager looks like within the Smart3D app and how you can expose your patients to this so they do have more capabilities to self manage that Tinnitus. We do have a pretty large team and some depth because we want to make sure that whatever you need, we are able to provide for you whether it's right now or at a different time. So please don't hesitate to reach out to anybody that you see here. Now, with that being said, because this is a software course, we are going to pull out of our PowerPoint for the time being and we are going to cruise into our Smart Fit software. So right now our

current version of software is Resound Smart Fit 2.1 and what's nice about our Tinnitus Sound generator, that it is available in all levels of technology.

So that's your twos, your threes, your fours, your fives, your sevens and your nines. That's really great because sometimes people do need to have an on ear tinnitus masker and maybe they don't have hearing loss, but they just need that masker. So do they really need to spend, you know, level nine technology type of money? Probably not so. Or maybe they just can't get there.

But regardless, we want to make sure that of all the levels of technology, technology that the tinnitus sound generator is going to be available for our patients. So when we're turning this thing on it is considered an advanced feature. And so our advanced features is on this tab right here. And you can see it's going to be the third one over. Speech comfort and then tinnitus sound generator.

Best recommendations, at least from my viewpoint, is that patients don't always want the TSG. They don't always want that masker to be on. Most of our patients do. There's always going to be outliers for everything. And so what I recommend is that when you're considering turning the TSG on that you make two number one programs.

So what I mean by that is two all around programs. So I'm going to go ahead and do that here. Our software defaults naturally to two programs. Program number one is all around program number two is hearing noise. Now I'm going to change that second hearing noise program.

I'm going to make it my second all around program and then I'll go ahead and just add back our hearing noise program. So they do have that capability if they get to this really challenging listening environments that they have all the benefits that the hearing noise program offers. So now I've added my second hearing, sorry, my second all around program. And in that second all around program this is where I want to activate my tinnitus sound generator. So everything within the TSG is going to be ear

specific.

And what I mean by that is that you will have to turn it on for each ear individually. With this version of software you're going to notice that things are green. So it kind of allows you to see things on and off versus this black and white that we were doing in previous generations of the software. So just a little bit more awareness to what's actually on versus off. And I'm going to turn my tinnitus sound generator on for my right ear.

And now I'm going to turn my tinnitus sound generator for my left ear.

Once I've turned it on it defaults to these nature sounds. These nature sounds are these water sounds that we see here kind of where my pointer is. So we've got six of those. Breaking waves, water, creek, calming wave, shoreline, ocean, beach, surf. In my opinion, if you listen to them just very briefly, they all sound exactly the same. So if you want to really get a true representation of what the differences are with these different nature sounds, go ahead and take a moment and listen to them for at least 30 seconds, if not a minute, and then you will actually get to see what that difference is.

When I take a look over here, and I've got my red line which says 55, and then if I go a little further over to my right side of my screen and my blue line for the Left here says 55, this is talking about the level of the masker or the level of the stimulus. So it is going to be. It defaults into SPL, so DBSPL, and it defaults to 55dB SPL, which is actually pretty soft. And so this is how you can increase or decrease the volume of that stimulus or the volume of that mass curve.

If I continue down here just a little bit to my volume control and I click on my dropdown box, you can see that we have two options. So the default is the stimulus level, and then we have another option called stimulus level plus environmental optimizer. So just for awareness, once you've made a program part of a tsg, so once you've turned the tinnitus sound generator on in a program, the volume control,

whether it's on the hearing aid or in the app, is not for the volume of the hearing aid anymore. Now it's going to be for the volume of that masker for that stimulus. So when you're cranking this up or down within the app, or maybe on a push button or a rocker switch on those hearing aids, just know that in that TSG program, it will be the stimulus or that masker that's getting louder or softer.

So that is what the volume control is doing right here for us. If you choose environmental steering plus stim stimulus level, what's happening here is that the masking is going to get louder or softer automatically, depending on what type of environment the patient is in. So if the patient walks into a busy, noisy restaurant, then the stimulus level is going to get softer. If the patient walks into a quiet environment, then that stimulus level is going to get louder. And the thought behind that is, we know that most of our tinnitus patients, typically, not for everybody, but typically when they get into noisier environments, their tinnitus isn't as prevalent.

And usually when they go into Quieter environments, it ramps up. So this is just a way to just have some automation for that.

If I go down here to my next line where it says mic relative to tsg, when I have stimulus level plus environmental steering active, this becomes inactive because we can't change anything. This is already doing it. When I go back to stimulus level, then this allows me to change the mic relative to the tinnitus sound generator. So the default is that the microphones of the hearing aids are going to be the same volume as the masker or the tinnitus sound generator. But you might have a patient that wants the hearing aid microphones to be attenuated.

They don't want them as loud as the masker. Sometimes we'll even see if perhaps your patient is literally only using these hearing aids for on ear masking system. They might not want the hearing aid microphones on because they don't need an amplification. And in that case, then you would go all the way to the far right, both the right and the left. And it says tsg mic off.

So I'm going to go back to my negative 90B here and I'm going to take my pointer up here to my second program. So it says TSG plus all around. That's also how we know that the tinnitus sound generator has been turned on for this program. And if I turn my mic off on my hearing aid, watch what happens to the labeling or the title of that program. Now it just says tsg.

So that's also our clue that, oh, we are just using this program at least as a masker only for that on your masking capability.

So this is if you're looking for like an easy way to turn or help our patients with your, with their tinnitus, leaving it on the nature sound is going to be kind of that easy, quick way to do it. Sometimes we need more. And so this is where we might turn our nature sounds off. So I'm going to turn my nature sounds off on the right side only so you can see the difference of what I'm talking about. And so the default setting will be that once I've turned my tinnitus sound generator on, my nature sounds are going to be that default.

But if I take my nature sounds off, these are the sound presets. So this is where if you need to modify or have something very specific for your patient, this is how you're going to do it within the Smart Fit software.

When I click on my sound presets here, you're going to see that we have four options. High frequency noise, white noise, speech noise and pink noise. And so you can choose whichever of these that you want. So if I choose high frequency noise, you can see what we're doing here. If I choose white noise changes speech noise again, it's going to change and then pink noise.

So I, I usually like white noise from, with this big filter. So the range right here that you're utilizing is going to be that filter for the masker. If you change it off of it for any reason, then what's going to

happen is that the sound pres is going to go to custom. So you haven't changed white noise, pink noise, high freak noise, anything like that. It's just that now it's considered custom because you change the filter.

So this is also how you can, if you're trying to kind of tinnitus match if you will, this is how you can do some of that within the software as well. So when you take it off of nature sounds, this is more manual programming and this is how you can kind of get to that nitty gritty or fine tune the tentative sound generator for your patients needs if they need more than what the nature sounds can offer. We also have the capability of changing the amplitude modulation. So we've got off negative 6, 10. I just always think about this like big ocean waves and then how fast those waves are coming in.

Fast, medium or slow. Again with the volume control, you can do either stimulus level or the environmental steering.

It's the same exact function as what we were seeing when the nature sounds were turned on.

Now, as you can see here, you can make one ear very different from the other ear. You don't have this ear to ear synchronization. Just be aware that if you want the patient to have functionality within the Smart3D app, we have to have ear to ear synchronization. So whatever the right ear is doing, the left ear needs to do as well. And then this is just saying, well, which, which one are you looking for?

Do you want the right ear to be like the left ear, the left ear to be like the right ear? So I'm going to say copy from left to right. And it's just something to be aware of. If you're having like fun things happening in the smart 3D app, just always come back and check and make sure that the right side and the left side are doing the exact same thing.

So this is essentially what you get in the tentative sound generator. If we click on the advanced settings here, then you do have you can make some low cuts, some mid cuts and some high cuts. So again, just able to just fine tune this a little bit more if you so desire.

And then that's going to be only available underneath those nature sounds. Once you get off the nature sounds, you aren't able to do those cuts.

So once this is good and you're like, your patient feels good about this, everything is set up, then you can just hit save.

And from here then we can go into that Smart3D app. So I have some screenshots here of the Smart3D app, just so you can see what it looks like in real time.

And I'm just going to go through these like I would be if I was going through the app. So whenever you pull your Resound Smart 3D app up and you've paired those hearing aids to the phone and to the app, so if you're doing Android, it's all through the Smart 3D app, that hearing mechanism. If you're doing iPhone, you're going to first pair the hearing aids to the phone through accessibility and then you will pair the hearing aids to the smart 3D app. So two step process for iPhone, one step process for Android driven phones. When you open up that smart 3D app and you have the Tentative sound generator active, what you will see is if you look here, where my pointer is at the top right of that red card, they're going to see this icon, like a little half circle or almost full circle with an arrow pointing to the right.

That's just letting you know visually or your patients know visually that, oh, hey, I have this, I had TSG or that 10 sound generator turned on within this particular program. If I end up in a program that does not have tsg, you'll notice that that little icon, it goes away. The way that you can access the Tenus Manager within the Smart3D app is through your sound enhancer. So I'm going to click on my sound enhancer. And this is if you're familiar with the app, this should look somewhat familiar.

And then to get into the Tinnitus manager, you're just going to click on Tinnitus Manager. If you happen to have that program which does not have TST active, this is the message that you're going to get. No problem. You're just going to go into a program that actually has the TST active. We know that because of this little circle triangle thing.

Click on Sound Enhancer, click on Tentative Sound Manager. And now we have this screen. And so as you see here, we have Again, a lot of flexibility that the patients can do in real time. So going from line to line, if we go from the white noise to the nature sounds to the tinnitus sound generator, the white noise variations are those sound presets. So this is going to be no variation, slight variation, meeting variation, strong variation.

And in addition to being able to change those amplitudes, you're also able to change that filter. So I don't know if you can see here, there's like a little tiny white dot with, like, a circle around. It's kind of light. Light gray. That's usually the default from where this white circle is here to right about here where my cursor is.

But within the white noise variations, your patients had the capability of making that filter bigger or smaller or really wide. So they do have quite a few capabilities with that white noise variation.

If we go down to that second line where we have nature sounds, these are the nature sounds that we were seeing over within the Smart Fit software. So they swirl really nicely. So we have these six water sounds or these six nature sounds. The first one's going to be ocean, so you can kind of visually see what it's doing. Calming waves, shoreline beach, surf breaking waves.

So your patients can pick through whichever one is working best for them. And it could change from day to day. And when we go down to our final line here, where it says tentative sound generator, this is

how we can make the volume of that masker or that stimulus sound louder or softer. So you can make it louder if you want, you can make it softer if you want. You can break it out between the right and the left ear.

So maybe patient has Meniere's disease, and they got that fluctuating hearing loss and that fluctuating tinnitus, and they might need it to be different from day one to day two. Maybe sometimes they need the right ear to be a little bit lower, then the left ear to be completely muted. It's not muting the hearing aid volume. It's just muting out the masking. So that's what this is looking at, remembering that anytime we turn the tinnitus sound generator on, that volume control is now the volume control for the masker itself.

What's also nice about the Smart 3D app is that the patient can have up to 20 different favorites, and this includes making favorites for that tinnitus manager. So again, maybe they have Meniere's disease, they have fluctuating tinnitus, something that changes from day to day or time to time or situation. Situation they can message like, take a moment, get this just right. And then they can add a favorite and they can save it within their app. And so they're going to click this right here where my pointer is, is at the bottom right, says add a favorite.

And it's going to save in whatever they have chosen. Patients get to name it whatever makes them happy, Tinnitus, good days, bad days, whatever makes it resonate with them. And then once you've done that, then this is going to be a program option, a favorites option within the Smart3D app. So you just swipe, swipe, swipe, swipe until you get to the program that you're looking for.

Of note, if the patients make favorites, whether it's just favorites with gain changes or they are doing it also for the tinnitus side of things, if that app ever gets deleted, then all the favorites go away. So just something to be aware of. Sometimes it's a sad day. Especially some of our patients utilize this quite frequently. And so we just always want to make sure that if we do have to download or delete that app,

that we just have some awareness around the fact that we'll have to remake the favorites that the patient has made.

So that is how the Smart 3D app correlates with the Tinnitus sound generator once it's been turned on within the software. And as you saw, if the pitching, if that certain program has TSG turned on, you have access to the tinnitus manager. And if it doesn't, it'll tell you, hey, this program doesn't have it. So there shouldn't be any confusion on what program does and what program does not have the TSG turned on. So that's the smart 3D app.

That's that super fancy remote control. In addition to the Smart 3D app, we also have a second app, and this is separate and it's called the Tinnitus relief app. And so the Tinnitus relief app, okay, and these are both free to everybody. What's nice about this is that anybody can use it. I can use it, you can use it.

People wearing resound hearing aids can use it. People that are wearing no hearing aids at all can use it. People that are utilizing other manufacturers, everybody can use this kind of an all for one type of thing. It is been. It's got some Dartmouth research in it.

So we have some techniques and some meditations and things that are from Dartmouth. So it is going to be very research based. And what I like about this screen here is if you see these Bubbles here. If you like to pop that wrapping bubble, the packaging bubbles, this will make you happy. Because this is a little.

If you pop, touch those bubbles, they. They pop and you get a little vibrotactile response. Now, it's not a game, it's not a competition. It's just a vibrotactile distraction for the patient. So they can just tap the buttons and the bubbles pop, and that's all that's going to happen.

In addition to having those bubbles popping, we also have the ability to make what we call soundscapes. And so what this allows our patients to do is kind of do like a mix and match of what sounds together, help them with their tinnitus. And again, they can have a multitude of different soundscapes. They can name them for whatever sounds good to them, whatever is meaningful for them, so they know when and how to use them. And when we take a look at our options, we have three different categories.

The first category is going to be the environmental category. So this is birds, bubbles, babbling, creeks, fryer fires, highway frogs, a dishwasher, so forth and so on. So lots of different options. The environment class has a lot of the options, most of the options. But if we move on to the right, we also have this music category.

I particularly, I like the abstract song, the Monks are kind of cool. THEY HUM so you have these different options. And then in the third category, we have what we're calling therapeutic. And this is more like what we're used to seeing. So we have the brown, the pink, the violet and the white noise.

So why is this so cool? Besides just having a lot of variety? If you look down here at the bottom, where my pointer is, it says selected sounds, and we have these five circles. So within our Tinnitus relief app, our patients can create their own soundscape, and so they can add up to five of these different sounds. So I'm going to go back into my environment screen and I'm going to pick ocean waves in my train.

And now you can see they've taken up two of my circles here. I'm going to go to music and I'm going to say, I like dreaming and I like monks. And then I'm going to go to therapeutic and I'm putting my violet noise in here. And so now I've made my own soundscape. And you can see here, this is.

Think of this like an equalizer. All the sounds are coming in at the same volume, but sometimes that might not be what we want. Maybe that violet noise, we want it in the background because it really

helps mask that tinnitus. But we really like to listen to this bus. We want that violet to just be a little bit softer or a lot softer.

So now the patient has that ability to equalize or choose which is coming through the most and which sounds are coming through the. The. The least. So it does just allow our patients to customize this for their needs.

As I mentioned before, they can name it. So just type in a name here and click the check mark. And I would maybe call this, I don't know, tennis one. And then it'll always be called tennis one. And it will show up as that name here in the bubble.

And you have multiple bubbles because you can make multiple soundscapes. In addition to being able to do that mix and match feature, we can also set this on a timer just like a tv. So maybe you don't want that to be on. You don't want the masker to be on all night long. You just need it to fall asleep.

So the patient can set the timer just like you would for that tv. And then in two hours and five minutes, the tinnitus sound generator or tinnitus relief app, will turn itself off. We also have these meditations. We have some deep breathing exercises, imagery, pleasant activities. We have the guided.

This is where you're going to hear some of the stuff from Dartmouth here. I use this sometimes just to help have a better day myself. We have these deep breathing exercises which you can do in normal, slow and deep. And the circle kind of goes in and out to help you regulate your breath.

And then we have a pleasant activity screen. And so this is just again for, hey, maybe you should go meet a friend. Maybe you should go outside, maybe you should take a walk. Just, you know, ideas to help our tinnitus patients who are really struggling to have some relief.

This is imagery. Perhaps this is going to work better for them. And as you can see on the bottom, we have our sounds tab. Right now we're in this relax screen with these options. Now we're in our learning screen.

So this is really nice as you click on to each of these. What is tinnitus? It just gives you a lot of information about tinnitus, what causes it, treatments for it. It's all research based. Sometimes this is nice because the patients have, you know, we tell them a lot.

It's hard to ingest all of it at once. And now they have it at their fingertips that they can, you know, learn little by little as they can handle more and more information.

And then the biggest thing here on my relief is just the usage.

So in a nutshell, that is the Tinnitus sound generator within the Smart Fit software. How it works, how it functions, how to change it and manipulate it, how that correlates to once you've turned that TSG on, how that correlates within the Smart 3D app under the Tonus Manager. And then we have this third option, maybe not third option, but the second app which is called the Tonus Relief app, that is more of a universal app. Anybody can use it. I use it when I travel sometimes I like to turn on a soundscape and block out some maybe noises that are going on around me.

So I use it that way for me personally, beyond just something that is tinnitus based. So that leaves us with about two minutes here. And so I'm just going to come over here and see if there are any questions. I'll try to answer them to the best of my ability.

Okay, don't see any questions here. But basically today what our goal is is that you feel a lot better just about what is the tsg, how do I turn it on, how do I manipulate it, how does that correlate with the apps? And overall how do I use this? And how can I take that information and then share it with my patients?

So I want to say thank you guys so very, very much for joining us today.

I hope that you have a wonderful day. And today is Friday, so wonderful weekend. Once you get there, please don't forget to take that five question quiz. You can get that half hour of CEU or that 0.5 CEU and I will say goodbye and have a wonderful day.