

HCA

UK
HEARING
CONSERVATION
ASSOCIATION



NEWS, VIEWS AND UPDATES...

hearingconservation.org.uk



March 2021

Welcome

Welcome to the March edition of the UKHCA Newsletter which coincides with World Hearing Day.

The UKHCA have been long supporters and advocates of this day to collaborate globally to raise awareness and improve action from policy makers and other influencers in making a difference to preventable causes of hearing health harm.

In this edition we can also update you on our recent AGM and the opportunity to become members of the Association. We also share with you a couple of articles and updates from our members related to hyperacusis, hearing health assessments for safety critical work and lip reading.

As always we hope you enjoy the content and if you have any comments or would like to make a future contribution please contact us at enquiries@hearingconservation.org.uk

To make sure you receive future copies of this newsletter please sign up here <http://hearingconservation.org.uk>



World Hearing Day 2021

Hearing Care for ALL! How do we educate our young people on hearing health care?



World Hearing Day is celebrated annually on the 3 March with aims to raise awareness of hearing loss and promote ear and hearing care for all.

Recognizing that the global prevalence of hearing loss is on the rise and that the impact of unaddressed hearing loss on society is significant, the World Health Assembly wants to encourage the inclusion of ear and hearing care (EHC) within national health plans. The UK have no regular national hearing screening programme, apart from newborn hearing screening. With a huge increase in headphone use and listening levels in our children and young people – should a national school awareness and hearing testing programme be implemented to combat the effects of this?

The UKHCA have developed a 'Protect Your Ears for Life' school education programme currently aimed at high school age children but can be adapted for younger age groups. We'd be interested to hear from you if you think you can help us roll this out and promote to policy and decision makers in education. [Young People | Hearing Conservation](#)

Are you particularly bothered by loud sounds?



Do you find the cinema intolerably loud? Stick fingers in your ears when a train screeches to a stop? Enraged when a toddler hammers the hardwood floors with a toy? Does being at a loud party or restaurant stress you out? Do you find sweet relief in wearing earplugs or escaping to a quiet place?

Many people have reduced tolerance to everyday sounds that are not usually harmful to our hearing. This oversensitivity to sound is a disorder called hyperacusis, sometimes referred to as Decreased Sound Tolerance (DST). Although it is often linked with hearing loss and tinnitus (ringing in the ear), it is not a precondition. Severe cases of reduced sound tolerance can be very debilitating and result in a poor quality of life. Some turn to overusing hearing protection and total isolation. As much as 15% of people may suffer from hyperacusis, but here is the good news - most get well after undergoing treatment.

Read more about how this Audio Therapist is weaning off patients that are addicted to hearing protection.

Read the full article [here](#)

Lipreading and the McGurk Effect



With today's unprecedented global pandemic and the population being encouraged to wear mouth coverings there has been an increasing awareness of lipreading and the access people need to it. Lipreading is a skill that can be learned and indeed taught but did you know that most of us will automatically lipread at some point in our lives, even if we are not aware we are doing it at the time.

We have all experienced noisy environments where ability to hear speech clearly is compromised, loud pubs and clubs, noisy work factories and classrooms. Most of the time we do not explicitly notice we are utilising this skill.

For people, children and adults alike the awareness of lipreading and the ability to learn to lipread in a classroom becomes increasingly important with a diagnosis of hearing loss. Most people consider the idea of being deaf is to describe people whose first language is British Sign Language (BSL). This is only accurate for people who were born deaf, now consider people who have acquired spoken language. What happens when they become deaf?

Read the full article [here](#)

Check your Hearing!

Early detection of hearing loss is crucial for its effective rehabilitation. In order to ensure that hearing loss is noticed as early as possible, all people should check their hearing from time to time, especially those who are at a higher risk of hearing loss. They include people who often listen to loud music, work in noisy places, use medicines that are harmful to hearing, or who are above 60 years old. In order to facilitate hearing checks, WHO has developed a mobile and web-based software application for hearing screening.

The hearWHO app is based on validated digits-in-noise technology. This app gives the general public access to a hearing screener to check their hearing status and monitor it over time. The easy to use app clearly displays the users' results and keeps a personalized track record of their hearing status over time.

Check your hearing!



Download the app

UKHCA new membership structure and Strategic Plan for 2021-22

The UKHCA held its first official AGM on the 10th February 2021. Key issues tabled to be supported and carried were on our strategic plan for the next year and a move to an annual membership structure.

New Membership Framework

The UKHCA has to date relied on seed funding from our founding members. To allow a more sustainable future for the Association and in order to best serve the needs of our members now and in the future, we feel it is timely to put in place a more formal and optional arrangement going forwards. The new membership structure will commence with the new financial year in April 2021. We currently have members from across the UK and internationally representing charities, acousticians, occupational health & hygiene professionals, audiologists, health & safety professionals, hearing protection manufacturers, service and product suppliers, noise consultants, trade associations, musicians and music venues.

Membership of the UKHCA brings with it the benefits of being part of a group of like-minded and passionate individuals and organisations on a mission to conserve hearing and impact the prevalence of preventable hearing health conditions. Member can also benefit from;

- joining our Special Interest Groups based around our key areas for influence and change; At Work, At Leisure, In Educating Young People, In Music & Entertainment. We are also setting up groups to look at health surveillance, the military and design.
- access to use the UKHCA logo
- preferential rates or early access for events, conferences and training

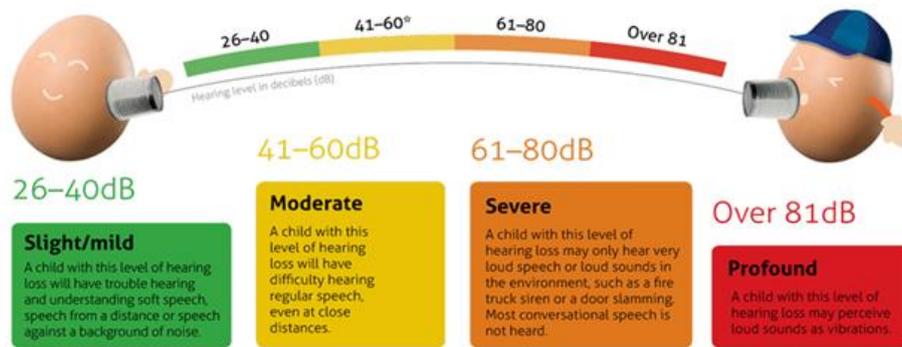
Membership is free for students, £40 for individuals and £100 for organisations annually.

We also welcome affiliation and support from charities and not for profit organisations who have complimentary aims and objectives to the UKHCA.

If you would like to join us as a member or discuss membership benefits please contact us enquiries@hearingconservation.org.uk.

Do we Assess Hearing Loss in the right way?

Hearing loss grades



*In the case of moderate hearing loss, the range for children is from 31-60 dB.

I was recently involved in a working group to look at safety critical standards for construction workers and their hearing ability. A 'standard' applied was a 30dB hearing loss over 0.5, 1 and 2kHz in any ear. This made me think.... What does this hearing loss mean, is it significant in terms of ability and disability for working in construction – and more importantly is it an appropriate measure? Our 'gold standard' for testing a person's hearing acuity is to use pure tone audiometry (PTA). That is can a person hear pure tones presented at different frequencies in a sound-controlled environment. This is a very good way to accurately compare the sensitivity of our hearing response to relevant hearing frequencies which can be replicated and standardised.

However, does it accurately represent hearing and communication in the 'real world'? With background noise, distractions, concentration, clothing and equipment coming into play does PTA represent a useful functional hearing assessment?

The UKHCA would like to start a group to look at hearing tests, health assessment and health surveillance standards. If you are interested, please contact us at enquiries@hearingconservation.org.uk.

If you feel you have a news story, innovative ideas or a challenge for others around hearing conservation and preventable causes of hearing health harm please contact us. We are driving forward work through our 4 Special Interest Groups - Hearing Conservation; At Work, At Leisure, Through Education of Young People and in Music and Entertainment.

The UK Hearing Conservation Association

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