

'EAR 'TIS



Newsletter for Audiometry Nurses
Welcome to the issue of the ANAA Inc. newsletter
2022 Summer Issue

Summer 2022



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Festive Greetings of the Season.

May the Christmas season end the present year on a cheerful note and make way for a fresh and bright New Year.

Here's to a great 2023!

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President's Report

Hello everyone,

It was great to see you all at the Tamworth conference after a couple of years with life on pause.

Thank you to Purna & her fabulous team for helping organise a very informative 2 days of hearing education at the amazing Tamworth venue.

Thank you also to our previous committee members who contributed but have now gone on to take up other nursing roles in their LHD. Susan Darby & Melinda Lowry.

Welcome to Helen, Lucy & Sandy to the new committee. Thanks for putting your hand up to help with ongoing audiometry nursing business in the future.

It was great to see our Life Members, Kathy Challinor & Sue Hynes attend the conference. This is a true sign of dedication & passion for audiometry. As a committee we have recently voted to allow Life Members to attend a conference each year for free with just a payment for the dinner if they choose to attend.

We have also decided that we will give 2 free scholarships for the Audiometry Nursing course subject 242 each year. This will be reviewed each year to make sure it is financially viable. See website for forms & details.

Our next conference in 2023 may be Sydney based as we need support from audiometry nurses to organise & also be able to attract guest speakers.

We will make one of the days a workshop. The AGM & other presenters will be incorporated into the other 2 days. Unfortunately, the cost may go up as pricing of venues & conference packages in the city areas have gone up. We will give you plenty of notice when we get more information. Great way to get those CPD hours up.

Please send any interesting articles or activities to Sharyn (editor) to be included in the quarterly newsletter.

Check the ANAA Inc. website regularly for updates. Any changes to your email, address etc please send to our secretary Kirsty Biddle.

Take care everyone, wishing you all a very happy & safe Xmas with your loved ones.



Tracy

A Warm Welcome to our Newest Members



Full member

Jacqui Dunn from Walcha

Catharine Schneider – Western Sydney. Recent Audiometry graduate.

Associate Member

Naomi McDougall – current student from South Australia



Audiometry Course

This term we have 4 students completing the Audiometry 242 subject. Following this they will be fully qualified Audiometry Nurses.

All of our students this term have had to travel to complete their placements. 2 students travelled up to Tamworth to do their placement with Purna & Lucy, one student went to Springwood to be with Gisella, and one student travelled from South Australia to do their placement with Kate.

Please consider becoming a clinical advisor next year so our students don't have to travel so far. Our workshop is evolving to cater for those unable to attend the workshop in person.

Above is a photo of our current student Naomi Mc Dougall with Kate Norton. Naomi came all the way from South Australia for her clinical placement. Photo was taken at the Crown Hotel looking out over the mighty Clarence river.

ANAA Inc. Education Fund



The Education Fund was established in 1991 when a donation of \$1,952 in memory of Rue Wright was received. The 1992 Annual General Meeting approved a resolution that each subsequent year a further \$5.00 in respect of each member is to be set aside to the Education Fund, and that members are eligible to apply for educational grants in accordance with guidelines that have been established.

Please contact ANAA Inc committee for more information on accessing this funding to further your educational requirements in Audiometry Nursing



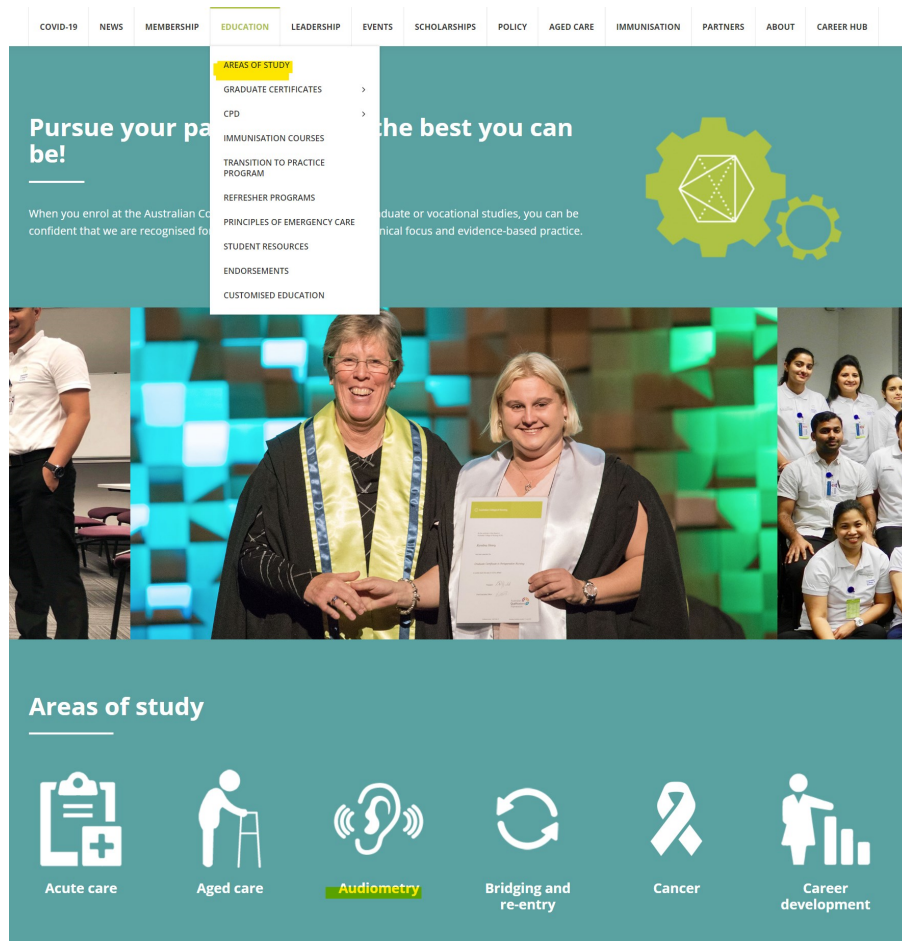
Audiometry Nurse Course

Qualification Update

Both unit 241 and unit 242 have been removed from Graduate Certificate of Community and Primary Health Care nursing course progression, starting from the January 2023 intake.

The website just updated. <https://www.acn.edu.au/education/postgraduate-course/community-and-primary-health-care-nursing#structure-fees>

Students would be able to do the units as single units of study. A new page has been added to our website, under "Area of study" – Audiometry.



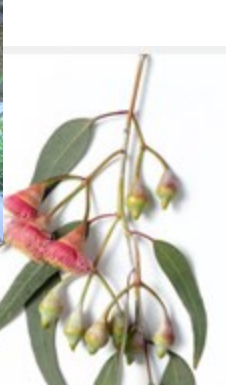


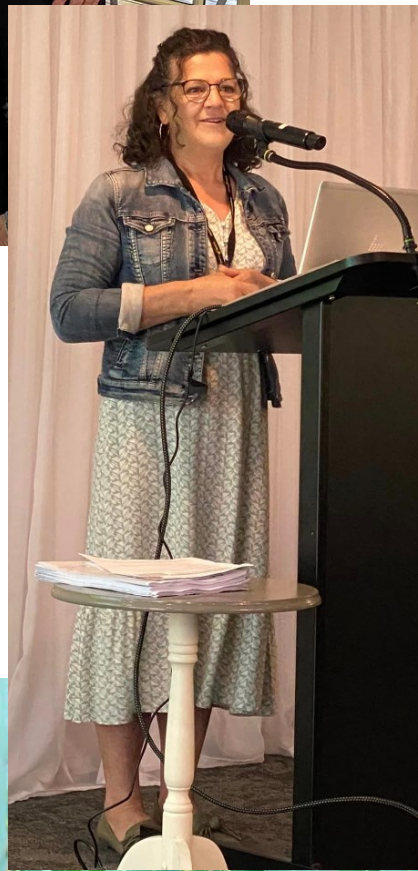
Tamworth Conference 2022

More photos
available on Face
Book
"ANAA Inc"









The calculation of maximum permissible ambient noise levels for audiometric testing to a given threshold level with a specified uncertainty

Air-conduction audiometry

| Octave band centre frequency (Hz) | Max permissible sound pressure levels L_{max} (Reference 20 μ Pa) (dB) | | |
|--------------------------------------|---|-----------|-----------|
| | Test tone frequency range (Hz) | | |
| | 125 to 8k | 250 to 8k | 500 to 8k |
| 31.5 | 56 | 62 | 73 |
| 63 | 38 | 48 | 59 |
| 125 | 23 | 30 | 47 |
| 250 | 18 | 18 | 33 |
| 500 | 18 | 18 | 18 |
| 1 kHz | 20 | 20 | 20 |
| 2 kHz | 27 | 27 | 27 |
| 4 kHz | 34 | 34 | 34 |
| 8 kHz | 33 | 33 | 33 |

Note: Using the above values provides an uncertainty of +2 dB due to ambient noise. If an uncertainty of +5 dB for the threshold value is acceptable the L_{max} values in the above table may be increased by 8 dB.

Bone-conduction audiometry

| Octave band centre frequency (Hz) | Max permissible sound pressure levels L_{max} (Reference 20 μ Pa) (dB) | |
|--------------------------------------|---|----|
| | Test tone frequency range (Hz) | |
| 31.5 | 47 | 56 |
| 50 | 30 | 39 |
| 125 | 20 | 21 |
| 250 | 11 | 11 |
| 500 | 8 | 8 |
| 1k | 7 | 7 |
| 2k | 6 | 6 |
| 4k | 2 | 2 |
| 8k | 9 | 9 |

Note: Using the above values provides an uncertainty of +2 dB due to ambient noise. If an uncertainty of +5 dB for the threshold value is acceptable the L_{max} values in the above table may be increased by 8 dB

Yucca plants to blame for gardening injuries including permanent hearing loss, study finds

[ABC Radio Melbourne](#)/ By [Simon Leo Brown](#)



Dozens of people have presented to hospital with ear injuries due to yucca plants. (*Wikimedia Commons: Stan Shebs*)

The fashionable yucca plant is to blame for a spike in gardening-related ear injuries, new research has found.

Over a five-year period 28 patients presented to the Royal Victorian Eye and Ear Hospital in Melbourne with ear injuries caused by the spikey plant, according to a study published in the UK journal *Clinical Otolaryngology*.

Ear, nose and throat (ENT) surgeon Professor Stephen O'Leary, who authored the report, said some of those injuries were very serious.

"It was a bit of a surprise to us," he [told ABC Radio Melbourne](#).

"We had repeated episodes of people coming in after they were gardening or handling their yucca plant."

He said one in seven of those cases resulted in the patient **suffering permanent hearing loss**.

Native to dry regions of North and Central America and the Caribbean, yucca plants are popular as architectural plants in landscaped gardens.

The leaf of the yucca plant is long and thin with a sharp, pointy end.

"A lot of people are a bit worried about their eyes when they pick up a yucca plant," Professor O'Leary said.

"But they don't really think that if the yucca plant is next to them then those fronds can pass straight down the ear canal like an arrow."

He said the **spikey leaves initially perforate the ear drum**, but "fortunately for us the ear drum can recover".

"But if they go much further, the angle and orientation of these things heads them straight into the little bones of hearing and into the inner ear itself.

"That's what causes very significant and permanent injury to the hearing."

Professor O'Leary said the inner ear was an "incredibly delicate structure" that was notoriously difficult to treat, and any injury should be seen to quickly by an ENT surgeon.

"ENT surgeons are the people that can actually operate on your ear and patch up that inner ear if it needs to be, and that has to be done soon," he said. If it is actually done in time there's a very good chance of stopping that progression to a permanent hearing loss

"If you feel at all dizzy after you've had an injury to the ear with a yucca plant, that's the red flag that this could be very serious indeed."



Patrick Honan, a horticulturalist with [ABC's Gardening Australia](#), said the yucca's resilience had seen it become "almost ubiquitous" in Australian gardens.

"They can take a lot of drought, a lot of neglect, and they look really evergreen so they're really good for a dry Australian climate," he said.

As an introduced species, that hardiness can become a problem when garden waste is disposed of in bushland areas.

"Before you know it, because yuccas are so resilient, you've got a plantation of yuccas growing."

Mr Honan said people wanting a native alternative should consider *Acacia aphylla* (leafless rock wattle).

"It has that same really modern strong, bold look," he said, adding that other native yucca alternatives included local species of *dianella* or *lomandra*.

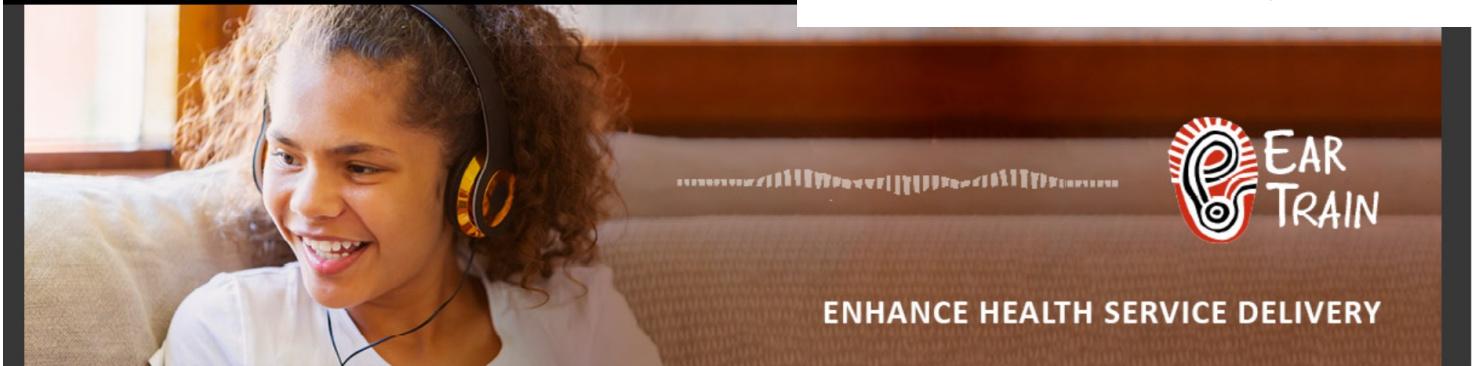


The native leafless rock wattle is one alternative to the introduced yucca plant. (Wikimedia Commons: Danielle Lanlois)

He warned **gardeners to wear protective clothing**, including gloves and a wide-brimmed hat, and to remain aware at all times.

Posted Sat 20 Jan 2018 at 8:00am
Saturday 20 Jan 2018 at 8:00am, updated Sat 20 Jan 2018 at 9:08am
Saturday 20 Jan 2018 at 9:08am

"I know it's very enjoyable and you can get into the groove very quickly, but you can't garden if you're injured."



THE EARTRAIN PROGRAM

EarTrain is a free online program for primary health care professionals to identify and treat otitis media and other hearing conditions in Aboriginal and Torres Strait Islander communities.

Otitis Media (middle ear infection) can be prevented and treated early with regular ear checks at every interaction with children and families. EarTrain aims to train and empower primary health care professionals to improve ear health in their communities.

The program is delivered across Australia by TAFE NSW and is funded by the Australian Federal Government. EarTrain is a Closing the Gap initiative available until June 2024.

About EarTrain

Studies have consistently shown that ear disease is more common in Aboriginal and Torres Strait Islander children, than in non-Indigenous children.¹

If left untreated, this can result in hearing loss.²

The EarTrain program will provide:

- blended learning, delivered online and through practical skills workshops
- opportunities to learn and practice the skills required to perform hearing assessments
- support from audiologists and health professionals, in building skills and confidence
- the option to earn the nationally recognised Statement of Attainment in Conduct Play Audiometry (HLTAUD002), by successfully completing additional skills workshops and assessments.

Program eligibility

If you are a primary health care professional providing care to Aboriginal and Torres Strait Islander people, you are eligible to participate in the EarTrain program.

Free development checks to give NSW kids the best start in life

nsw.gov.au/media-releases/free-development-checks-to-give-nsw-kids-best-start-life

Printed: 28 November 2022

Published: 28 Nov 2022

Released by: The Premier, Minister for Education and Early Learning, Minister for Health

Education and training (https://www.nsw.gov.au/media-releases?field_topic_target_id%5B16%5D=16)



Nine preschools across New South Wales will take part in a new study, providing free health and development tests for children before they start school.

The study will start today, with services expanded to 15 more locations in early 2023 before being offered to every NSW preschooler in 2024.

The state-wide program is an Australian first, with checks assessing hearing, vision, physical and cognitive development, social and emotional development, communication and skills.

The study will help inform the state-wide rollout of the program and will include different types of tests in different locations.

Premier Dominic Perrottet said the NSW Government was leading the nation with a \$15.9 billion investment in early childhood commitments including health and development checks for children in preschools, to help ensure kids across the state reach their full potential.

"This is about giving every child in our state the best start to life as possible," Mr Perrottet said.

"The first few years of life are some of the most important for long-term health and development, which is why we are investing in this important program to help identify and minimise health and development issues or delays early on."

Minister for Education and Early Learning Sarah Mitchell said the study will run from late November 2022 until February 2023 in metropolitan, regional and remote areas.

"Education is the door to a brighter future, and these development checks are the keys for children across NSW to access the benefits of quality education," Ms Mitchell said.

"I have witnessed the difference these early checks make first-hand after one of my children was identified with a speech impediment, and they are now thriving at school."

Minister for Health Brad Hazzard said the program aims to give more families the support they need if it is discovered their child is not on track to meet key milestones.

"Child and family nurses, allied health professionals and early childhood educators will work together to support families so all kids are ready for school," Mr Hazzard said.

"A child's health and development plays an important part in their school journey and these checks will identify issues early so that action plans and support measures can be put in place early."

Get more information on the NSW Government's Early Years Commitment. <https://education.nsw.gov.au/early-childhood-education/early-years-commitment/brighter-beginnings#Health1>

Nine preschools taking part the study:

1. Oorunga Wandarrah MACS Centre, Airds
2. Uniting Fredrick St Preschool, Rockdale
3. Forbes Preschool, Forbes
4. Bourke and District Children's Services, Bourke
5. Mindaribba Preschool, Metford
6. Woodberry Preschool, Woodberry
7. Gloucester Preschool, Gloucester
8. Barrington St Preschool, Gloucester
9. Stroud Preschool, Stroud.

Pumping loud music is putting more than 1 billion young people at risk of hearing loss

Author



Robert Cowan
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Music is an integral part of human life. It's all around us, just like sunshine, lifting our mood. We enjoy it so much that many of us take it with us everywhere on our phones or we spend weekends hitting the club scene, live-music venues or concerts.

Meanwhile, many of us may have felt annoyed by loud sound from music venues or remarked on sound emanating from someone else's headphones. We're probably aware we should prevent hearing loss from loud industrial noise at work or from using power tools at home.

A systematic review released today in [BMJ Global Health](#) reports unsafe listening practices in adolescents and young adults from using personal listening devices (such as phones or digital music players) and going to loud clubs and gigs are common, and could be a major factor contributing to hearing loss.

In fact, the authors estimate the pumping tunes could be placing up to 1.35 billion young people at risk of hearing loss worldwide.

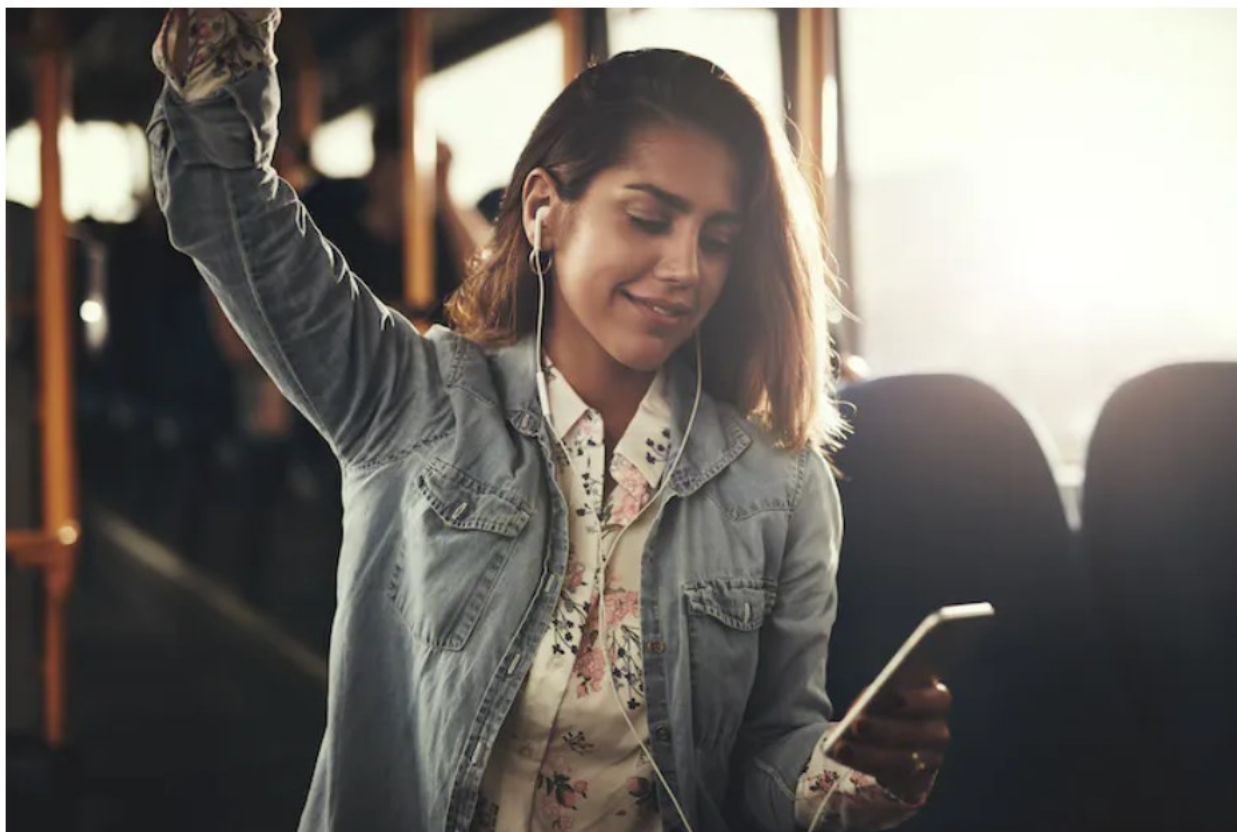
Wait, so no loud music at all?

So what can we do, short of throwing away our headphones and avoiding clubbing and live music?

First, just like with the sun and skin, we need to be aware of the risks to our hearing and take the necessary steps to protect ourselves. We need to be aware of how loud sound is around us and how to keep our exposure within safe levels. We can do this by using personal hearing protection in clubs (such as [ear muffs or ear plugs](#) that are fit for purpose), or limiting how often we visit noisy music venues or how long we stay at really loud ones.

In Australia, people can access a free [noise risk calculator](#) to calculate their personal risk using an online sound level meter, and to explore how changes in lifestyle could protect their hearing while still allowing them to enjoy music.

Most phones now come with software that can [monitor safe listening levels](#) and limit exposure.



Young people might damage their hearing with unsafe listening. Shutterstock

Hearing protection at the venue level is more challenging and may require regulatory and industry-based approaches. Our [2020 research](#) identified hazard controls for entertainment venues, such alternating volume between louder and softer levels, rotating staff, providing quiet rooms, and raising speaker locations above head height. We also showed DJs and venues were open to initiatives aimed at reducing the risk of hearing loss for their patrons and [staff](#).

Compromises are possible and they could enable enjoyment of music at live-music venues, while still protecting hearing. That way everyone will be able keep enjoying music for longer.



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Disclosure statement

Robert Cowan has received funding from the Commonwealth Government's Cooperative Research Centres Program, The National Health and Medical Research Foundation, and the NSW Office of Medical Science and Research. He was CEO and Principal Investigator of a number of studies addressing prevention of hearing loss in young people, in relation to attendance at live music venues and has co-authored research in this area.

THE CONVERSATION

Academic rigour, journalistic flair

Published: November 16, 2022 1.31pm AEDT

WHO EAR & HEARING CARE NEWS

All you need to know to celebrate World Hearing Day 2023

Dear Colleagues

The World Health Organization and all stakeholders are eagerly preparing for the upcoming World Hearing Day 2023. With this year's theme, *Ear and hearing care for all! Let's make it a reality* we are taking a step forward in sensitizing and realizing integrated people-centred ear and hearing care.

To support the advocacy and celebration around this day, WHO has prepared materials that partners around the globe can use. WHO will host a webinar with the objectives to:

- Disseminate the key messages for WHD 2023
- Share the WHD 2023 material
- Inform regarding the process of registration and the small grants scheme
- Discuss activities and actions for WHD 2023
- Disseminate the **WHO Global standards for safe listening entertainment venues and events** in [Spanish and French](#)



To know more about the theme and materials and share your ideas and plans, join us on 7 December 2022. The same webinar will be held twice to suit people in different time zones:

Register [here](#) for the 1st session: 08:00-09:15 a.m. CET

Register [here](#) for the 2nd session: 04:00-05:15 p.m. CET

More information on World Hearing Day is available on the [WHO website](#). To receive edit-able formats of already available materials, please write to whf@who.int

We hope to see you at the webinar.

Best regards,

Ear and Hearing Care Programme

[#worldhearingday](#) [#hearingcare](#)

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