

European Tinnitus Course

Timetable

17 to 19 October 2024

Conference Aston

**Main Building
Aston University Campus
Birmingham, B4 7ET**

Thursday 17 October

Registration

08.00-09.00

Definitions, basic science and clinical assessment

- 1. European Tinnitus Course introduction and housekeeping** 09.00-09.15
- 2. Welcome to the course** 09.15-09.30
Laurence McKenna
- 3. Definitions of tinnitus** 09.30-09.50
Marc Fagelson
- 4. Basic sciences (A&P) and theories of pathophysiology** 09.50-10.30
Marc Fagelson

Coffee

10.30-10.50

- 5. Epidemiology of tinnitus** 10.50-11.30
Don McFerran
- 6. Impaired sound tolerance (hyperacusis)** 11.30-12.10
 - a. Definitions**
 - b. Epidemiology**
 - c. Theories of pathophysiology***Laure Jacquemin*
- 7. Psychology: impact of tinnitus** 12.10-13.00
Laurence McKenna

Lunch

13.00-13.45

- 8. Medical aspects of non-pulsatile tinnitus** 13.45-14.30
Don McFerran
- 9. Audiological assessment** 14.30-15.00
Rachel Knappett
- 10. Measures** 15.00-15.45
Laure Jacquemin

Coffee

15.45-16.00

- 11. Practical sessions** 16.00-17.00

Group 1		Discussion and reflection on the day's lectures. Relaxation exercises
Group 2		Discussion and reflection on the day's lectures. Journal Club. Case studies.

Friday 18 October

Mainstream Treatments

12. Treatment general: Professional boundaries 08.30-08.45
Laure Jacquemin

13. Treatment general: Methods of care delivery 08.45-09.10
a. Individual vs group
b. in person vs telemedicine
Rachel Knappett

14. Medical aspects of pulsatile tinnitus 09.10-09.55
Don McFerran

Coffee 09.55-10.15

15. Treatment, audiological 1 10.15-11.05
a. Explanation and counselling
b. Sound therapy
Marc Fagelson and Rachel Knappett

16. Treatment: psychological 1: CBT 11.05-11.55
Laurence McKenna

17. Treatment, audiological 2: Hearing aids 11.55-12.40
Rachel Knappett

18. Treatment, audiological 3: Cochlear implantation 12.40-13.00
Laure Jacquemin

Lunch 13.00-13.45

19. Treatment, psychological 2 13.45-14.30
a. Relaxation
b. Mindfulness
c. ACT
Laurence McKenna

20. Treatment: audiological 4 14.30-15.00
a. Impaired sound tolerance specific issues
Laure Jacquemin

21. Sleep and its management 15.00-15.45
Laurence McKenna

Coffee 15.45-16.00

22. Practical sessions 16.00-17.00

Group 2		Discussion and reflection on the day's lectures Relaxation exercises
Group 1		Discussion and reflection on the day's lectures. Journal club. Case studies.

Saturday 19 October

Special Populations and Other Treatment Modalities

- 23. Special populations and variants of tinnitus**
- a. Armed forces and PTSD** 08.30-08.50
Marc Fagelson
 - b. Acoustic shock** 08.50-09.10
Don McFerran
 - c. Low frequency noise complaint** 09.10-09.30
Don McFerran
 - d. Children** 09.30-10.15
Rachel Knappett
 - e. Musical hallucinations** 10.15-10.30
Marc Fagelson

Coffee 10.30-10.50

- f. Sudden onset hearing loss and single sided deafness** 10.50-11.10
Rachel Knappett
- g. Somatic tinnitus** 11.10-11.30
Laure Jacquemin and Rachel Knappett

- 24. Other treatment modalities**
- a. Drugs** 11.30-11.55
Don McFerran
 - b. Portable devices** 11.55-12.20
 - i. Lasers**
 - ii. Ultrasound***Don McFerran*
 - c. rTMS and other brain stimulation** 12.20-12.40
Laure Jacquemin
 - d. Novel sound therapies and bimodal therapies** 12.40-13.10
Marc Fagelson

Lunch 13.10-14.00

Miscellaneous

- 25. Food and drink** 14.00-14.20
Don McFerran
- 26. Complementary / alternative therapies for tinnitus** 14.20-14.50
Don McFerran
- 27. Individual management plans** 14.50-15.10
Rachel Knappett

Finish

- 28. Q&A round table** 15.10-15.40
All: Chair Laurence McKenna
- 29. Conclusions and farewell** 15.40-15.45
Laurence McKenna