

Referral criteria for the Audiology-led direct access Tinnitus Clinic at York Hospital

Referral criteria:

- Adults (over 16 years of age)
- Bilateral, constant, longstanding tinnitus, present for over three months that interferes with sleep pattern or wellbeing
- **The patient does not require a medical opinion – see exclusion criteria below**

When making referral please ensure that the ears are free from wax.

Exclusion criteria:

Patients presenting with the following should be referred directly to the ENT Services at York Hospital following the usual protocols.

- Children under 16
- Unilateral or asymmetric hearing loss
- Unilateral tinnitus
- Pulsatile tinnitus or tinnitus described as a popping, crackling or clicking noise
- Sudden loss or rapid deterioration of hearing
- Sudden onset of tinnitus
- Unexplained neurological symptoms
- Persistent pain affecting either ear
- History of discharge, other than wax, from either ear in the last 90 days
- Fluctuating hearing loss other than associated with colds
- Abnormal auditory perceptions (dysacusis)
- Vertigo or balance problems
- Normal peripheral hearing but with abnormal difficulty hearing in noisy backgrounds
- Abnormal appearance of the outer ear and/or the eardrum (e.g. inflammation of the external auditory canal, perforated eardrum, active discharge).