

Occupational *news*

Noise Induced Hearing Loss: The Non-Auditory Effects On Quality of Life

BY: AMY JOHNSON, Au.D.

Noise in the workplace is one of the most common hazards an employee will encounter during their workday. In fact, 80% of reported noise induced hearing loss (NIHL) cases stem from work in the manufacturing industry. As an Industrial Audiologist, I have spent the past 22 years working solely in the field of hearing loss prevention. Most of this work has focused on preventing auditory effects of NIHL. Specifically, damage to the inner ear as a result of unprotected exposure to loud noise that may cause permanent hearing loss, difficulty understanding speech, tinnitus, and hyperacusis.

As if those debilitating effects are not enough to motivate one to use hearing protection devices or avoid potentially hazardous noise entirely, there are also non-auditory effects.

Non-Auditory Effects of Hearing Loss may include:

- High blood pressure
- Social withdrawal/isolation
- Reduced job satisfaction, performance, and safety
- Irritability
- Impaired memory
- Fatigue
- Sleep disturbances
- Increased stress levels

While these non-auditory effects are highly variable, there is no denying their potential to negatively impact the quality of life for individuals suffering from NIHL. Therefore, it is important that professionals working in the field of hearing loss prevention incorporate this information into their conversations and educational training materials.

An excellent tool for keeping your educational training materials fresh is to ensure your practice has the most recent copy of the CAOHC Hearing Conservation Manual. In addition, be sure you opt to receive CAOHC's newsletter and consider joining the National Hearing Conservation Association or other professional organizations that supply an abundance of current research and motivation we can share with our patients in the pursuit of hearing loss prevention.

**Unable to attend a scheduled course?
Interested in a private course?**

If your schedule prevents you from attending one of our scheduled courses, contact us and we'll place you on our waitlist. When six or more participants are on the list, a new course date will be scheduled and you'll be contacted. MEDI also offers private courses to be held at your own facility, as well as select online options. Please call our office for more information.

UPCOMING COURSES

Hearing Conservation Course (2.5 days)

January 25-27, 2023

May 10-12, 2023

Hampton Inn & Suites, Vacaville, CA

Hearing Conservation Recertification (1 day)

January 26, 2023

May 11, 2023

Hampton Inn & Suites, Vacaville, CA

Spirometry Course (2 days)

January 23-24, 2023

May 8-9, 2023

October 2-3, 2023

Hampton Inn & Suites, Vacaville, CA

Spirometry Recertification Course (2 days)

January 23-24, 2023

May 8-9, 2023

October 2-3, 2023

Hampton Inn & Suites, Vacaville, CA

Breath Alcohol Technician Course - CMI 400 (1 day)

March 29, 2023

DISA, Inc., Benicia, CA

Breath Alcohol Train-the-Trainer Course - CMI 400 (1.5 days)

March 29-30, 2023

DISA, Inc., Benicia, CA

To register, please call our office at 707-746-6334 or
visit our website at www.medi6334.com

Schedule Subject to Change

HURRY! RESERVE YOUR SPOT IN OUR NEXT BREATH ALCOHOL TECHNICIAN COURSE!

MEDI offers a DOT certification course for those interested in becoming a Breath Alcohol Technician (BAT) and/or a Train-the-Trainer on a multitude of breath tester models. The course offered follows guidelines established by the U.S. Department of Transportation, Office of Drug Policy and Compliance in their publication, **Breath Alcohol Technician Training: DOT Model Course**. Most trainings are completed in a single full day with **FREE COFFEE AND LUNCH** provided! **ONLINE TRAINING OPTIONS NOW AVAILABLE! CONTACT US TO LEARN MORE!**



Moving Forward with Your Spirometry Program

BY: KENDRA PALMER ANDERSON

Spirometry is an essential test to any occupational health clinic, so moving forward safely with your program is critical. Palmer Associates has been teaching and conducting its NIOSH Training Classes following the 2021 recommendations from the American College of Occupational and Environmental Medicine (ACOEM). For your clinic to move forward with your spirometry program, it is not business as usual. There are many elements to your program that must be addressed before starting up your program.

Here are a few recommendations to think about:

Staff PPE: all technicians should be wearing a fit tested N95 or greater, gloves, and face shields. Gowns may be used as well when the "Tier Level" rises.

Clinical Facility: make sure the testing room is well ventilated (a window and door open for cross-ventilation), 12 air changes per hour (ACH) as recommended by the AIA, perform spirometry in a dedicated room where only spirometry will take place, make sure there is room for the 6 feet of distance that is to be kept between the patient and the technician administering the test, that cleaning and disinfection occur after each patient at the end of the day, that scheduling of patients coincides with the ACH, etc.

Test Procedure: 6 ft distance between patient and technician, patients are to wear nose clips so no aerosolized particles get into the room, only filtered mouthpieces are to be used, masks are to be worn by patients and in between "blows", and all equipment must be sanitized after each patient.

Clinical Operations: Make sure there is a designated person responsible for oversight of the program keeping in contact with the local health department so as to understand what Tier Level you are in, all policies and procedures should be written down in your Spirometry Standard Operating Procedure Manual, reassign higher risk staff to other jobs instead of performing spirometry if necessary, and make sure all staff performing spirometry are NIOSH Trained.

For more information on the recommendations set forth by ACOEM, Google: "Occupational Spirometry and Fit Testing in the COVID-19 Era"

Palmer Associates 2023 Course Schedule

January

23-24 - Vacaville, CA

March

27-28 - Anaheim, CA

April

17-18 - Portland, OR

May

3-4 - Phoenix, AZ

8-9 - Vacaville, CA

June

7-8 - San Diego, CA

21-22 - Tukwila, WA

July

10-11 - Denver, CO

September

7-8 - Portland, OR

18-19 - Omaha, NE

October

2-3 - Vacaville, CA

25-26 - Anaheim, CA

November

1-2 - Tukwila, WA

Honolulu, HI – TBD

Austin, TX – TBD

Half Moon Bay, CA - TBD

Schedule Subject to Change. For more information on Spirometry courses and Respiratory Protection & Fit Testing courses, please visit www.palmerassociates.com. Onsite classes also provided.

FEATURED PRODUCTS

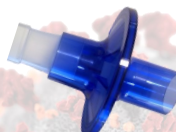
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nidd Diagnostics EasyOne Air Spirometer



Viral Filters for Breath Alcohol Testing



Viral Filters for Spirometry Testing



Lifeloc Technologies Phoenix 6.0BT Breath Alcohol Tester



Sanitary Ear Cushion Covers



KN95 & Surgical Masks



Vray UV-C Sanitizer



Antibacterial wipes

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COURSE DIRECTORS

Kendra Palmer Anderson, BA, CST



Kendra Palmer-Anderson is the Spirometry Course Director for Palmer Associates, Inc. As the founder of Fast Response Onsite Testing (FROST), she oversaw the OSHA mandated medical examinations on workers and performed spirometry for hundreds of companies. Before that she worked as a certified spirometrist conducting spirometry testing in the field and as a NIOSH approved Practicum Instructor for over 15 years.



Amy Johnson, Au.D.



Dr. Amy Johnson is the Hearing Conservation instructor for MEDI. She has worked exclusively in the field of hearing loss prevention for the past 21 years and is the owner of Listen Audiology Services, Inc. in Snohomish, WA. Dr. Johnson received her Doctorate of Audiology from the University of Florida. She is the past President of the WA Society of Audiology, a Fellow of the American Academy of Audiology, a certified member of the American Speech Language Hearing Association, a member of the National Hearing Conservation Association, and a CAOHC-certified Professional Supervisor.

