

# Research and Program Assessment Data

## VA/DOD CLINICIAN PERSPECTIVES PROGRESSIVE TINNITUS MANAGEMENT: CLINICIAN HANDBOOK

Progressive Tinnitus Management (PTM) is an evidence-based approach used in the VA and DoD to help patients with tinnitus. This patient-centered strategy has been shown to be effective in managing reactions to tinnitus.

The PTM Clinician Handbook was published in 2010, and updates are needed. VA and DoD audiologists and mental health providers were interviewed to understand how to best update the PTM materials. Below is a summary of findings.

### Key takeaways:

- ◆ Clinicians gave important details about necessary changes to the Handbook.
- ◆ Interviews highlighted aspects of the Handbook that were most useful and need to be retained.
- ◆ Additional evidence-based elements were recommended.
- ◆ Clinicians offered suggestions for alternative, more accessible formats.
- ◆ Using this feedback, contents of the Clinician Handbook will be streamlined for relevancy and ease of use.
- ◆ Clinicians can look forward to an updated handbook in the near future.

To review the Clinician Handbook and other supplemental information, [click here](#).

