

Research and Program Assessment Data

VA/DOD CLINICIAN PERSPECTIVES PROGRESSIVE TINNITUS MANAGEMENT: PATIENT WORKBOOK

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 Patient Workbook was published in 2010, and updates are needed. VA and DoD clinicians (from audiology and mental health) were interviewed to understand how to best update the PTM materials. Below is a summary of findings.

Key takeaways:

- ◆ Clinicians provided detailed information about how the Patient Workbook can be improved.
- ◆ Useful aspects of the Patient Workbook will be retained.
- ◆ Clinicians can look forward to updated sections about the latest technologies.
- ◆ A website for all PTM materials can be used to increase accessibility.
- ◆ Clinicians can look forward to a new and updated Patient Workbook in the near future.

The PTM Patient Workbook is being revised. An abbreviated version of the original material is now available online.

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VA/DoD Tinnitus Working Group



To view evidence-based research on PTM, [click here](#)

To view the abbreviated version of the Patient Workbook, [click here](#)