Clinical Diagnostic and Management of Early Signs of Hearing Loss, in partnership with NAL

Joaquin Tomas Valderrama-Valenzuela, PhD

Moderator: Christy Huynh, AuD, Managing Editor, AudiologyOnline

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Clinical diagnostic and management of early signs of hearing loss

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Disclosures

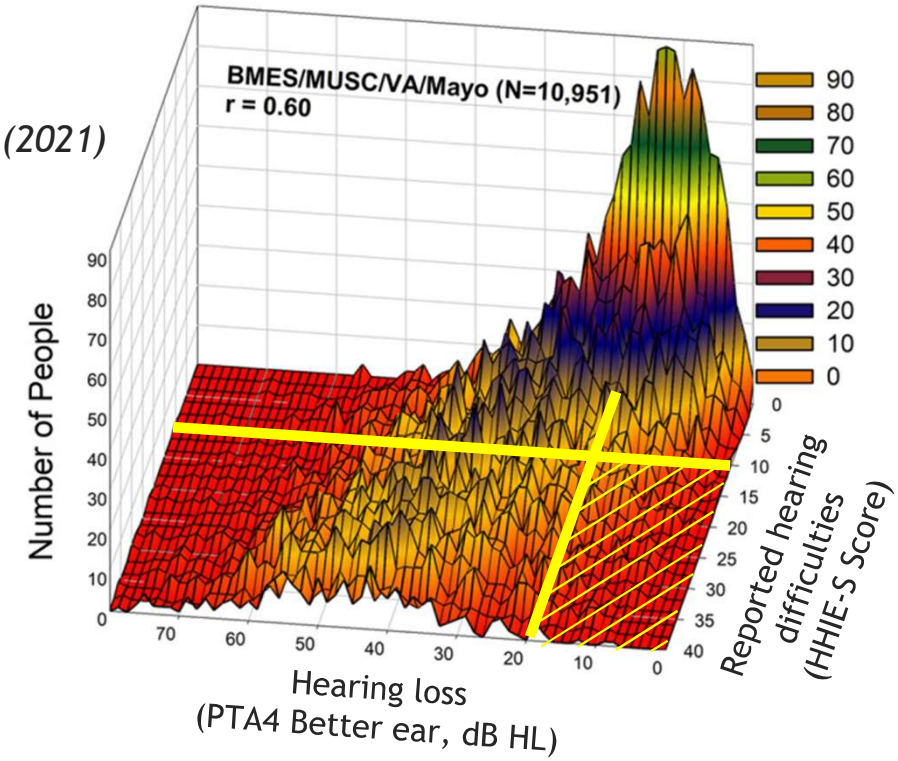
Presenter Disclosure: Financial: Joaquin Tomas Valderrama-Valenzuela is employed by NAL. Non-financial: Joaquin Tomas Valderrama-Valenzuela has no relevant non-financial relationships to disclose. In lieu of honorarium, a donation has been made to the NAL student internship program.

Content Disclosure: This learning event does not focus exclusively on any specific product or service.

Sponsor Disclosure: This course is presented in partnership with NAL and Continued.

The cocktail-party problem

Humes (2021)



Structure

Part 1 – [*NAL Study 1*] Problem statement

Part 2 – Underlying mechanisms (animal models)

Part 3 – Diagnostic of hidden hearing loss

- ✔ Existing biomarkers
- ✔ Forthcoming research

Part 4 – Clinical management of HHL hearing difficulties

- ✔ Therapeutics interventions
- ✔ [*NAL Study 2*] Low-gain hearing aids
- ✔ [*NAL Study 3*] AirPods Pro hearables

NAL continuED

Learning outcomes

After this course, participants will be able to:

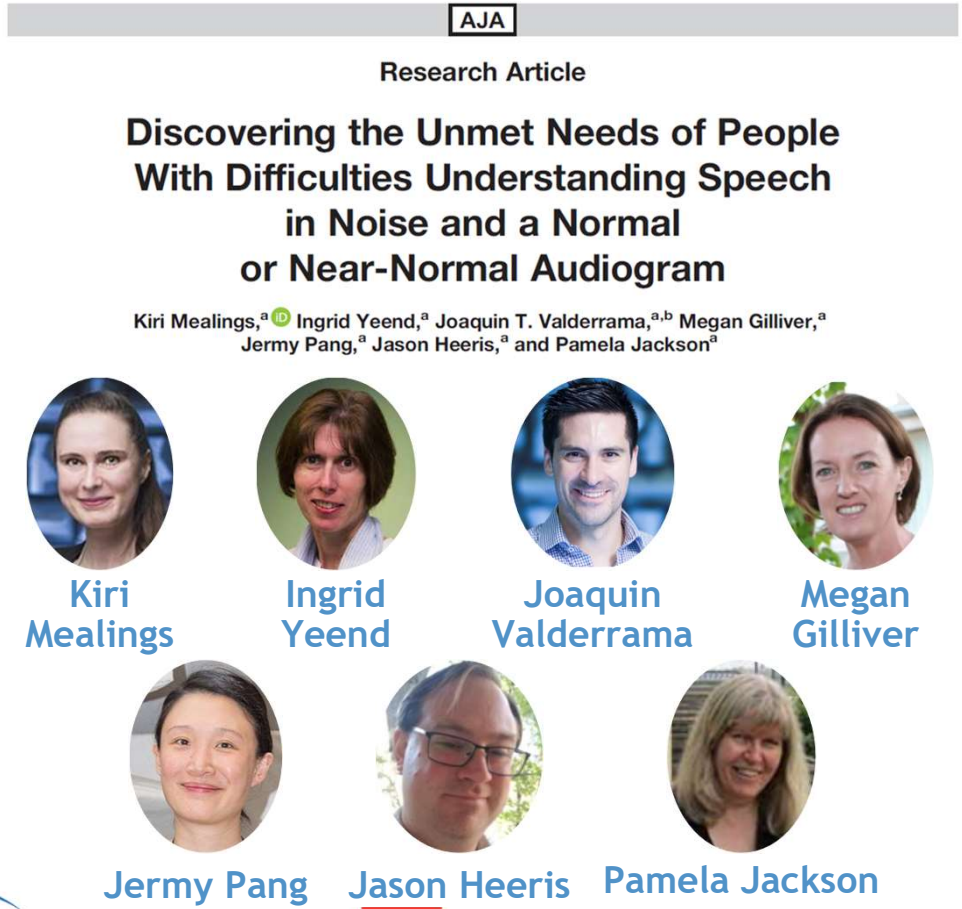
1. Characterize the functional and emotional impacts of early signs of hearing loss, both on clients with these hearing difficulties and on the clinicians who treat these patients.

2. Identify and describe four neurophysiological pathologies plausibly involved in these hearing difficulties.

3. Evaluate the efficacy of hearing aids and hearables to when attending to the unique hearing needs of the population experiencing early signs of hearing loss.

NAL continued

Part 1 – [NAL Study 1] Problem statement


AJA

Research Article

Discovering the Unmet Needs of People With Difficulties Understanding Speech in Noise and a Normal or Near-Normal Audiogram

Kiri Mealings,[a] Ingrid Yeend,[a] Joaquin T. Valderrama,[a,b] Megan Gilliver,[a] Jermy Pang,[a] Jason Heeris,[a] and Pamela Jackson[a]

Kiri Mealings

Ingrid Yeend

Joaquin Valderrama

Megan Gilliver

Jermy Pang

Jason Heeris

Pamela Jackson

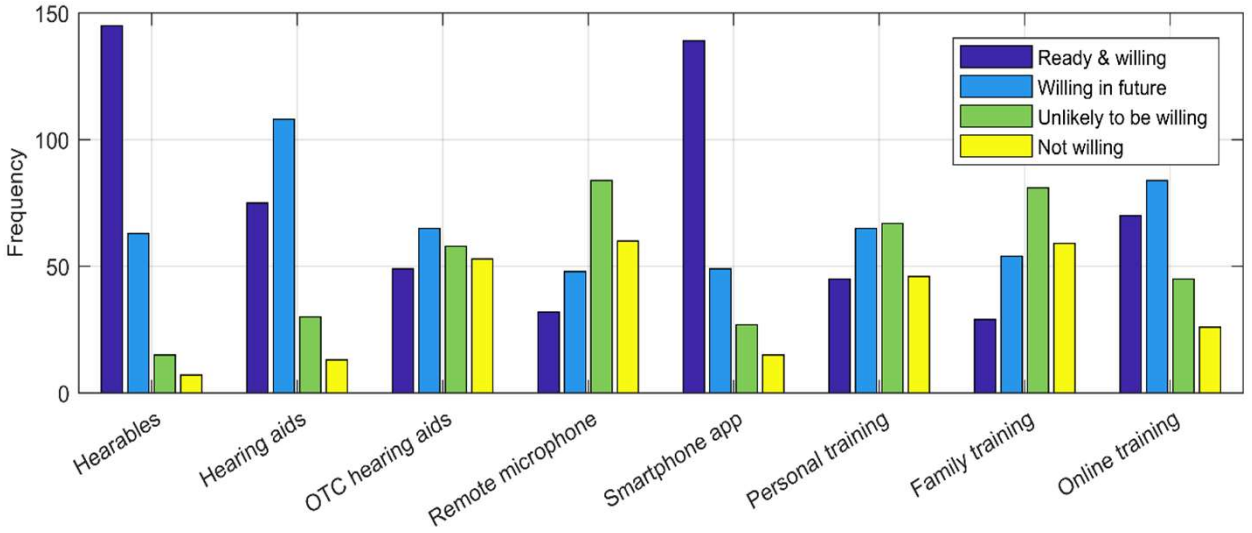
We used *design thinking* strategies to **identify the unmet needs** of people with speech-in-noise hearing difficulties (NH-MHL) and the clinicians who treat them

Methods

- ✔ Questionnaires from 233 NH-MHL and 49 clinicians
- ✔ Personal interviews from 21 NH-MHL and 8 clinicians

Relevant findings

Hearing performance was not checked uniformly across participants. While most of them reported to have done an audiogram (94%), only 33% of them did a speech-in-quiet test, and 22% did a speech-in-noise tests.



Most participants were **willing to try** hearing aids and hearables

76% did not receive any type of treatment option from their audiologists

79% were not offered a follow-up appointment

72% of participants were **only 'partially satisfied' or 'not satisfied'** with the appointment. They complained that:

(1) they received very **limited help**, advice or treatment options;
(2) they found the **cost** of hearing aids prohibitive;
(3) the **testing was not sufficient** to describe their difficulty or seemed biased to the interpretation of the audiologist;
(4) the options provided **did not solve the problem** or would not help them long-term;
(5) they felt that the audiologist was pushing to **sell hearing aids**; and
(6) they were told they had good hearing but, still, they had issues with their hearing.

NAL continued

Q1, Q2

In their own words

About their hearing difficulties

*<<I think that **other people must be able to filter that background noise** and put it down to a lower level so that they can focus on conversation, so I must have a problem because I can't do that.>>*

Change of behaviour

*<<**It just makes me feel disinclined to go out**, and when I do go I tend to avoid restaurants and cafes and anything which is likely to be a crowd of people, unfortunately.>>*

Frustration and anxiety for potential misinterpretation

*<<**I think that people feel I am rude** because sometimes you nod and smile at the wrong point because you're not following what's happening.>>*

Impact on their quality of life

*<<**I have to try harder to hear**. I can't always hear what they're speaking to me about, or questions. It takes a lot of concentration>>*

What they would love to have

*<<Something **easy, attractive and unobtrusive** which **enhances my hearing**.>>*

NAL continued

Q1, Q2

Unmet needs

Need 1. A way to **improve the communication experience** in groups of people with substantial background noise.

Need 2. A way to improve and standardize **assessment protocols** to enable the provision of rehabilitation procedures and options tailored to each individual.

Need 3. A way to **evaluate different treatment options** to provide clinicians with evidence-based information about their effectiveness.

Need 4. A way to understand the population's insights about the **acceptability of technological solutions** to provide industry with guidelines for creating less stigmatized and more comfortable solutions.

NAL continued

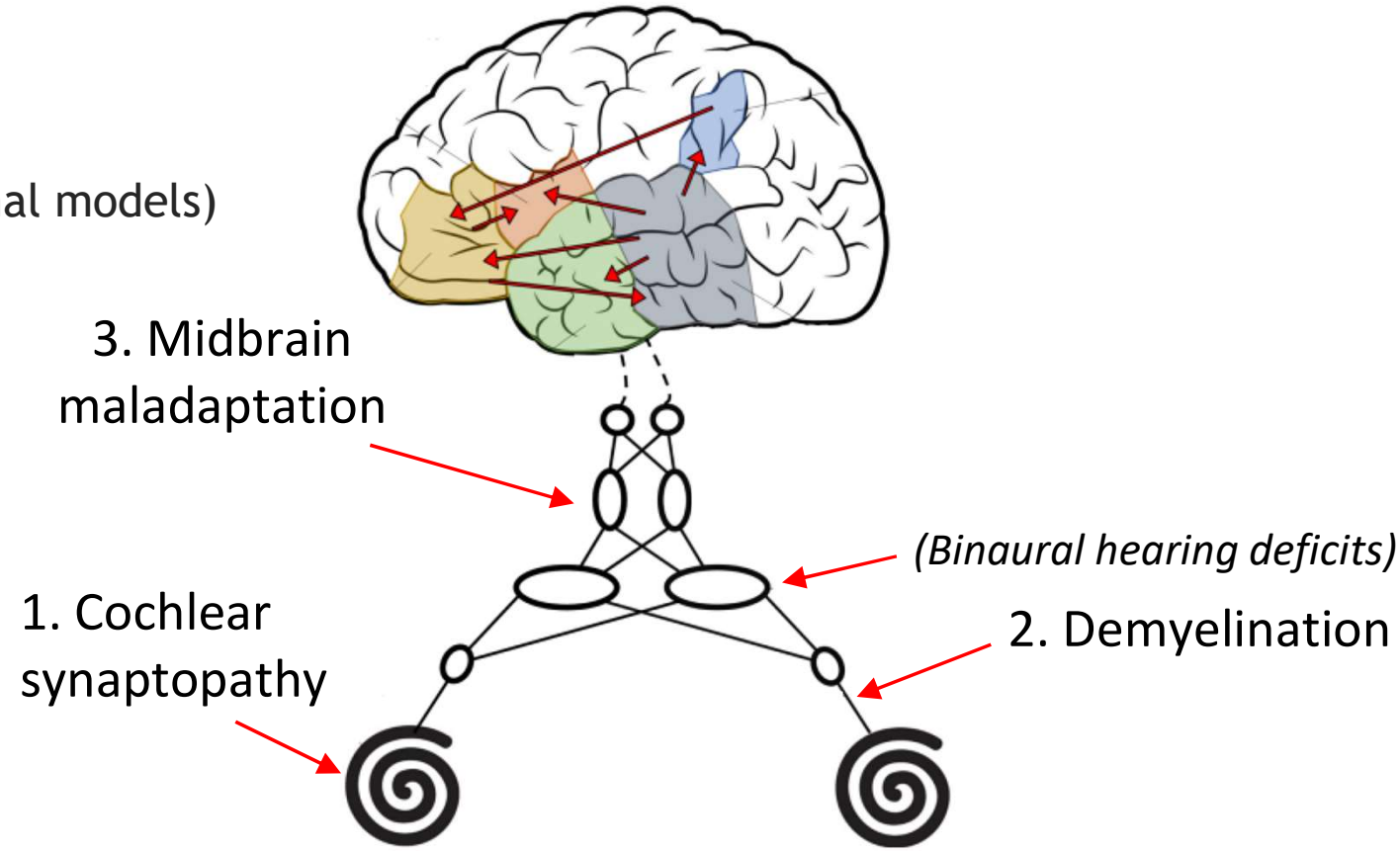
Part 2 – Underlying mechanisms

Part 1 – Problem statement

Part 2 – Underlying mechanisms (animal models)

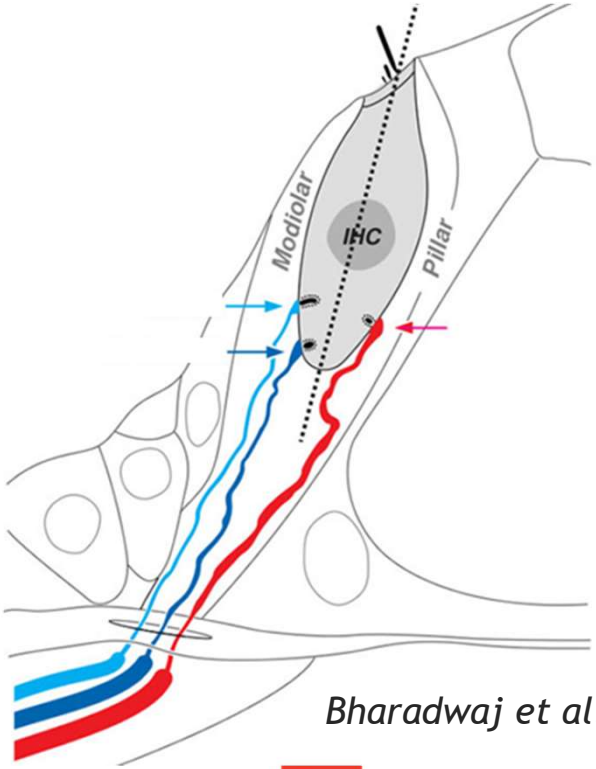
Part 3 – Diagnostic of HHL
- ✔ Existing biomarkers
- ✔ Forthcoming research

Part 4 – Clinical management
- ✔ Therapeutics interventions
- ✔ Low-gain hearing aids
- ✔ AirPods Pro hearables

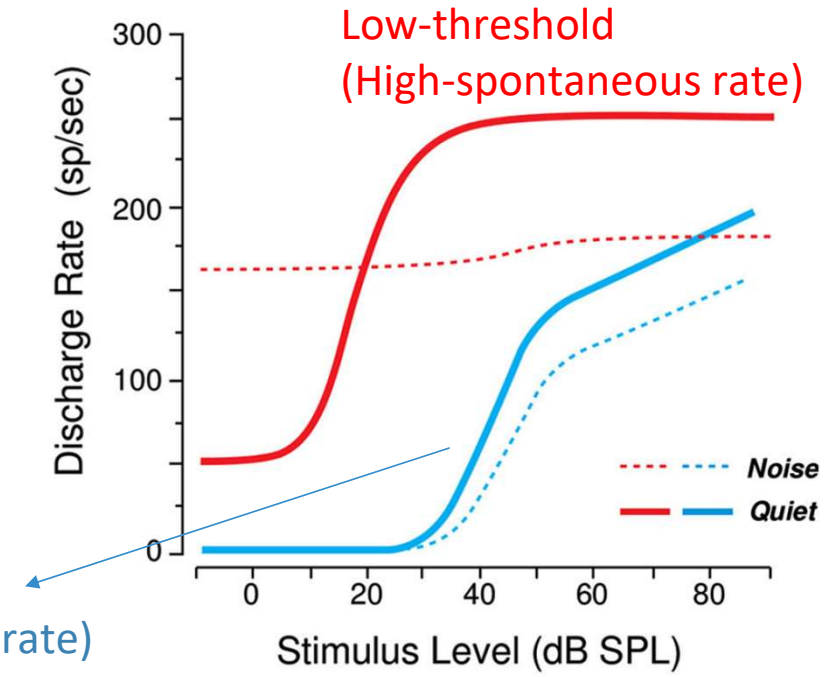


Pathology 1 – Cochlear synaptopathy

- 120 dB → $I_{max} = 1{,}000{,}000{,}000{,}000 \cdot I_{min}$



Bharadwaj et al. (2014)



Bharadwaj et al. (2014)

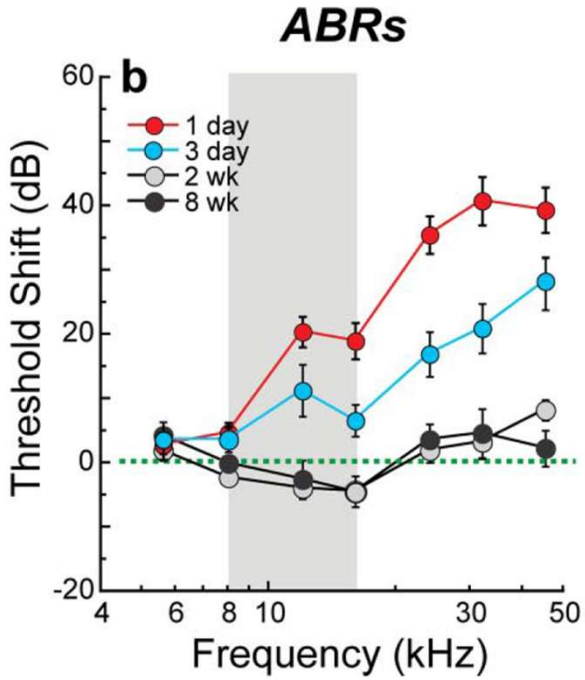
HT fibres (LSRs) play an important role in speech perception in noise

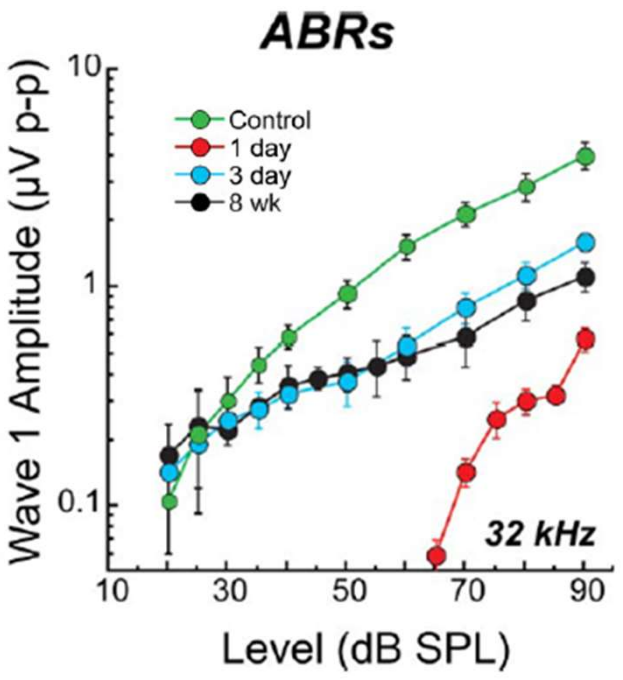
Adding Insult to Injury: Cochlear Nerve Degeneration after "Temporary" Noise-Induced Hearing Loss

Sharon G. Kujawa and M. Charles Liberman

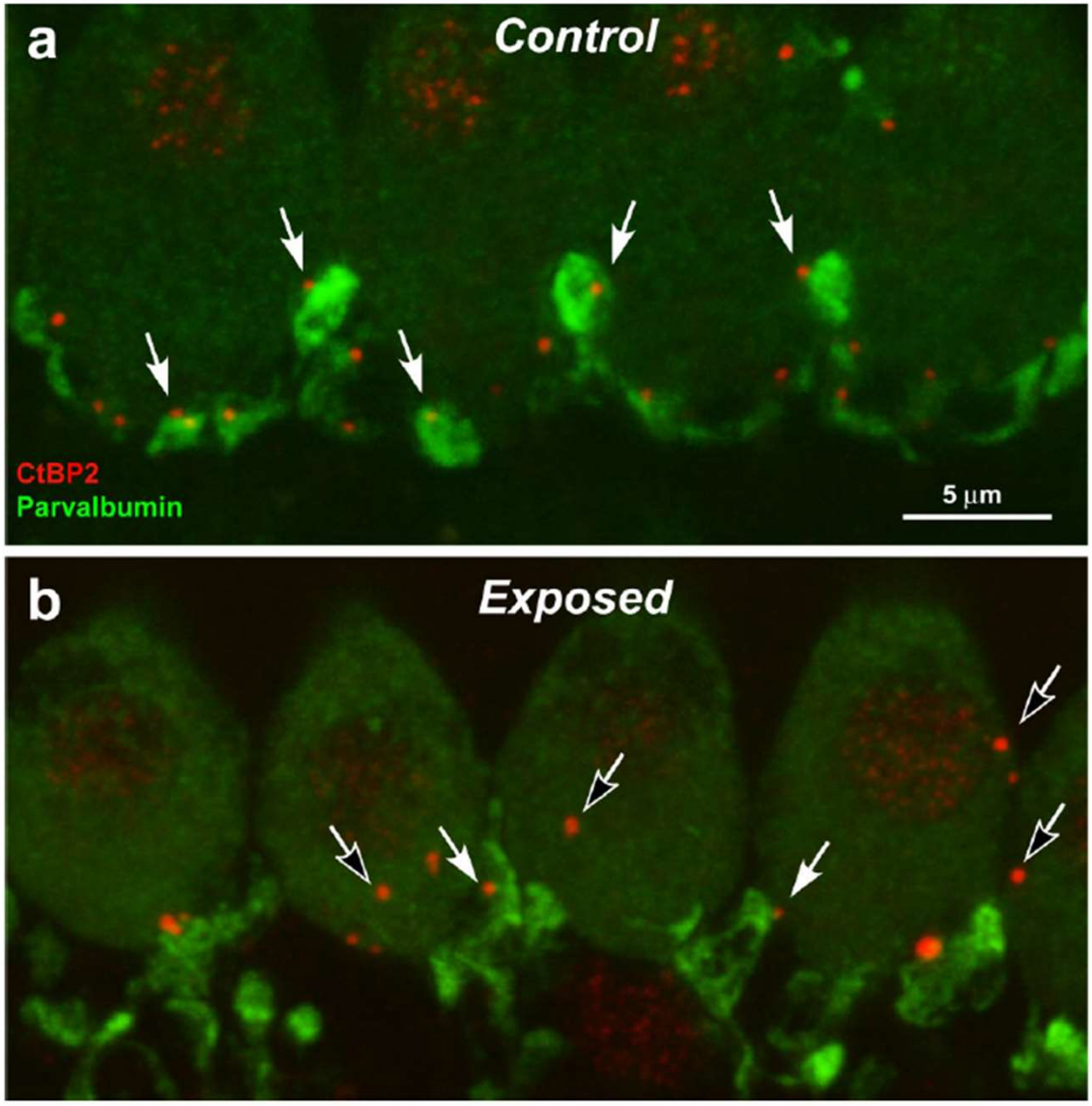
The Journal of Neuroscience 2009

- Anaesthetized mice
- 8-16 kHz noise
- 2 h, 100 dB SPL

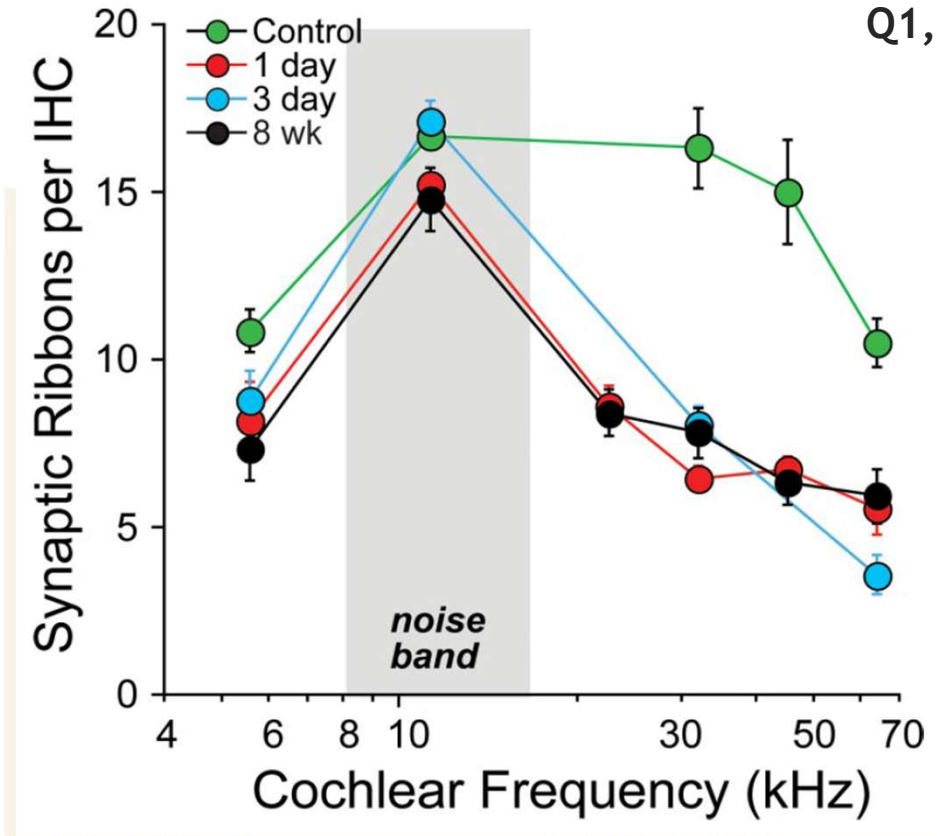




Noise damaged HT fibers



Q1, Q3

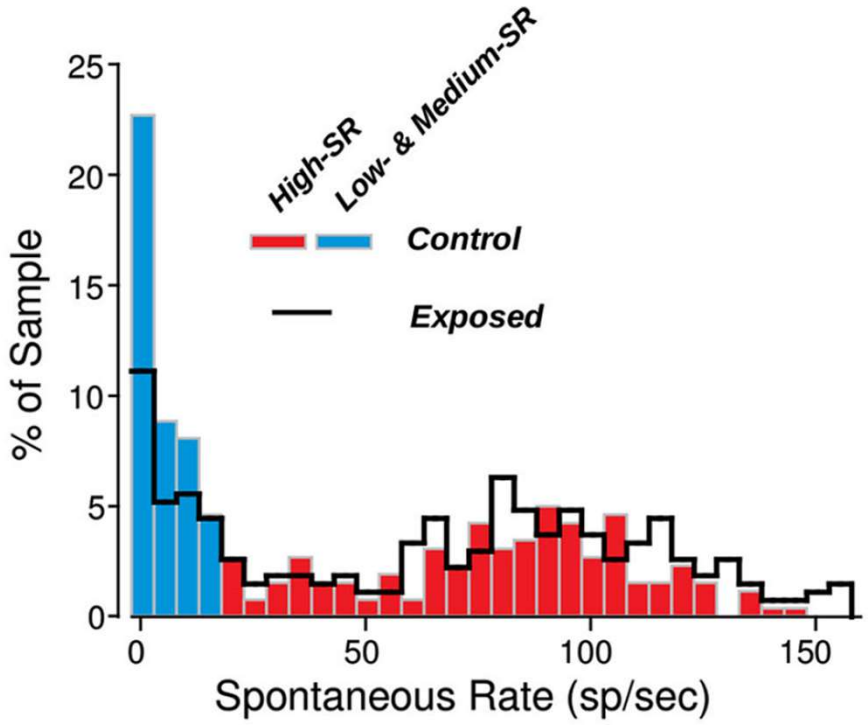


Noise-exposure “disconnects” hair cell synaptic ribbons from cochlear nerve terminals

Noise-Induced Cochlear Neuropathy is Selective for Fibers with Low Spontaneous Rates

Adam C. Furman, Sharon G. Kujawa, M. Charles Liberman

Journal of Neurophysiology 2013



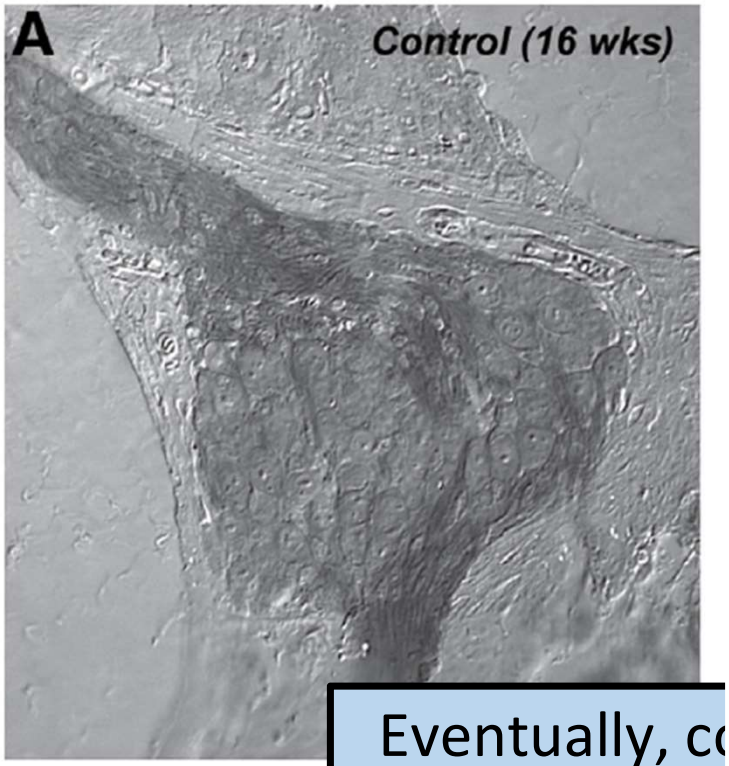
Noise exposure affects HT-ANF

Ageing after Noise Exposure: Acceleration of Cochlear Synaptopathy in "Recovered" Ears

Q1, Q3

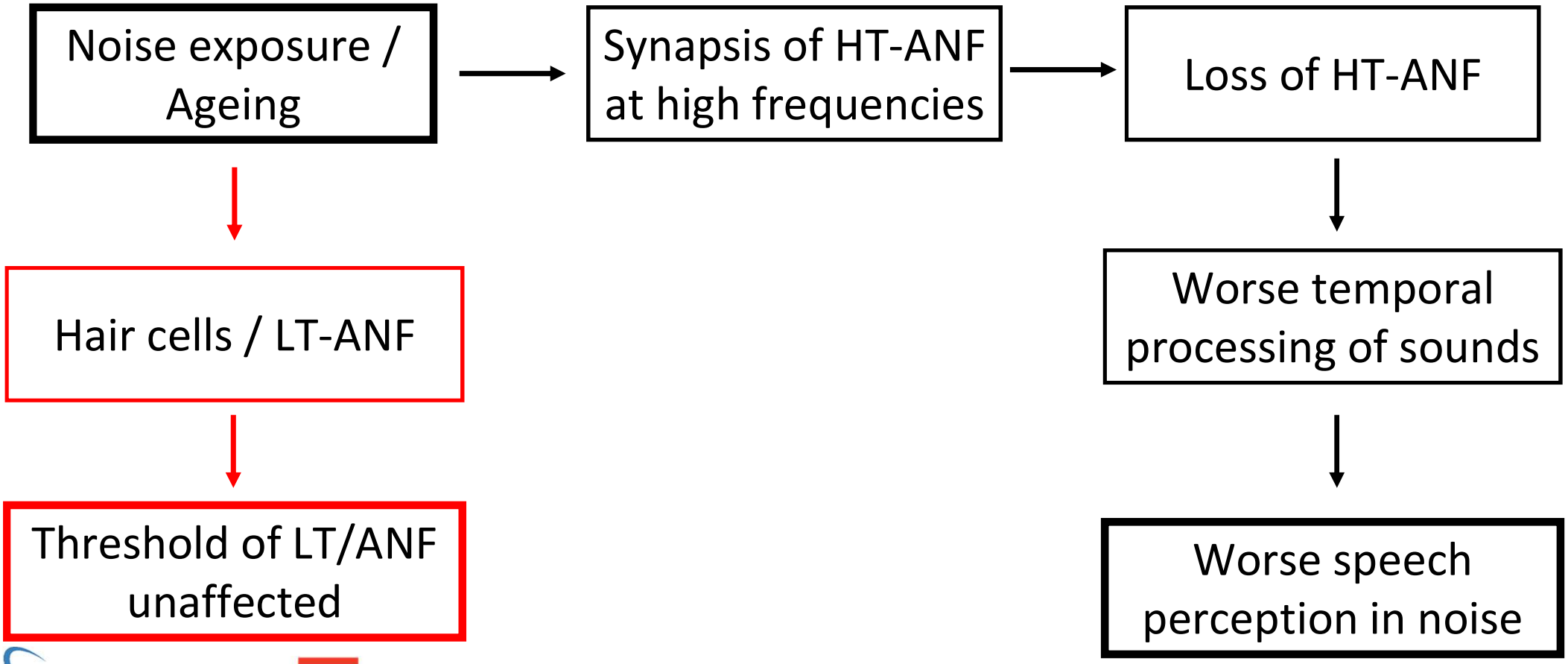
Katharine A. Fernandez, Penelope W.C. Jeffers, Kumud Lall, M. Charles Liberman, Sharon G. Kujawa

The Journal of Neuroscience 2015



Eventually, c

Animal model for cochlear synaptopathy

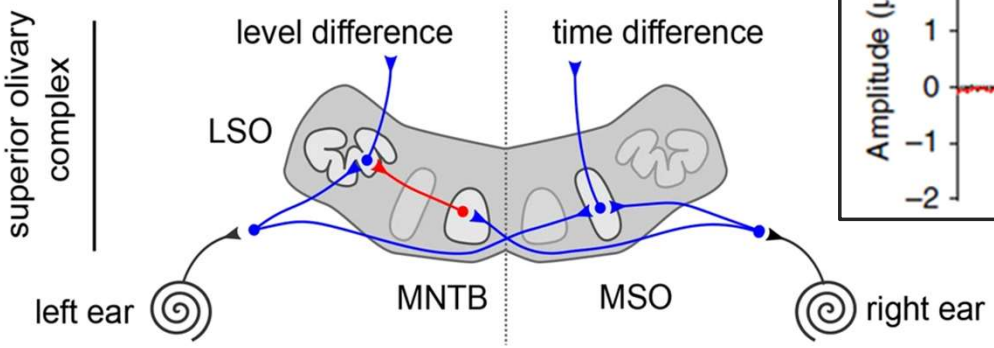


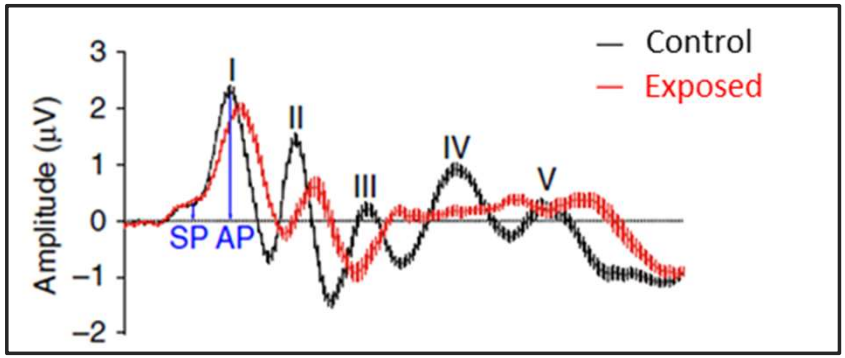
Pathology 2 – Auditory nerve demyelination

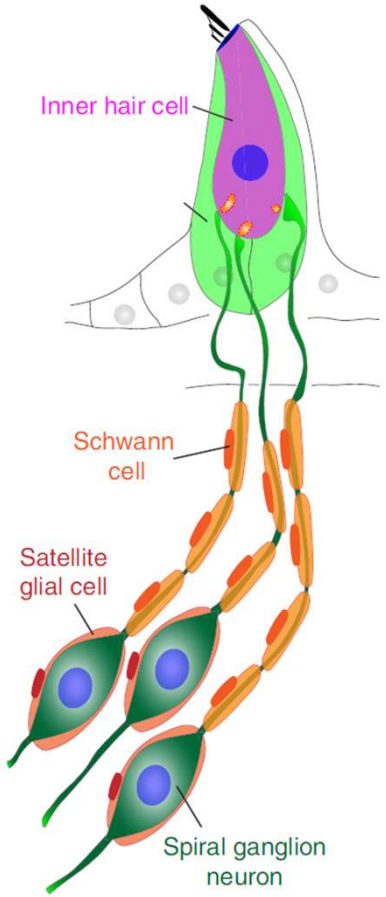
Transient auditory nerve demyelination as a new mechanism for hidden hearing loss.

Wan, G., & Corfas, G. (2017).

Nature communications, 8(1), 1-13.





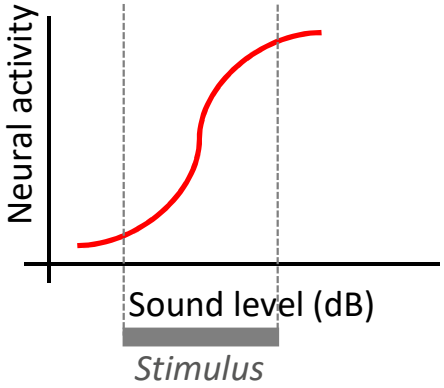


Pathology 3 – Midbrain maladaptation

Rapid Neural Adaptation to Sound Level Statistics

Isabel Dean, Ben L. Robinson, Nicol S. Harper, David McAlpine

The Journal of Neuroscience 2008

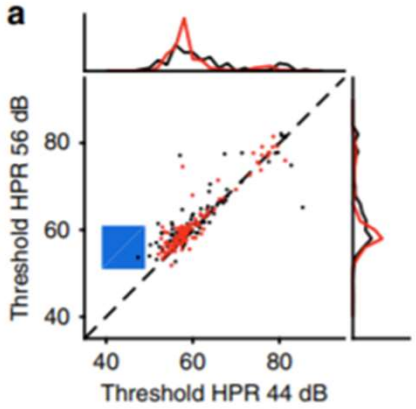


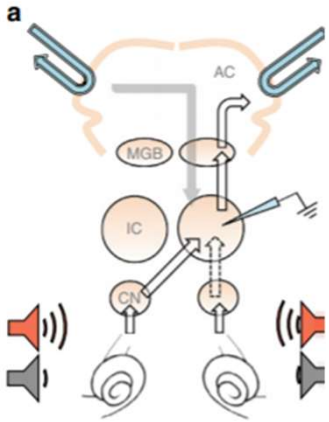
The neural activity **adapts** to the statistics of the stimulus to optimise the neural encoding of acoustic information

Hidden hearing loss selectively impairs neural adaptation to loud sound environments.

Warren Michael Henry Bakay, Lucy Anne Anderson, Jose Alberto Garcia-Lazaro, David McAlpine & Roland Schaette.

Nature Communications, 2018





Noise exposure **impairs the neural adaptation** to loud sound environments

Part 3 – Diagnostic of HHL

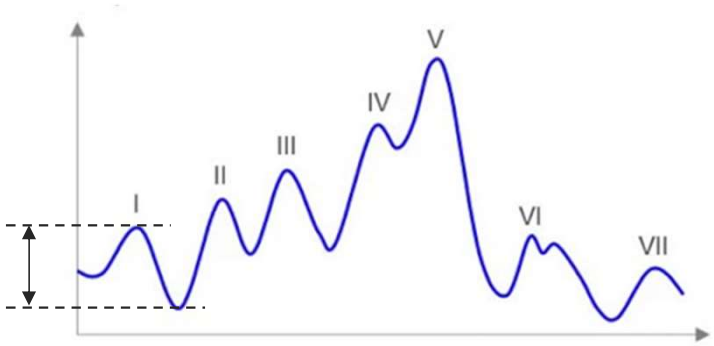
Part 1 – Problem statement

Part 2 – Underlying mechanisms (animal models)

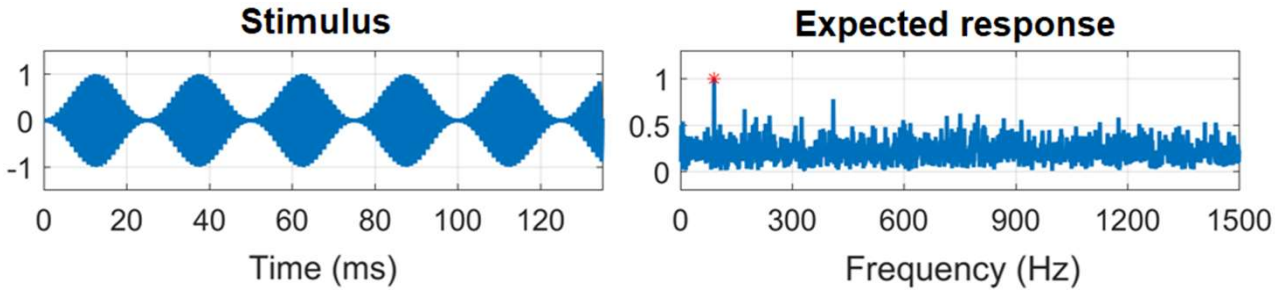
Part 3 – Diagnostic of HHL
- ✔ Existing biomarkers
- ✔ Forthcoming research

Part 4 – Clinical management
- ✔ Therapeutics interventions
- ✔ Low-gain hearing aids
- ✔ AirPods Pro hearables

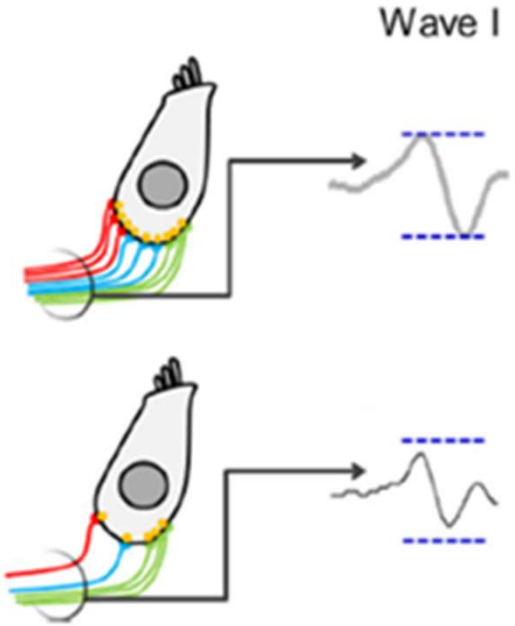
Biomarker 1. ABR wave I amplitude



Biomarker 2. Envelope Following Response (EFR)

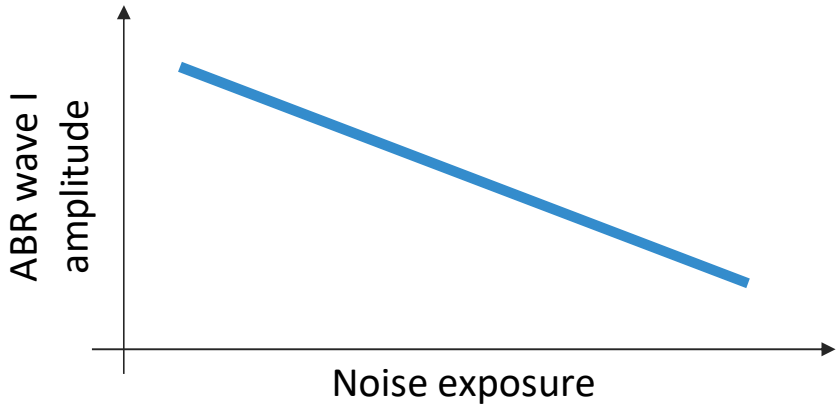


Biomarker 1 – ABR wave I amplitude

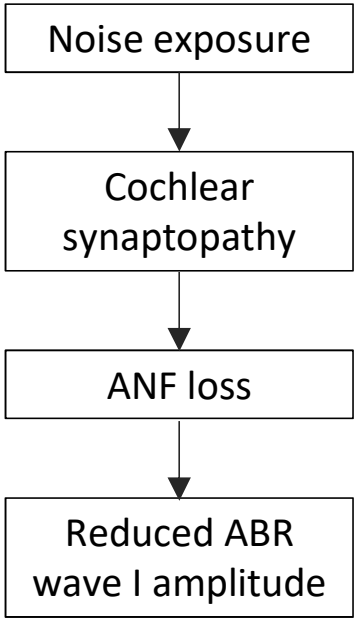


Auditory Function in Normal-Hearing, Noise-Exposed Human Ears

Stamper and Johnson, *Ear and Hearing 2014*



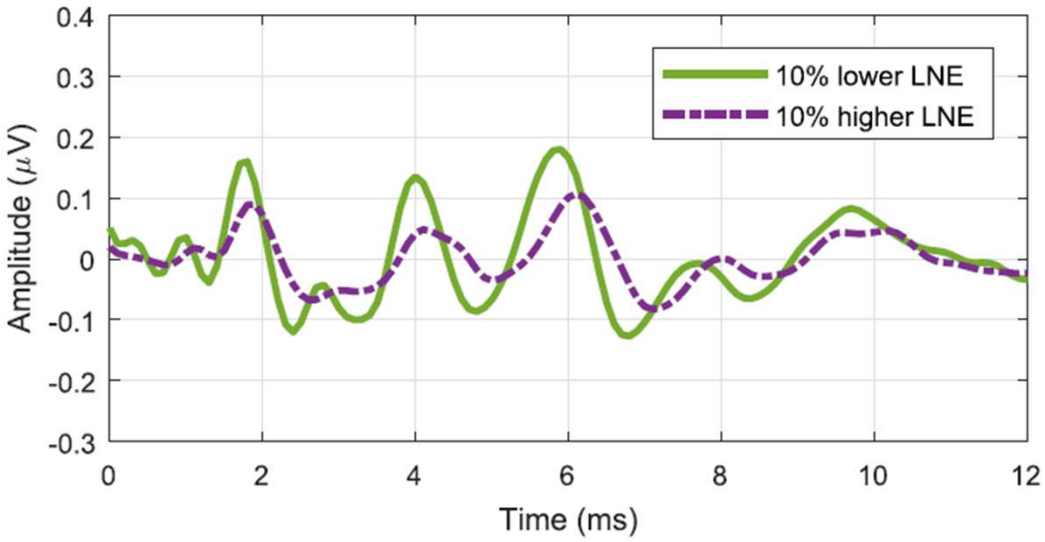
Negative correlation between noise exposure and the amplitude of the ABR wave I

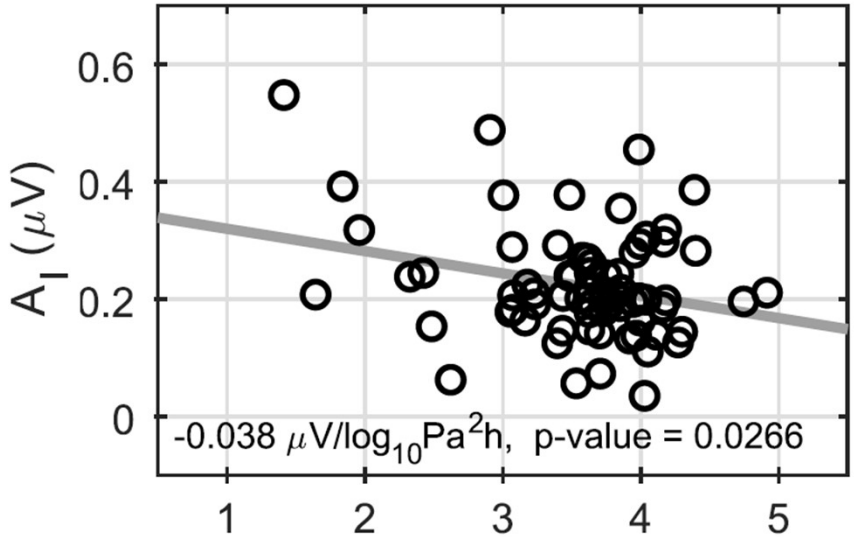


Effects of lifetime noise exposure on the middle-age human auditory brainstem response, tinnitus and speech-in-noise intelligibility.

Joaquin T Valderrama, Elizabeth Francis Beach, Ingrid Yeend, Mridula Sharma, Bram Van Dun, Harvey Dillon

Hearing Research, 2018.

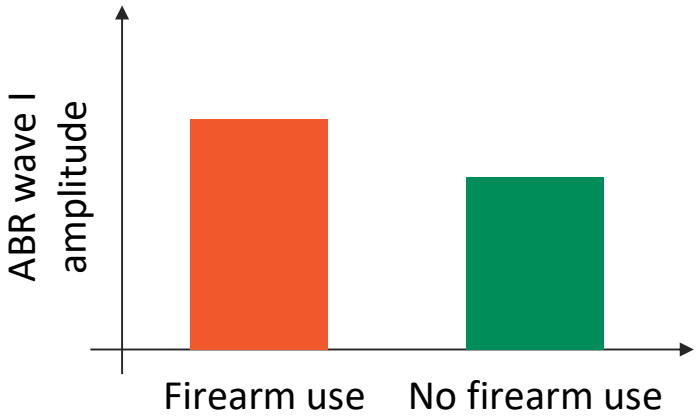




Noise exposure background

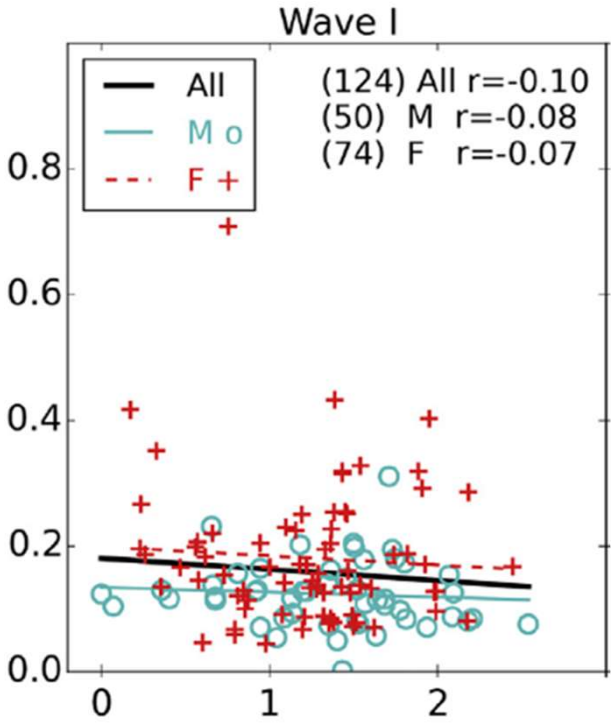
Auditory Brainstem Response Altered in Humans with Noise Exposure Despite Normal Outer Hair Cell Function

Naomi F. Bramhall, Dawn Konrad-Martin, Garnett P. McMillan, Susan E. Griest
Ear and Hearing 2017



RELEVANT FACTORS

- Humans vs animals
- Noise exposure estimates
- Inter-subject variability

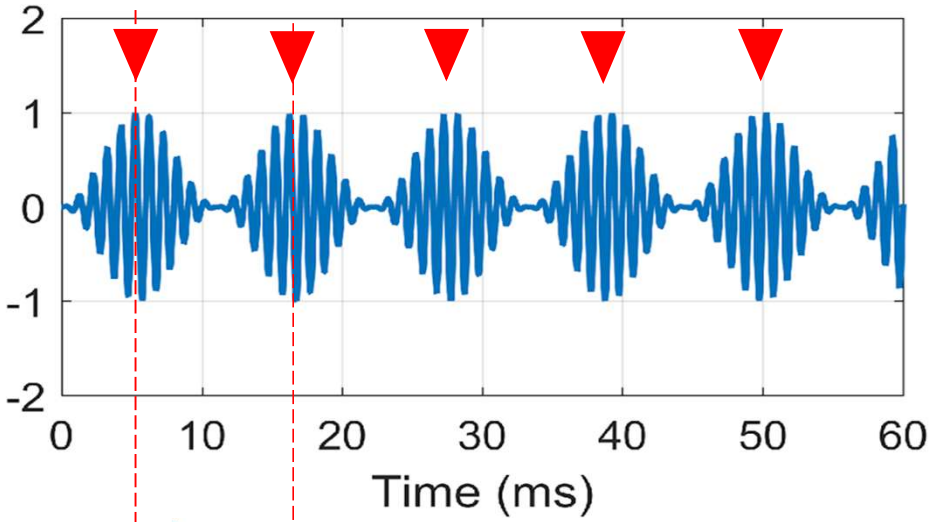


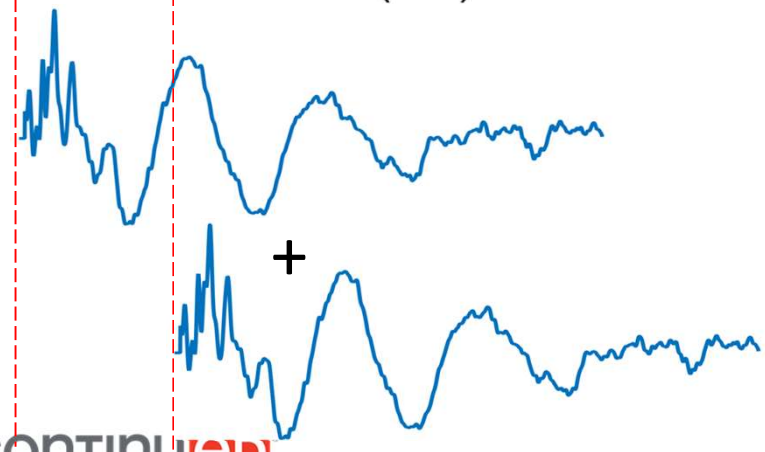
Effects of Noise Exposure on Young Adults with Normal Audiogram I: Electrophysiology

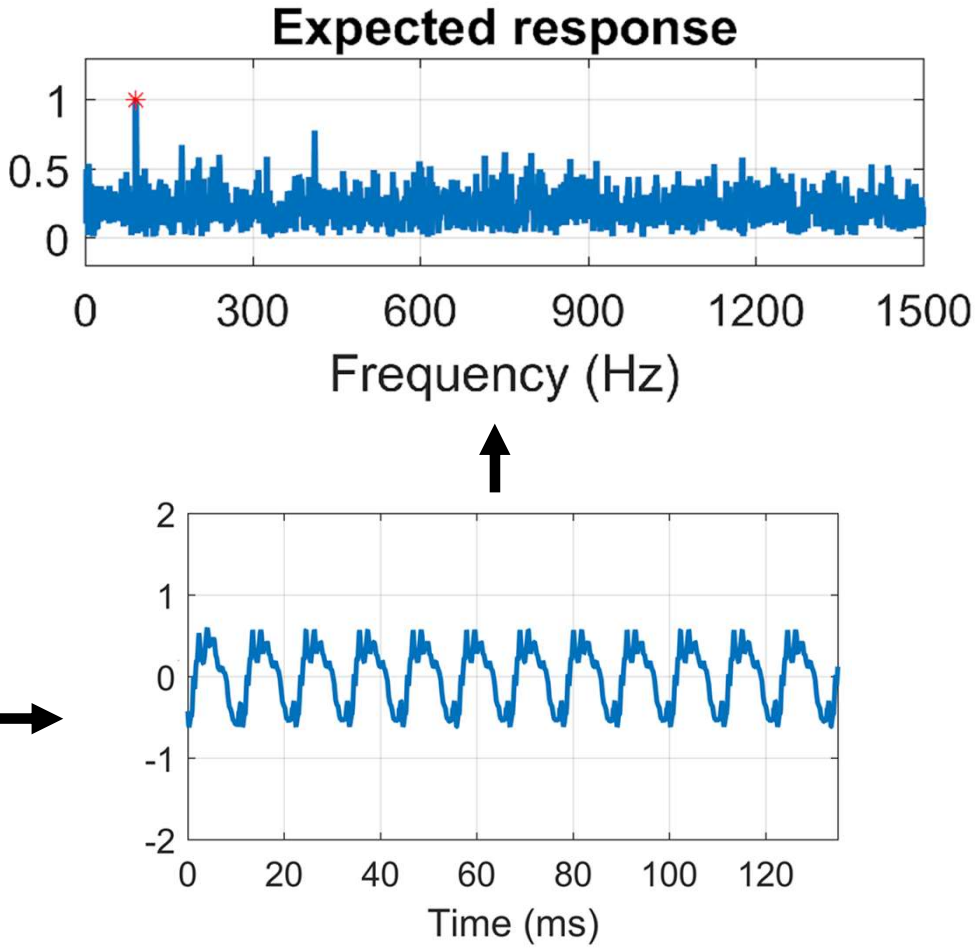
Garreth Prendergast, Hannah Guest, Kevin J. Munro, et al.
Hearing Research 2016

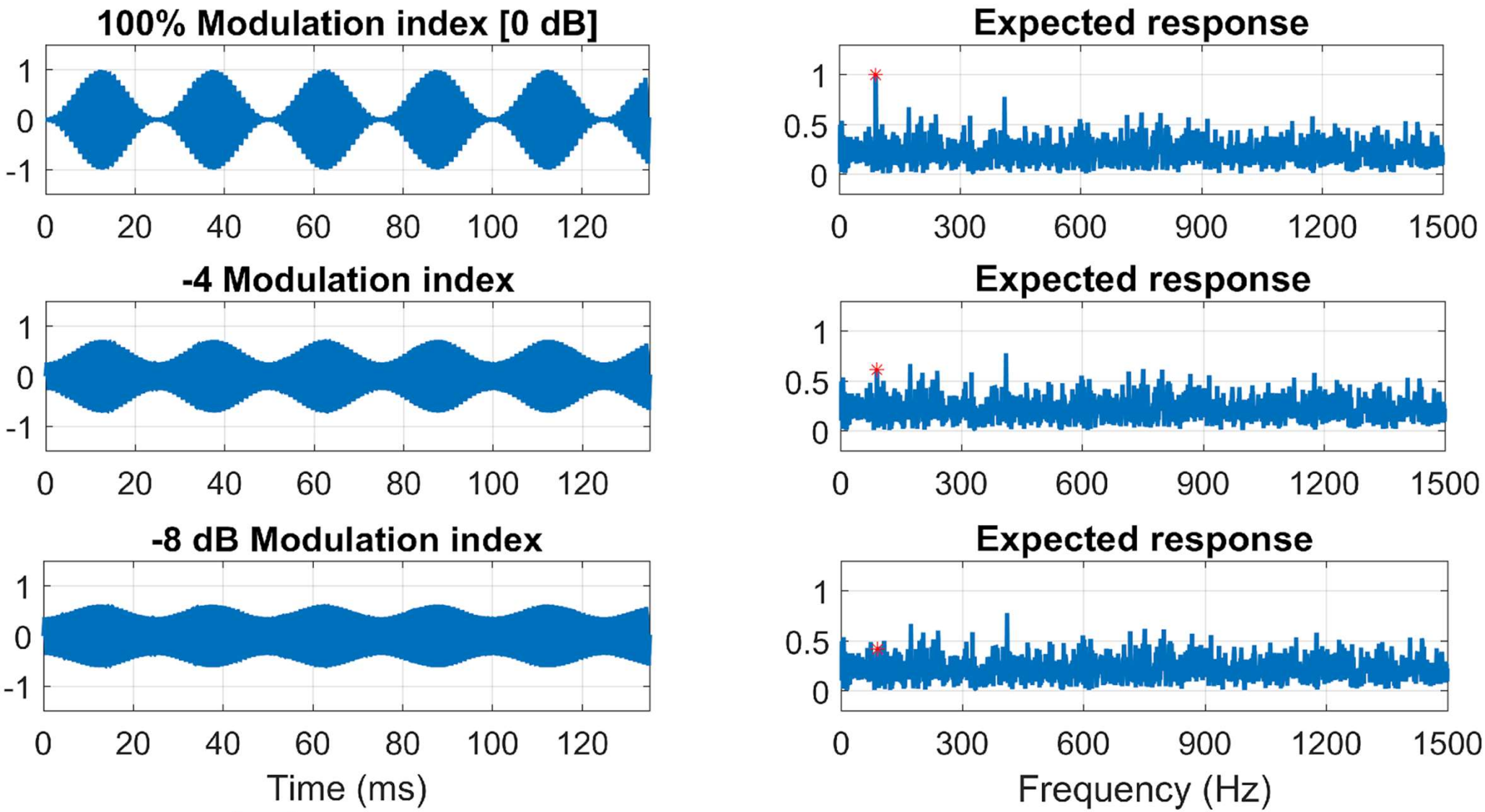
NAL continued

Biomarker 2 – EFR / ASSR





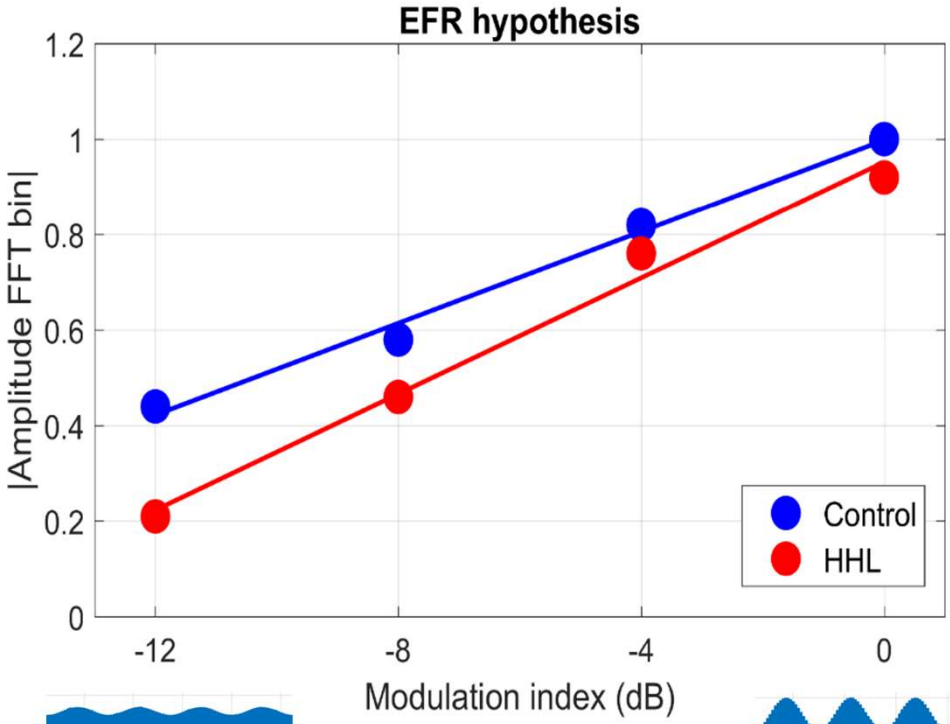


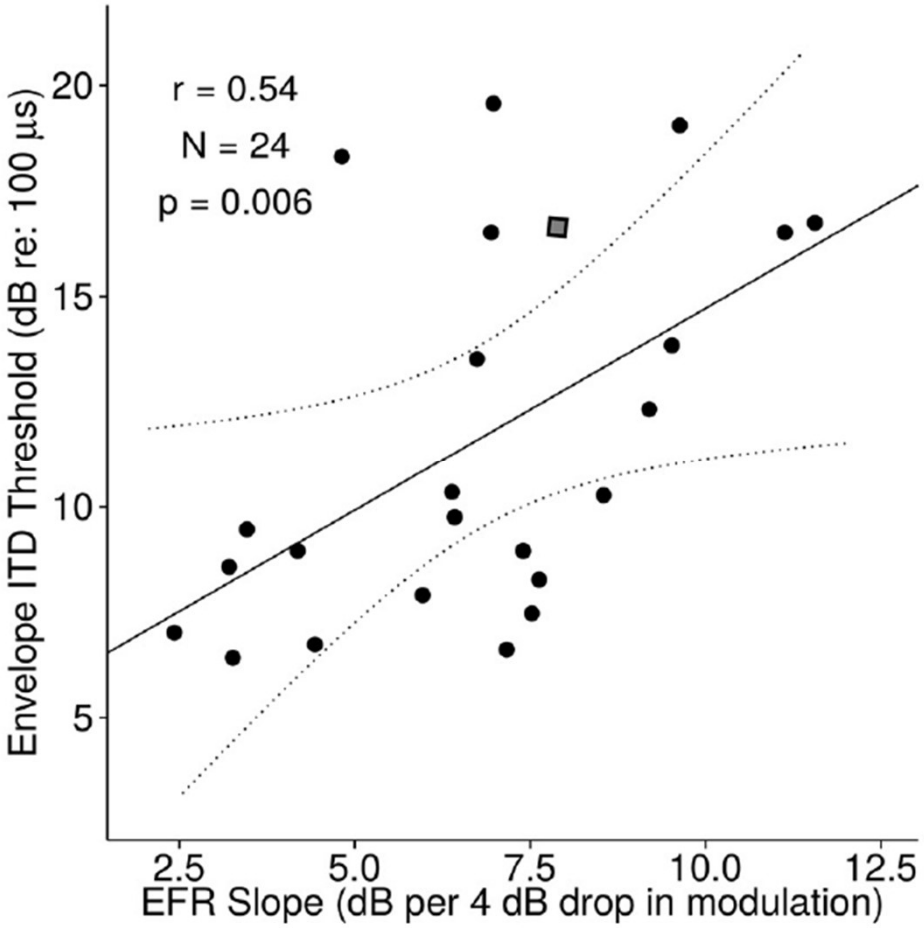

100% Modulation index [0 dB]
Expected response
-4 Modulation index
Expected response
-8 dB Modulation index
Expected response
Time (ms)
Frequency (Hz)

Individual differences reveal correlates of hidden hearing deficits.

Bharadwaj, H. M., Masud, S., Mehraei, G., Verhulst, S., & Shinn-Cunningham, B. G.

Journal of Neuroscience, 2015.

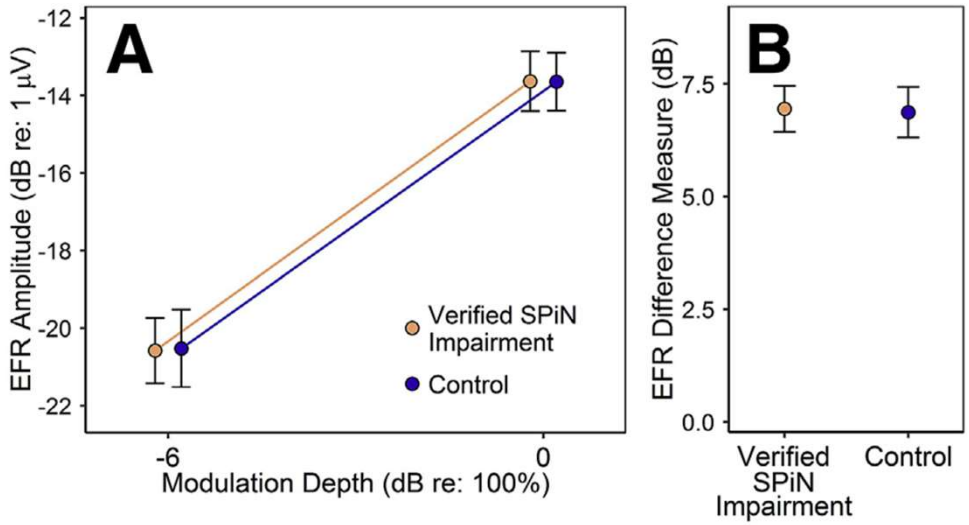




Impaired speech perception in noise with a normal audiogram: No evidence for cochlear synaptopathy and no relation to lifetime noise exposure

Guest, H., Munro, K. J., Prendergast, G., Millman, R. E., & Plack, C. J.

Hearing Research, 2018



EFR not associated with speech-in-noise hearing performance

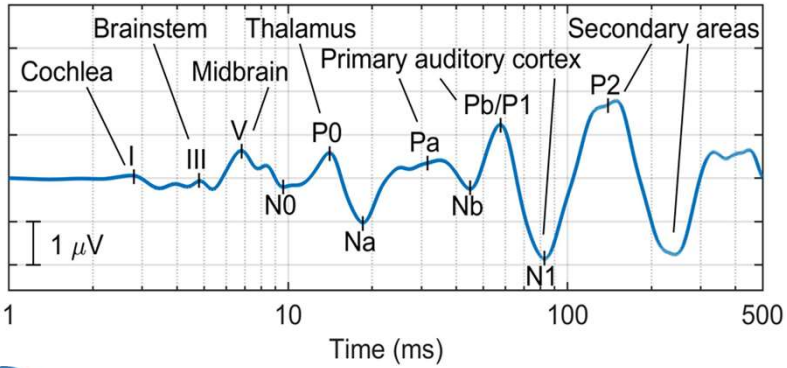
Future trends

BARRIERS

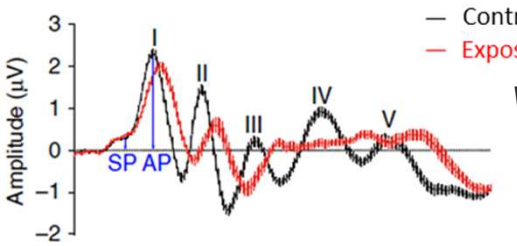
1. Focus on cochlear synaptopathy
2. Low sensitivity to SiN problems
3. Large inter-subject variability

POSSIBLE SOLUTIONS

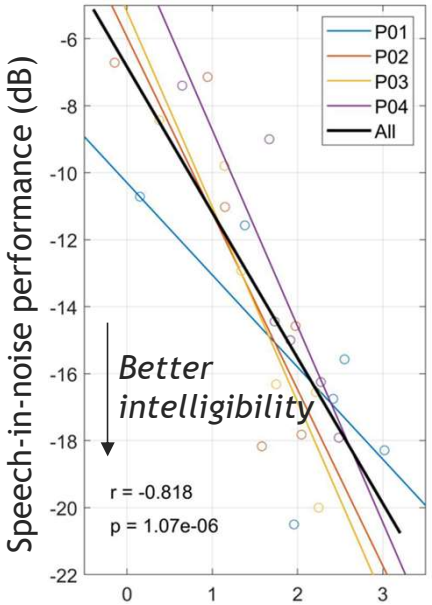
1. Target multiple pathologies
2. Increase sensitivity to SiN
3. Reduce inter-subject variability



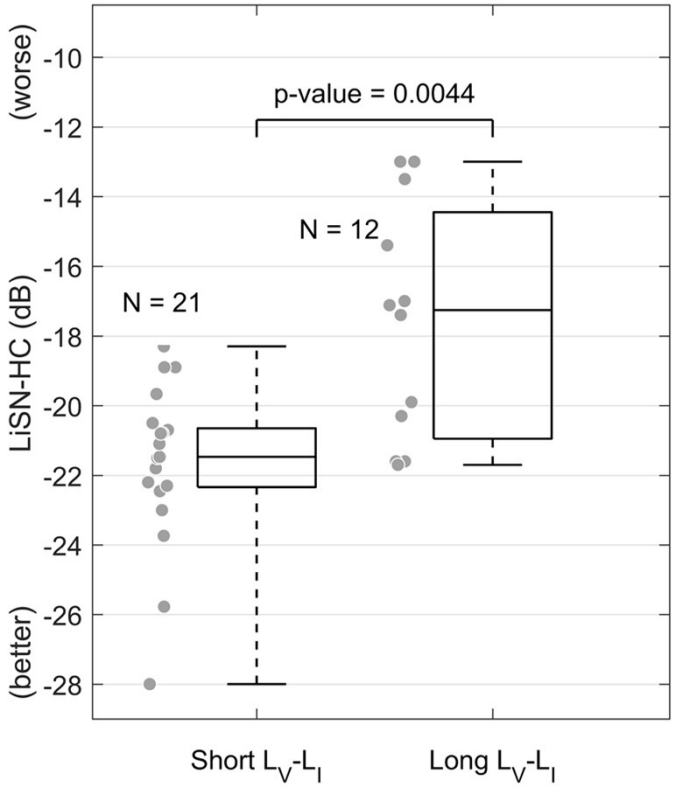
Effect of demyelination



Wan and Corfas (2017)



Full-range AEP
de la Torre, Valderrama et al. (2019)



Inter-peak latencies
Valderrama et al. (2018)

Q4

Part 4 – Management of hearing difficulties

Part 1 – Problem statement

Part 2 – Underlying mechanisms (animal models)

Part 3 – Diagnostic of HHL
- ✔ Existing biomarkers
- ✔ Forthcoming research

Part 4 – Clinical management
- ✔ Therapeutics interventions
- ✔ Low-gain hearing aids
- ✔ AirPods Pro hearables

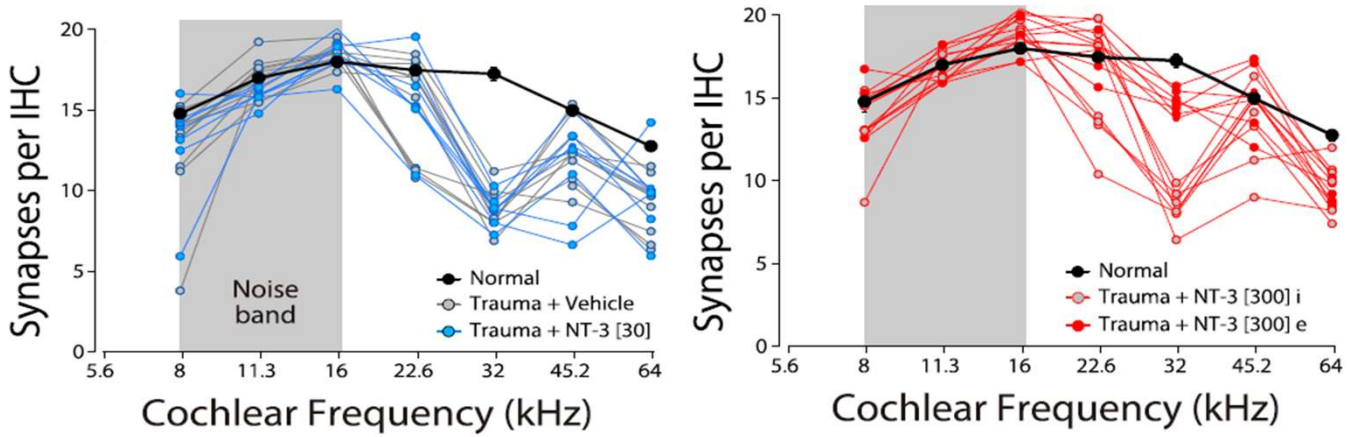
SCIENTIFIC REPORTS

OPEN

Round-window delivery of neurotrophin 3 regenerates cochlear synapses after acoustic overexposure

Received: 11 January 2016
Accepted: 04 April 2016
Published: 25 April 2016

Jun Suzuki[1,2,3], Gabriel Corfas[4] & M. Charles Liberman[1,2]



NAL continued

Relevant questions

- To what extent these devices improve the hearing experience of their users?
- What are the listening scenarios in which devices perform best/worse?
- What proportion of users benefit when using these devices in challenging venues?
- What are the characteristics of those who benefit from these technologies?
- What are the main barriers that would discourage users from using the devices?

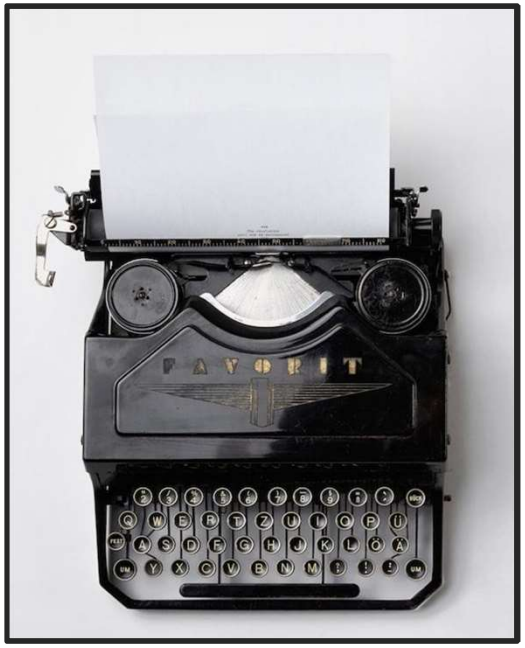
NAL Study 2. Mild-gain hearing aids
Phonak M50

NAL Study 3. Hearables
Apple AirPods Pro

NAL continued

NAL Study 1 – Mild-gain hearing aids

Manuscript in preparation



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Methods

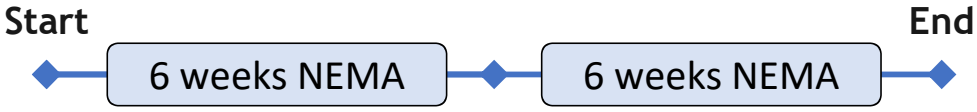
A double-blinded **randomised controlled trial**

Control

- 14 participants
- 9 females
- [19,63] yr
- Mean = 40.8 yr
- **0 dB gain**

Experimental

- 13 participants
- 8 females
- [31,63] yr
- Mean = 44.8 yr
- **+8 dB gain**

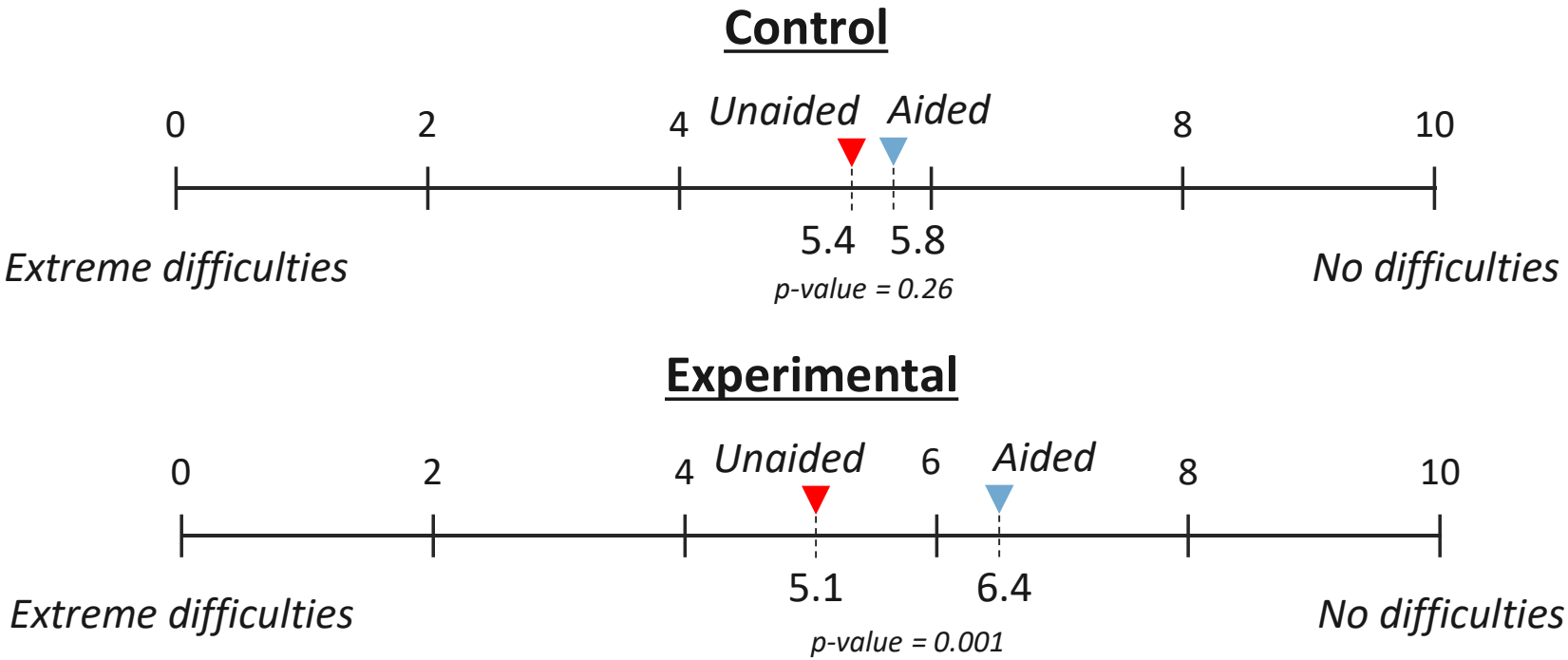


- SSQ-Unaided
- HA fitting
- SSQ-Aided
- SADL
- Open-ended Q

NEMA surveys

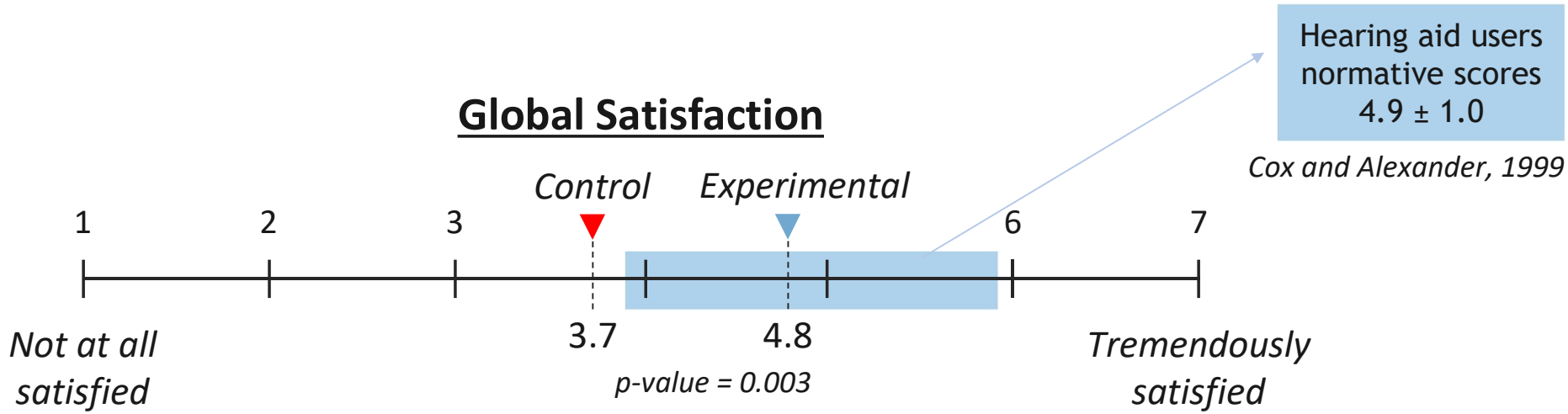
- Understand
- Participate
- Frustration
- Benefit
- Satisfaction
- Noise level

Self-perceived hearing difficulties (SSQ)



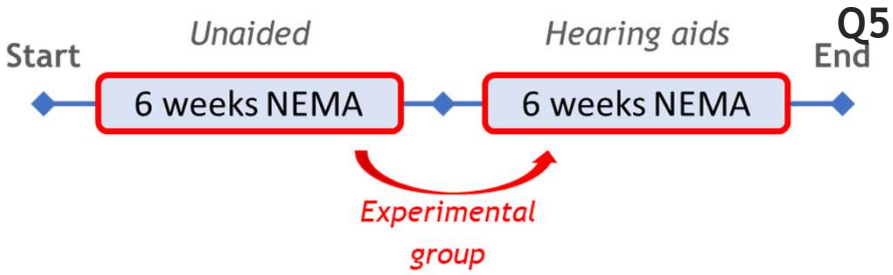
Low-gain hearing aids reduced self-reported speech-in-noise hearing difficulties

Hearing aids satisfaction (SADL)



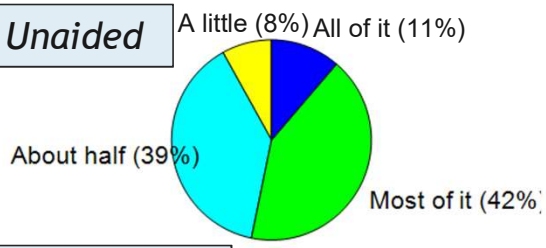
Providing a mild gain increases global satisfaction from 'medium satisfied' to 'considerably satisfied'

Real-life assessment (NEMA)

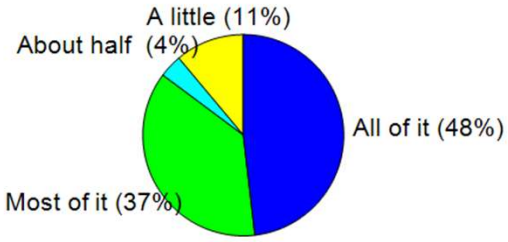


Understanding

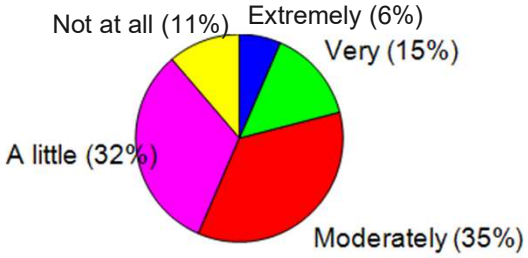
Unaided

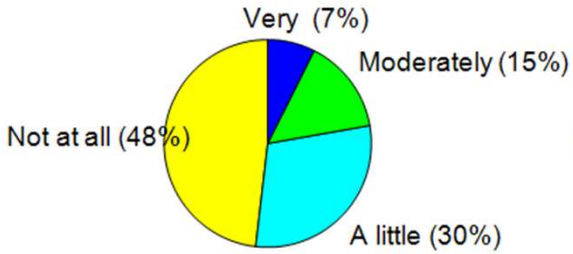


Hearing aids

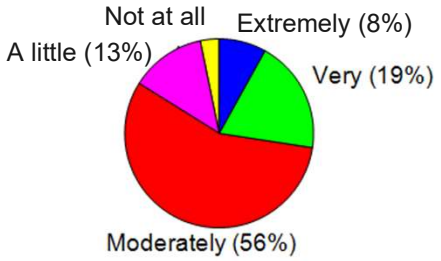


Frustration

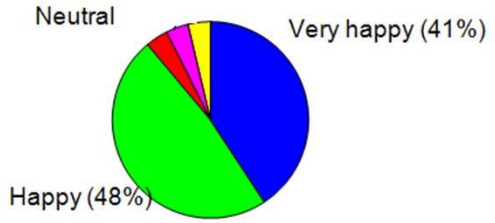




Participation



Mood



Low-gain hearing aids helped participants to understand more, participate more in conversations, reduce their frustration, and improve their mood in real-life noisy conversations

NAL continued

Would you continue using the hearing aids?

Control: 9/14 NO
Experimental: 8/11 YES

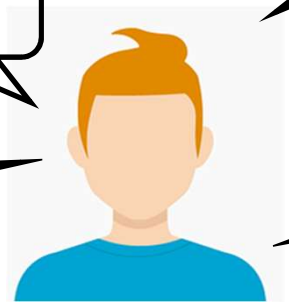
No. Unnoticeable benefit, for the slight administrative burden (batteries management, fitting comfort, etc.)

I would consider it **if my hearing loss gets a lot worse**, but at this stage the cons outweigh pros

No. They don't really help

No

No, I don't feel it has been a distinctive change enough for me



Control

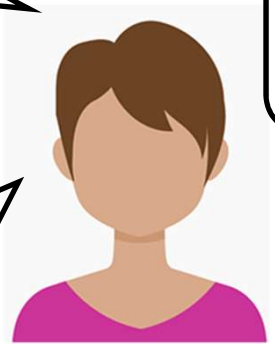
I would only want to wear them **in particular environments** requiring a lot of listening - this would help reduce fatigue and frustration

Yes, the benefit that I gain from them is too great to not use them

Yes but they do appear to have improved my condition

Yes I would in social situations. It makes engaging in conversations easier

Yes, would be a useful option to have when going into noisy social/talking environments



Experimental

No because **I don't think I need them at this stage** and they're a bit awkward (slightly itchy, tickly and make it harder to change glasses especially if also wearing a mask and earrings). I don't like hearing myself eat

NAL continued

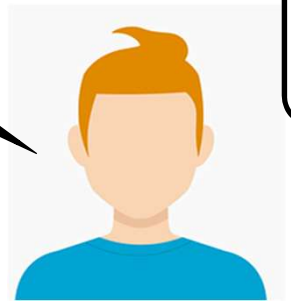
Would you purchase the hearing aids?

Control: 14/14 NO
Experimental: 11/11 NO

Not at this stage as it is too expensive, but I would if my hearing impacts my ability to work

No

No. I don't feel any improvement in my hearing ability



Control

At a cost of $5000 I would personally **not be investing** in hearing aids as I find my unaided hearing to work well, even if I sometimes struggle in a noisy environment to understand speech clearly

No. Too much money!

Not for that price

Experimental

NAL Study 1 summary

- Low-gain hearing aids improve the hearing experience of individuals with normal audiograms but with speech-in-noise hearing difficulties
- Participants fitted with 8 dB gain hearing aids could understood more in noisy venues, participate more in conversations, and reduce their frustration
- The elevated cost is a barrier for the adoption of hearing aids for this population

NAL Study 2 – AirPods Pro hearables

Manuscript under review

1 **The value of Apple AirPods Pro ~~on the management of~~for managing speech-in-noise hearing**

2 **difficulties ~~reported by~~of individuals with ~~a~~normal audiograms**

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23 Word count: 8,500 words.

24 Number of figures: 5 figures.

25 Number of tables: 1 table.

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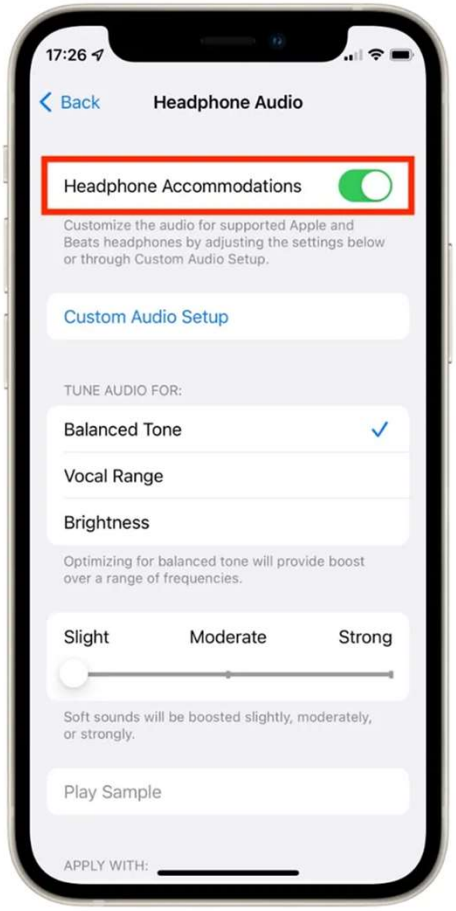
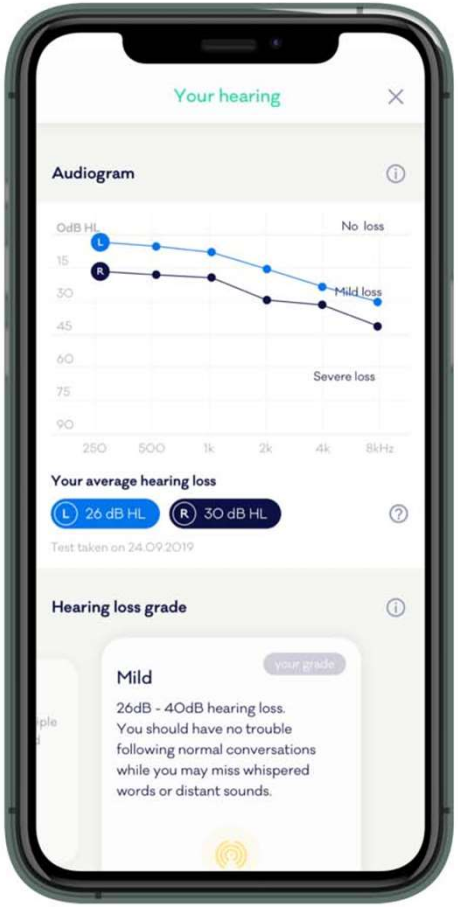
NAL continued

Methods

iOS 15 features

- Headphone Accommodations
- Conversation Boost
- Ambient Noise Reduction





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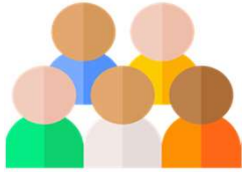
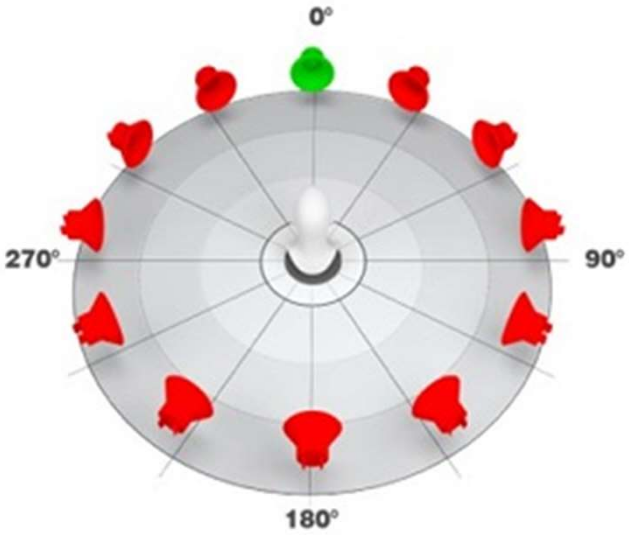
Methods



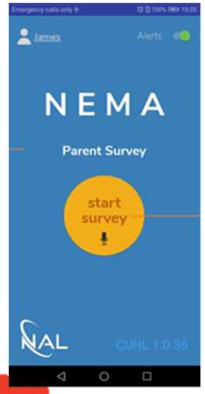
- 17 participants
- 21-59 years
- 9 females

- Personalized audiograms
- Ambient Noise Reduction MAX
- Conversation Boost ON

Speech-in-noise performance



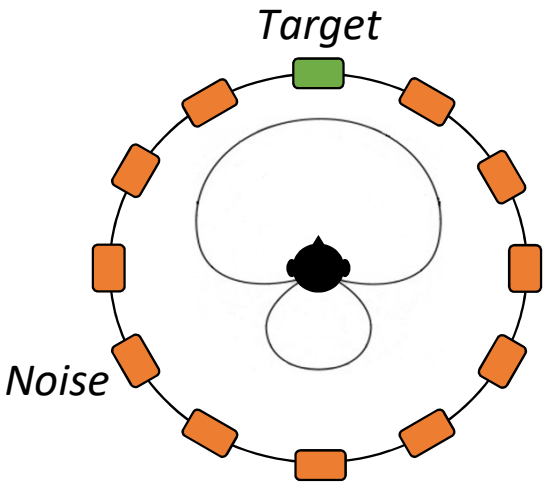
Real-life measures



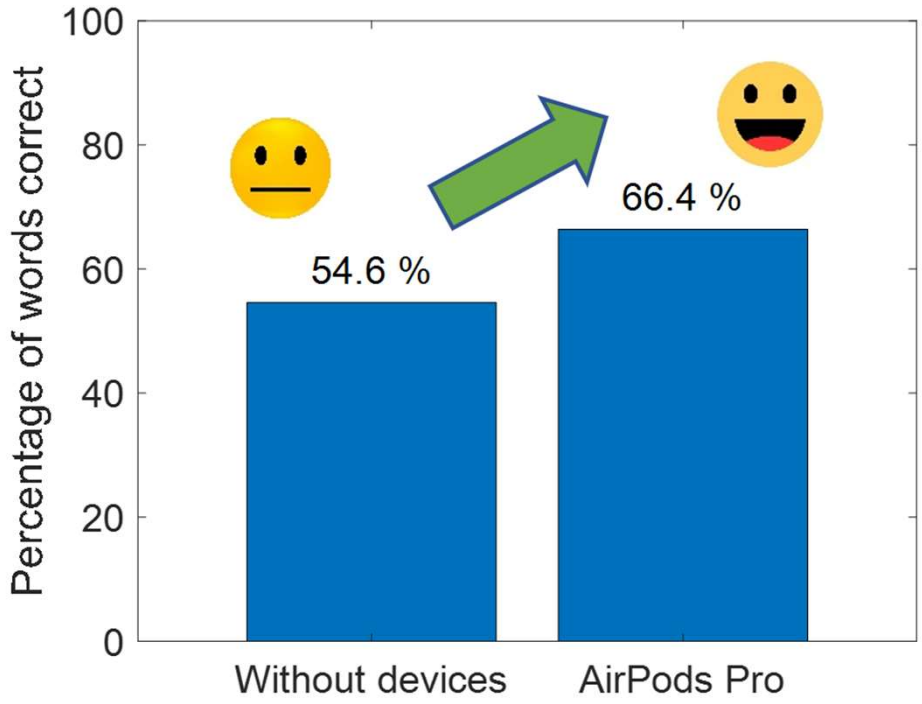
Questionnaires

NAL continuED

Speech-in-noise performance

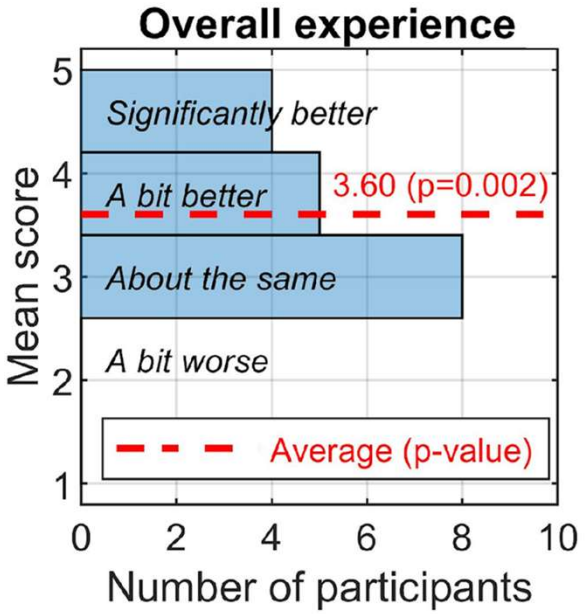


- 16 speakers array, 2.7 m diameter
- Target speech: BEST test (Best et al. 2014, 2018)
- Diffuse noise multi-talker speaker, 65 dB SPL
- SNR corresponding to 50% intelligibility
- Participants *unaided* and *wearing AirPods Pro*

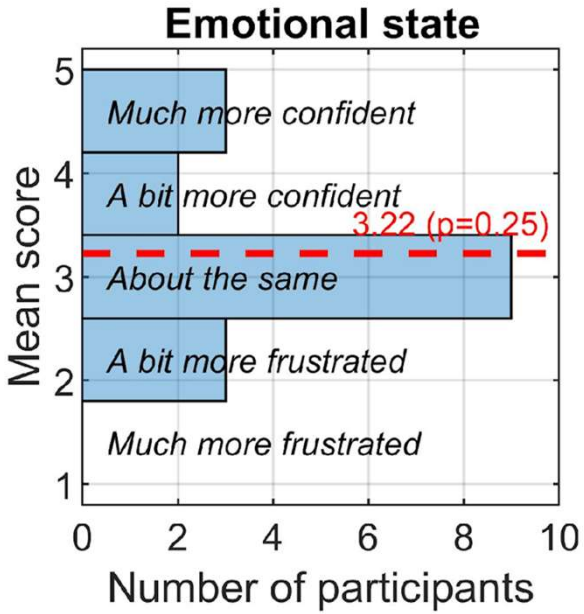


AirPods Pro provided around 11% speech-in-noise intelligibility improvement

Real-life assessment (NEMA)

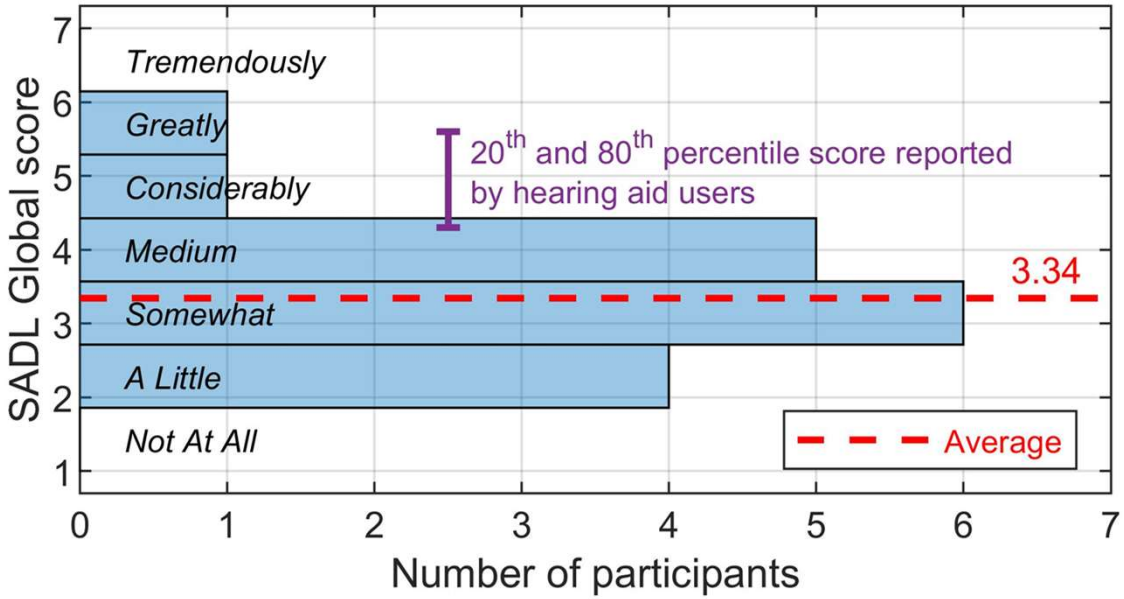


Real-life assessment (NEMA)

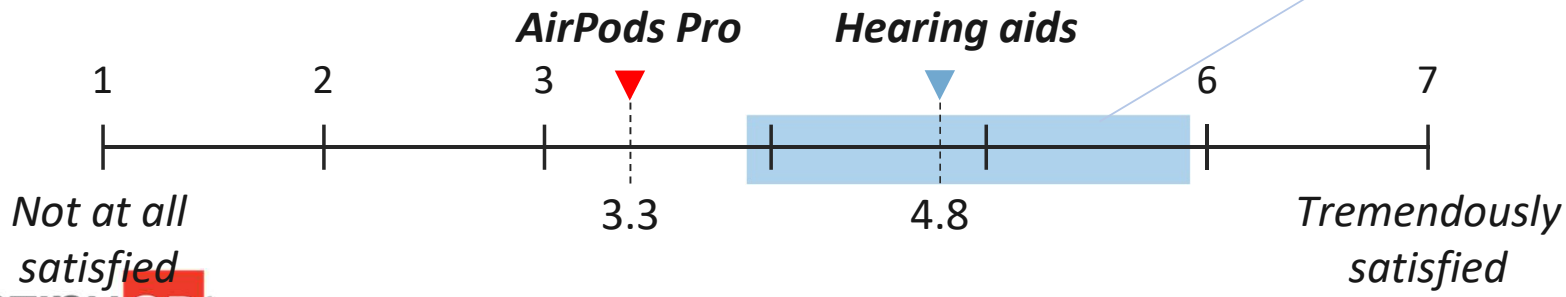


	Surveys
Limited hearing benefit	55
Uncomfortable to wear	35
Feeling embarrassed	27

Satisfaction with the devices (SADL)



Hearing aid users normative scores 4.9 ± 1.0



End-of-study questionnaire

To what degree do AirPods Pro improve your hearing experience in noisy places?

7/17 (41%) – Not much

There is some improvement but it is minimal. When it is windy (e.g. for outside events) the AirPods Pro actually make the wind noisier and negatively impact your conversations.

7/17 (41%) – Depended on the ambient sound

My experience was inconsistent. In one on one situations they performed better compared to group gatherings. In other occasions, sounds like the rubbing of my hair against the AirPods Pro and the sound of my chewing were amplified, whereas other background sounds were not.

3/17 (18%) – Positive experience

I could hear voices much more clearly in close proximity as well as some distance away. **I felt more engaged in the conversations** because I could hear better. The ability to hear people at the dinner table at a noisy restaurant is probably the most beneficial.

NAL continued

End-of-study questionnaire

Positives

Comfortable to wear

Long battery life

Easy pairing with iPhone

Beautiful design

Inexpensive

Small and unobtrusive

Multi-purpose

Negatives

Hearing their own voice, walking or chewing

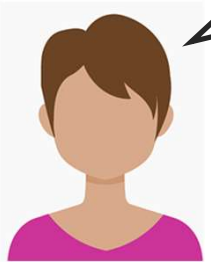
Limited hearing-in-noise benefit

Uncomfortable for long-time use

Unnatural amplification of background and wind noises

Societal and stigma – they are not perceived by others as assistive listening devices

I did not feel at all embarrassed wearing them, but **a few people asked me about them and why I was wearing them**. In the trial it was easy to explain the scientific nature of the trial, but this might become irritating if long term use. It was potentially perceived by others that you were listening to music or doing other things whilst in a group or conversation. Also, **I don't think their hearing correction worked so well outside**, in a loudish area on a beach with plenty of ambient environmental noise.



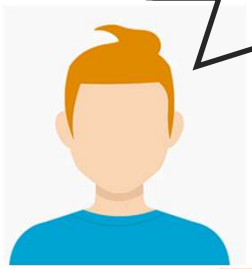
NAL continued

End-of-study questionnaire

Would you continue using AirPods Pro in similar situations in the future?

5/17 (30%) – Yes

I would continue using AirPods with family and friends in group environment and / or work mates and associates in a work environment who know the purpose of the AirPods. Explaining the purpose of the AirPods would be problematic for me in most other environments with people I am not directly associated with.



12/17 (70%) – No

I would not use them in conversations. People think that you are ignoring them if they see you using them and the impact on the quality of the conversation is not significant.

- Limited benefit
- Comfort
- Societal – stigma

NAL continued

Take-home messages & Acknowledgments

- HHL affects a significant proportion of the population, with important implications in the quality of life of people who experience these difficulties and their clinicians.
- Animal models show that different pathologies could be involved in HHL in humans, including cochlear synaptopathy, auditory nerve demyelination and neural maladaptation.
- Currently, the search for non-invasive biomarkers of HHL in humans continues. Several methodological challenges need to be addressed, including the large inter-subject variability of existing metrics and their low sensitivity to speech-in-noise hearing problems.
- Intervention options based on low-gain hearing aids and hearables provide some degree of hearing benefit, but barriers such as cost, comfort, stigma, and not enough hearing benefit are preventing a widespread adoption of these technologies.

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