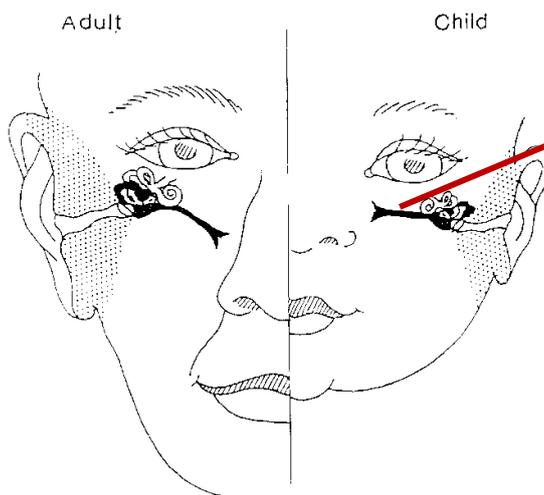


Please find enclosed results from your Child's recent School Hearing Assessment, which was provided to you free of charge by non for profit charity, **Hear our Heart Ear Bus Project**. Please phone if you are able to help with the Ear Bus Project as we need more helpers to continue to raise money to keep returning to your child's school. Please read your child's test to see what follow up is needed and contact us if you need help. The information below and on the reverse will help you with your child's follow up.

Why is nose blowing important to your child's hearing?

For children aged 4-9 yrs with speech, learning, behaviour or hearing problems, best practice is to have hearing testing every 3-4 months. In many cases a lack of regular nose blowing added to an immature eustachian tube (see below) is the main cause of ear problems.

Sickness from cold / flu's as well as hay fever / seasonal allergies further increases this risk.



- **The Eustachian tube** leads from the back of your nose to your middle ear.
- The adult's Eustachian tube is sloping and longer which allows fluid to drain naturally.
- Children up until the age of 8-9 years old have horizontal tubes that **don't** allow for natural drainage.

This is why nose blowing is important.

Having regular ear health and hearing checks is important to help monitor your child's overall hearing health. Up until the eustachian tube fully develops (8-9 yrs) children can have a good hearing test one week and the following week may show signs of poor middle ear health and hearing loss.

IF there is fluid in the middle ear it can take up to 3 months for the fluid to subside. Most children that have fluid show no obvious signs of pain, fever or sickness, which is why regular testing is important. If, after 3 months, the fluid is still there, an appointment with an Ear Nose and Throat Specialist is generally recommended.

How else can we help children to protect their ears?

If your child has antibiotics or eardrops for an infection make sure they finish the course.

If your child has grommets or a hole in the eardrum please use water precautions (ear putty or blu tak) when bathing or swimming.

When children are using headphones or ear buds with ipods, ipads or other devices make sure the volume is not too loud. Continue to monitor this with your child at all times.

How the testing occurred

1. Otoscopy

This is a special ear torch which was placed in the ear canal. With this part of the check it can be seen if there is something wrong with the ear drum. If required, we can take a photograph of the ear canal and drum for an ENT.

It might show a healthy ear drum, scarring from an old infection, red sore ears and bulging drum, hole in the drum, a grommet from ear surgery, if the drum is retracted and or if there is a severe infection that needs treatment.

It can also check if there is too much wax in, or anything else in the ear canal.



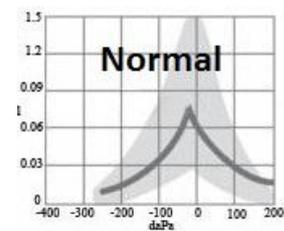
2. Tympanometry

This test measures the movement of the ear drum. A small plastic tip is placed in the ear canal. A soft tone and pocket of air is blown from the hand held monitor into the canal. A graph is printed that shows if the middle ear space is clear. It can also show if there is fluid/glue in the middle ear where the ossicles (ear bones) are, or if it is filled with air, as it should be normally.

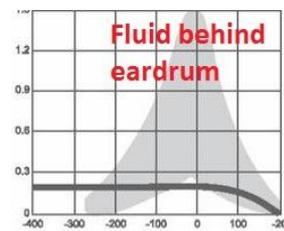
If there is negative pressure in the middle ear, this is caused by a blocked eustachian tube and can be helped to clear by nose blowing.

Children with grommets in place, the tympanometry will indicate if the grommets are working.

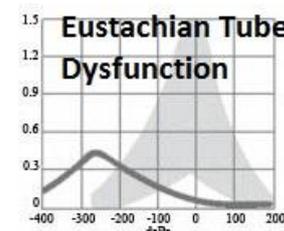
If your child has a flat result it may be temporary, but may also need to be re-checked as recommended on your child's hearing test.



Type A



Type B



Type C



3. Audiometry screen

This part of the check, tests the hearing levels of both left and right ears at a range of sound levels.

If there is a hearing loss it may be temporary because of fluid in the middle ear (type B)

If the tympanometry test is normal (type A) and there is a hearing loss further testing would need to be done at the Dubbo Australian Hearing Office, who help children with hearing loss.

If there is a permanent hearing loss, hearing aids can help.

