

## SEL Community Adult Audiology Patient Self-referral Check-list

Patients can now self-refer to community adult audiology services if they require an NHS funded hearing aid(s).

The SEL Community Adult Audiology is available to patients:

- **Who are Registered with a SEL GP Practice**
  - **Who are Over 18 Years of Age**
- **Who are suitable for the Community Adult Audiology service**

Please see the below list of 14 questions / symptoms and ✓ if any of the questions or symptoms relate to you.

### ADVICE

If you have ✓ any of the below questions or symptoms, or if you are not sure of your answer please contact your GP Practice for further advice. Let your practice know that you have used this check-list to determine your suitability for the Community Adult Audiology service.

	Questions or Symptoms	✓
1.	Are you able to take and respond independently to instructions for at least 20 minutes during an adult audiology appointment.	
2.	Blocked (impacted) or suspected excessive ear wax.  <span style="color: red;">Please speak to a pharmacist or your GP practice for advice and guidance.</span>	
3.	Patients requiring a hearing assessment prior to referral to ENT or for ENT advice/investigations.	
4.	Requires removal of foreign object from their ear(s), example a cotton bud	
5.	Sudden loss (less than 7 days) or sudden deterioration of hearing (90 days or less).	
6.	Uneven/Distorted (Asymmetrical) Hearing (and have no previous ENT investigations).	
7.	Persistent pain affecting either ear for more than 7 days in the last 90 days.	
8.	Discharge or Pain for more than 7 days in the last 90 days.	
9.	Active Discharge/Untreated Infection and history of discharge/infection.	
10.	Fluctuating hearing loss, other than associated with colds.	
11.	One-sided (Unilateral), Uneven/Distorted (asymmetrical), or pulsating or distressing tinnitus, e.g. causes sleep disturbance, anxiety or depression.	
12.	Unusual hearing experiences (Abnormal auditory perception).	
13.	Vertigo/Imbalance – including spinning, dizziness, swaying or floating sensations.	
14.	No problems with hearing loss, but cannot understand speech in noise.	

Patients who self-refer can **ONLY** be seen by the following providers who hold the current Community Adult Audiology NHS contract with SEL ICB.

Audiological Science  
In Health  
Outside Clinic  
Specsavers

Please see the following link for provider locations

SEL Community Adult Audiology team have also created an interactive patient self-referral check list <https://www.selondonics.org/self-assessment-community-audiology>.