

Station 2: Ear canal screen / Otoscopy

Procedure:

- ✓ Wear gloves
- ✓ Perform otoscopy in each ear
- ✓ Use same speculum for both ears, unless visible infection or blood in first ear
- ✓ Plastic ear specula = garbage bag; Metal ear specula = box to clean and disinfect/sterilize

Note of results:

Minimally blocked = ear drum > 50% visible (= PASS)

Partially Blocked = ear drum ~ 50% visible (= REFER)

Blocked = ear drum < 50% visible (= REFER)

- ✓ Take note of any abnormality of the pinna, in the ear canal or at the ear drum. Let the decision on the necessity of referral for these abnormalities be made by the Clinical Director.

Remarks:

- ✓ If cerumen was removed, make sure to indicate in “check-out” and recommend follow-up if necessary.
- ✓ Contra-indications for further screening: make a clear note on the screening form. Excessive ear wax ≠ contra-indication

Next step:

- ✓ After otoscopy, all athletes continue to station 3 (OAE), regardless of results, unless contra- indication.

Extra: Removal of Ear Wax and/or Foreign Body

Note of results:

Yes = complete removal of ear wax and/or foreign body

Yes, partially = partially removal of ear wax and/or foreign body

Unable to remove

Athlete refused = refusal of ear wax removal and/or foreign body by athlete

- ✓ Always fill in 1 of the options above when the ear canal is “partially blocked” or “blocked” never when the ear canal is “clear”.
- ✓ Always check what the situation is after (partially) removal of ear wax (or not). Never fill in when the first situation was already “clear”.

Station 3: Screening with Otoacoustic Emissions

Procedure:

- ✓ Wear gloves
- ✓ Perform OAE screening in each ear
- ✓ Use the same foam ear tip for both ears, unless visible infection or blood in first ear
- ✓ Foam ear tip = garbage bag

Note of results:

PASS = PASS on screening unit

NO PASS = REFER on screening unit

UNABLE TO TEST = if OAE screening not possible + check one of the reasons why
= NO REFERRAL NEEDED

Next step:

- ✓ If bilateral "pass" → check-out
- ✓ If unilateral or bilateral "refer" / "no pass" → station 4 (tympanometry) and 5 (pure tone audiometry), unless contra-indication

Station 4: Screening with Tympanometry

Procedure:

- ✓ Wear gloves
- ✓ Perform tympanometry in each ear
- ✓ Use the same ear tip for both ears, unless visible infection or blood in first ear
- ✓ Used ear tips □ box to clean and disinfect

Note of results:

PASS = all values within the values of the normative data
NO PASS = type B-tympanogram or at least one of the numeric results outside of the normative data
UNABLE TO TEST = If tympanometry not possible + check one of the reasons at last column
= NO REFERRAL NEEDED

Normative data for tympanometry: ("rule of 2")

PASS = admittance between 0.20 and 2 mmho
middle ear pressure between +20 and -
200daPa ear canal volume between 0.60
and 2 ml

NO PASS =

type B (flat)

type C (under pressure) with pressure more positive than +20 daPa or more negative than - 200daPa

type As with value for admittance < 0.20 mmho

type Ad with value for admittance > 2 mmho ear canal volume <0.60 ml or > 2 ml

Comments:

- ✓ Note type of tympanogram when "no pass", this way Clinical Director can decide on follow-up recommendations.
- ✓ Type D-tympanogram, without any further abnormalities on otoscopy = "pass"
- ✓ When unilateral or bilateral "no pass" on tympanometry, but all other screening results are normal, then the athlete will not be referred for follow-up, unless the Medical Doctor or the Clinical Director at the event decides otherwise.

Next step:

- ✓ After tympanometry, all athletes continue to station 5 (Pure Tone Audiometry), regardless of results.

Station 5: Screening with Pure Tone Audiometry

Procedure:

- ✓ Test frequencies: 2000 and 4000Hz (ear by ear)
- ✓ Intensity level: 25dBHL = "pass"
- ✓ Interrupted (pulsed) tones
- ✓ Screening procedure: starting level = 50dBHL □ 35dBHL (if response at 50dBHL) □ 25dBHL.
- ✓ Requested response = raise hand; play audiometry if needed
- ✓ Short training and/or conditioning if needed
- ✓ Disinfect headphones before usage with new athlete

Note of results:

PASS = reliable response at 25dBHL

→ check-out if 4x "pass" (both frequencies in both ears)

NO PASS = no (reliable) response at 25dBHL, or athlete refused testing

→ station 6

Next step:

- ✓ If 4 times PASS → check-out
- ✓ If NO PASS for at least 1 of the 4 frequencies → station 6 (threshold testing with pure tone audiometry)

Station 6: Threshold Testing with Pure Tone Audiometry

Procedure:

- ✓ Test frequencies air conduction: 250, 500, 1000, 2000, 3000, 4000 and 6000Hz
- ✓ Test frequencies bone conduction: 250, 500, 1000, 2000, 3000Hz, 4000Hz, 6000Hz
- ✓ Mask if necessary and possible
- ✓ Determine hearing threshold, ear by ear, also for ear with “pass” at pure tone screening

Note of results:

NR = No Response: if no response for certain frequency at maximum intensity level. Note if masking technique is used.
Note if test results are reliable or not.

Comments:

- ✓ Test as many thresholds for air and bone conduction as possible. If attention or reliability decreases, try to test at least 1 threshold for bone conduction (1000Hz).
- ✓ Ask for assistance if needed.