



Listen Up!
SAVE THE
EARS

Hello!

**We are ABC Hearing Clinic and
Training Center with
Grant Kapalamula & Memory
Khomera**

**You can find us:
hearingabcclinic@gmail.com**

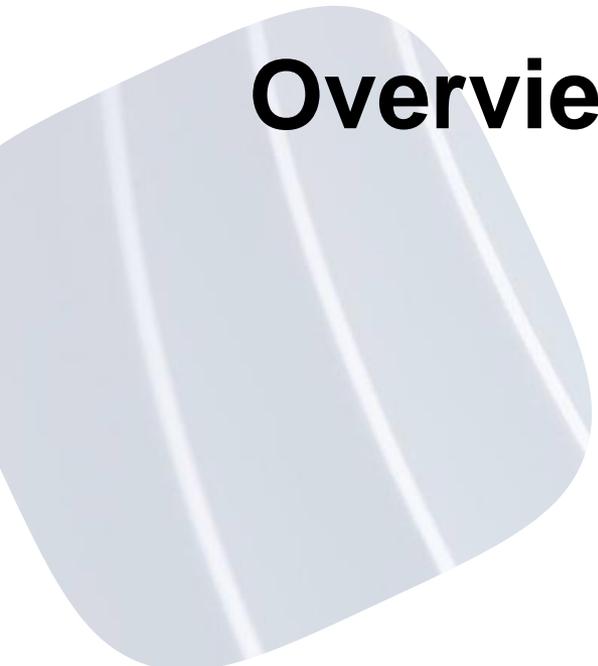
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“

Those who have ears, let them hear





Overview

- How we Hear?
- Hearing Loss
- Importance of Hearing
- How to take care of Ears
- **Signs and Symptoms of Hearing Loss**
- Management and Referral



1

How We Hear?

Let's talk senses

Basics about Ears

Outer Ear

Pinna

Ear Canal

Middle Ear

Ear Drum

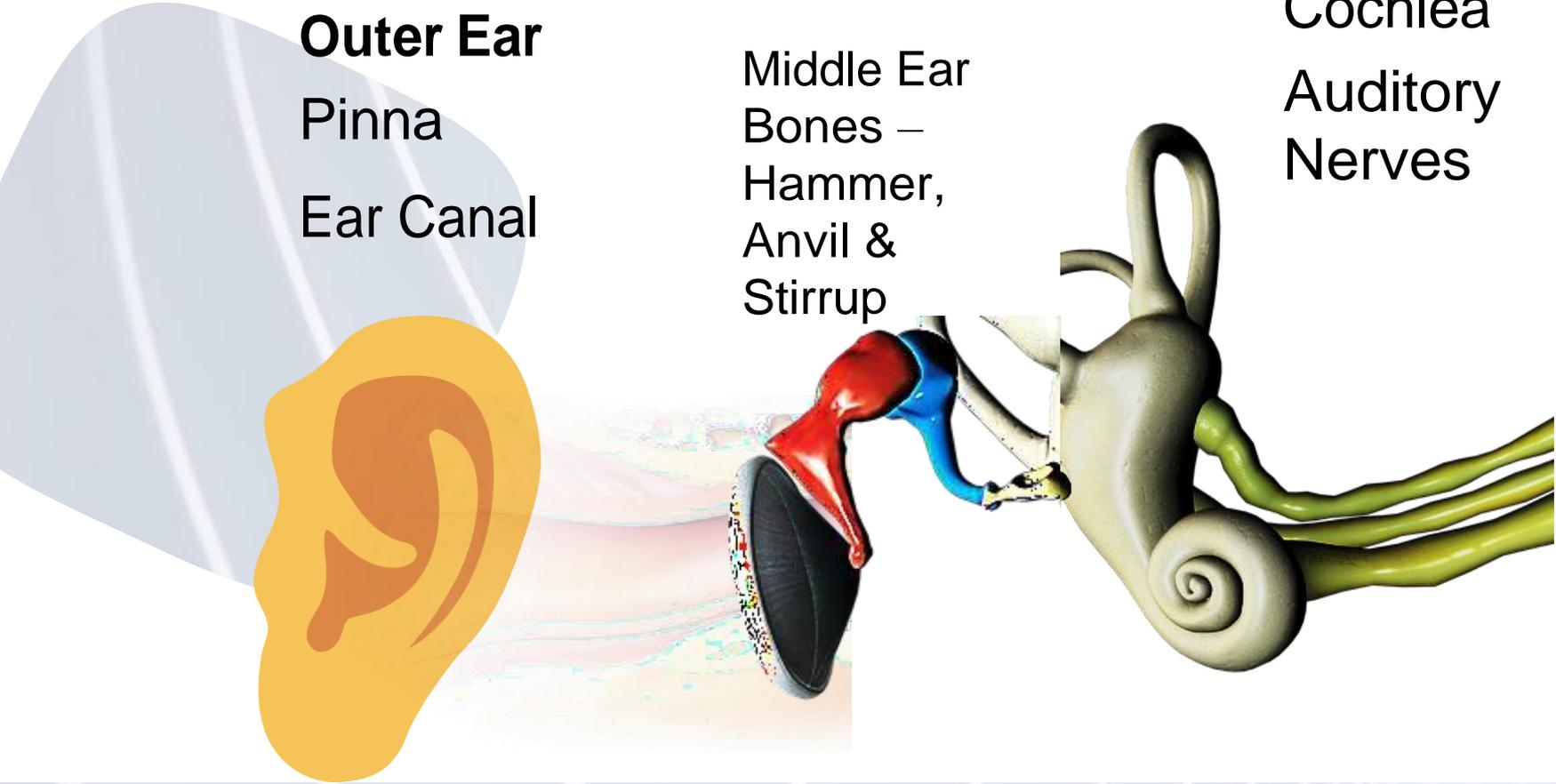
Middle Ear

Bones –
Hammer,
Anvil &
Stirrup

Inner Ear

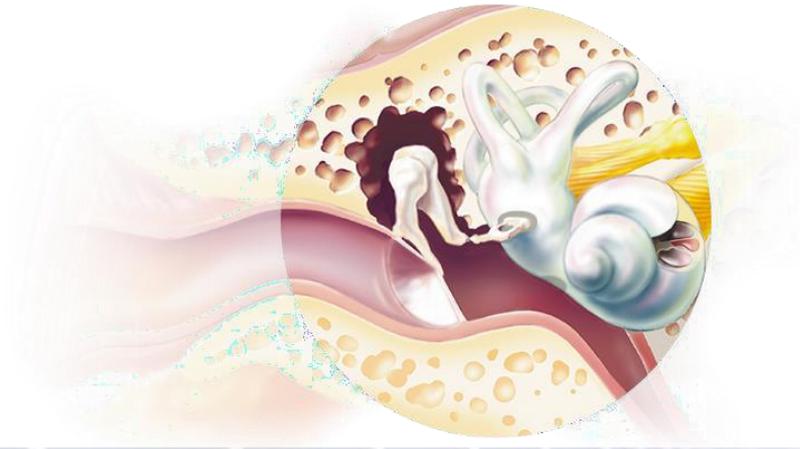
Cochlea

Auditory
Nerves



How we hear

- First – Sound enters the ear to the ear drum
- Second – Sound goes through the ear drum & middle ear bones
- Third – Sound enters the inner ear to the brain





2

Hearing Loss

What is hearing loss?

- Hearing loss is when a person cannot hear well and so has a problem talking and hearing what people say.
- There are different levels of hearing difficulty



Sound clips by NIOSH



Normal Hearing



Mild Hearing Loss



Moderate Hearing Loss

H. Ha ley H w s it going?

Good, Grandpa

Wha did you do in school today?

Well one main thing was that media got canceled. So our class

Severe Hearing Loss

Hi, Hadley. How's it going?

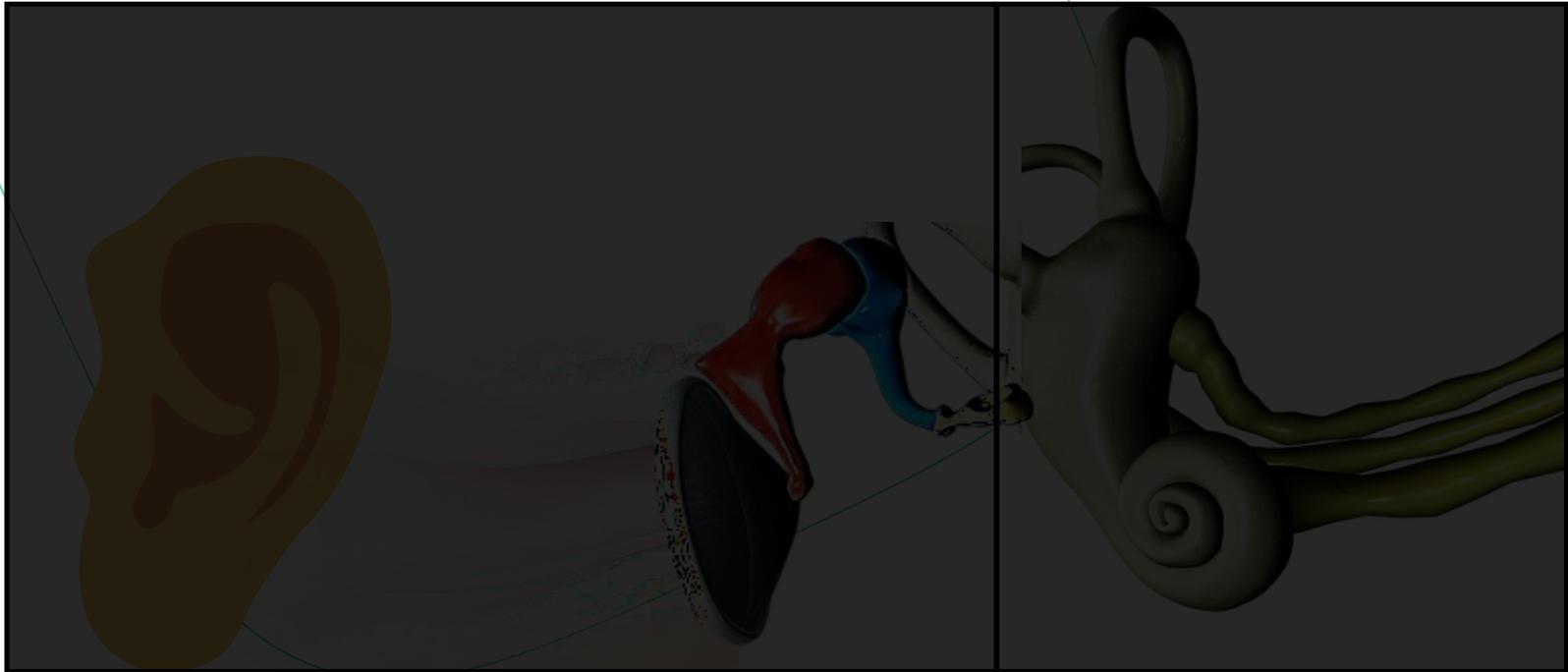
Good, Grandpa.

What did you do in school today?

Well, one main thing was that media got canceled. So our class

Normal Conversation

Where the sound is not going through also counts as classification



Type: Conductive

Type: Sensory

Causes of Hearing Loss



- Drugs
 - Anti-Malaria/some anti-biotics
 - recreational
- Complicated Pregnancies
- Complicated Birth
 - Illness after birth
 - lack of oxygen



Before Birth

- Inheritance
- Prematurity or Low birth-weight
- Severe Jaundice (Yellow Baby)
- Infections during pregnancy
 - Rubella/German Measles
 - Syphilis

Causes of Hearing Loss



- Accidents
- Excessive Wax
- Glue Ear (Flu/Cold)

After Birth

- Childhood diseases
 - Measles/Mumps/Meningitis
- Ear Infections
- Drugs
 - Anti-malaria/some anti-biotics
- Noise Exposure
 - Maize mill
 - Head sets





3

Importance of Hearing

THE BUILDING BLOCK OF LEARNING: **HEARING**



CHECK YOUR CHILD'S HEARING!!!

Impact of Hearing Loss on a Child

Lack of participation in class

Slower progress in education

Poor/no speech

Difficulty getting independent



Socially Isolated from playing with peers

Lack of communication/expression may lead to social problems



WHO fig 1&2

Impact of Hearing Loss

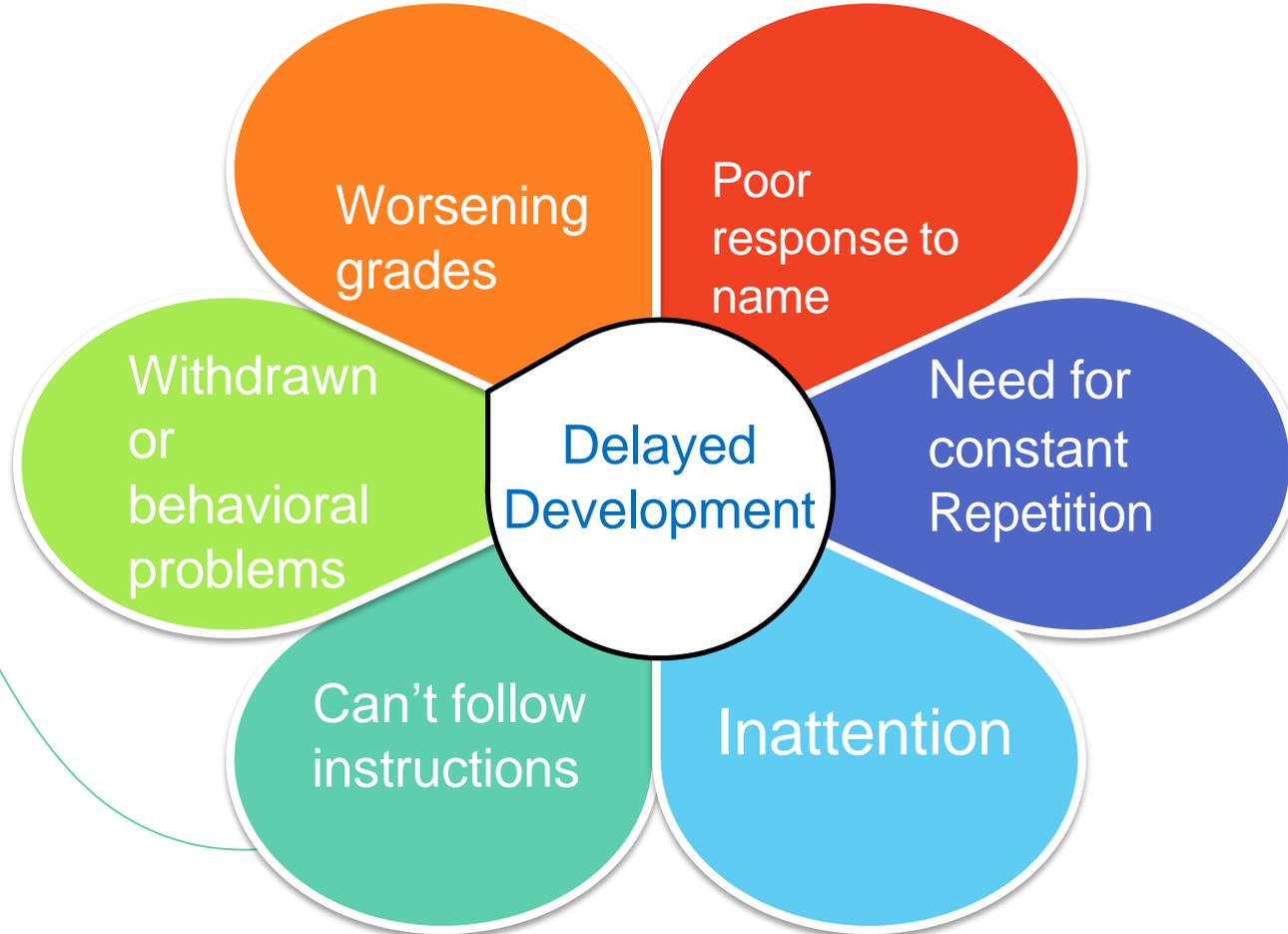
1. Social Isolation
2. Strain on relationships because of lack of communication
3. Reduced safety awareness (Work or Home)
4. Difficulty getting or maintaining a job
5. Unable to communicate needs and so reduced quality of life
6. Lack of speech if deaf from childhood



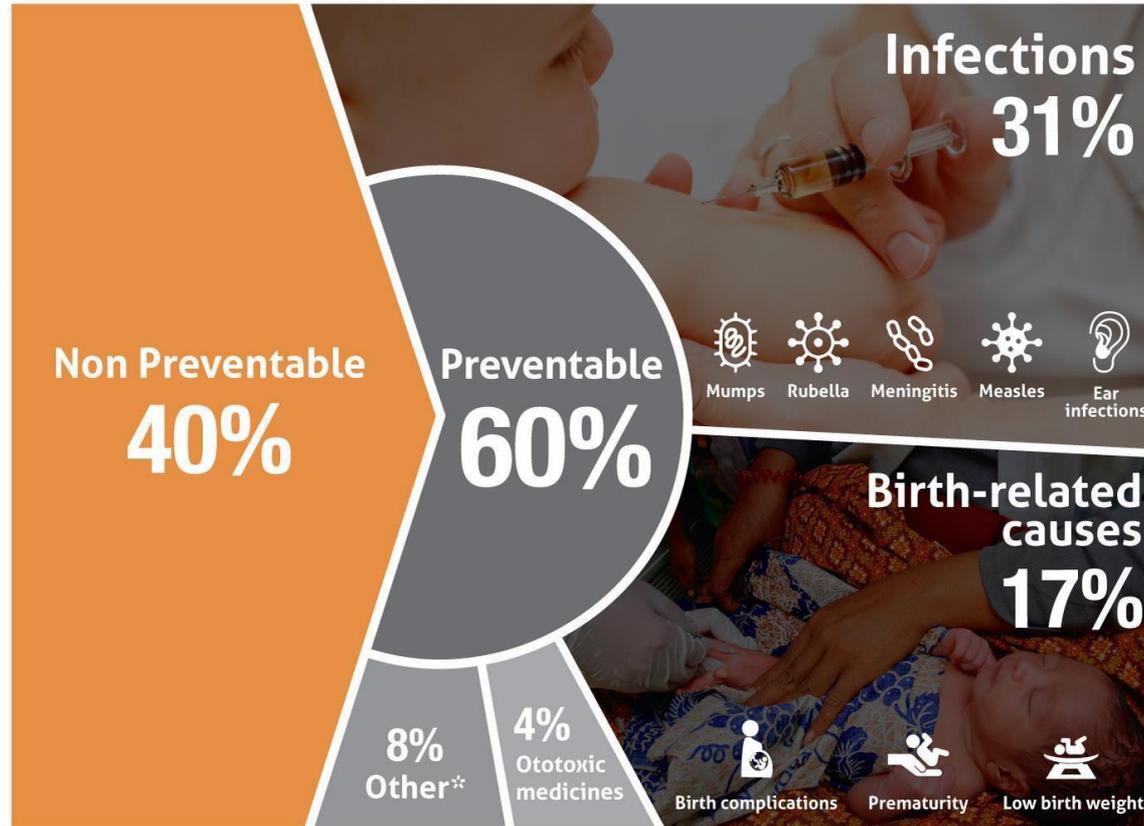
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Signs & Symptoms of Hearing Loss

Signs of Hearing Loss in Class



Hearing Loss Statistics



WHO fig 3

as much as 11 in 100 children could have a **preventable** hearing loss in Malawi!



5

Management & Referral

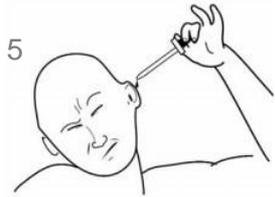
How do you manage hearing loss?

How to avoid hearing loss

- Do not insert dirty fingers or objects
- Do not swim in dirty water
- Do not put anything in the ears – oil, herbal remedies
- Do not clean ears with cotton buds/matchsticks/sticks
 - Wax is good until it's excessive
- Avoid head trauma
 - Wear helmets, seatbelts



WHO 4 & 5



How to avoid hearing loss

- Treat jaundice
- Treat infections ASAP
- Avoid certain drugs/ only take prescriptions
- Vaccinate and treat pregnant women
- Good ante-natal care



140



Jet take-off
(25m distance)

120



Concert

80



Average street traffic

60



Conversation speech

35

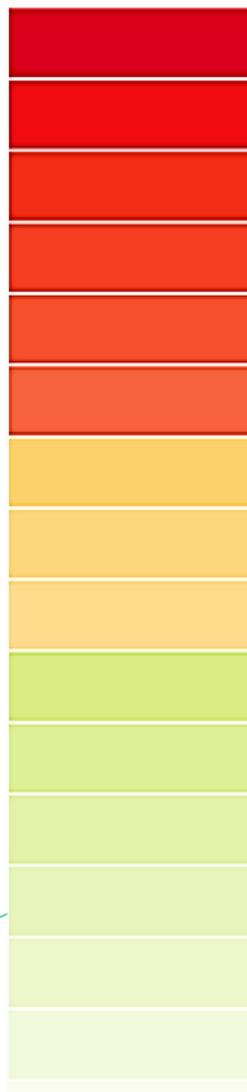


Library

25



Bedroom



140dB
130
120
110
100
90
80
70
60
50
40
30
20
10
0

Avoid excessive noise

Construction site



100

Noisy workplace



85

Busy office



Living room



40

Rural location



The Recommended Noise Intensity/Loudness to Duration Exposures according to OSHA

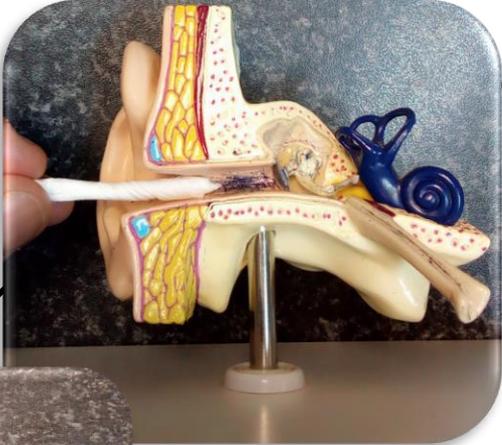
Intensity	85	90	95	100	105	110	115
Duration	8 hours	4 hours	2 hours	1 hour	30 mins	15 mins	7:30 mins

Every 5dB increase halves the time that is “safe” to listen to

Infection Management

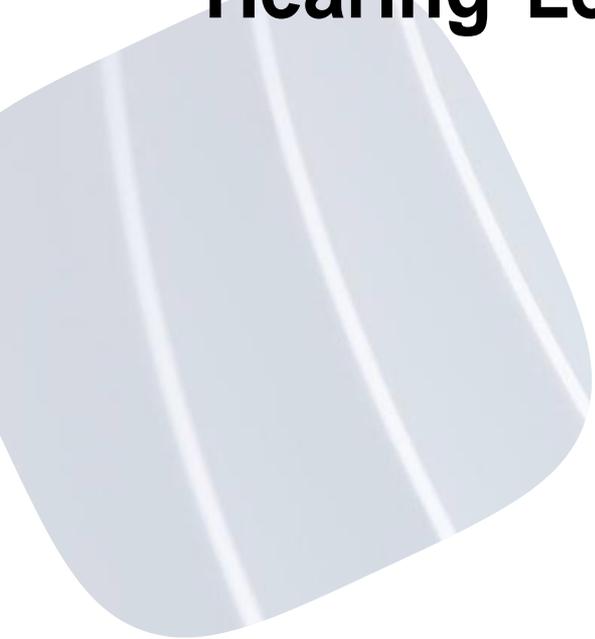
- Symptoms
 - Fever
 - Sore Ear
 - Runny Ear (Pus)
 - Long lasting colds in children
- Management
 - Refer to a Doctor
 - Dry mop (wipe)

WASH
HANDS!!



Infection Dry Mopping

How to manage Hearing Loss



- Refer to Audiologists
 - Listening Devices
 - Clean the ears
 - Manage infections
- Communication Strategies
 - Manage sitting plan
 - Get the attention of the child
 - Speak louder
 - Encourage questions
 - “Can you repeat?”

Listening Devices Include



Hearing Aid
(mold)



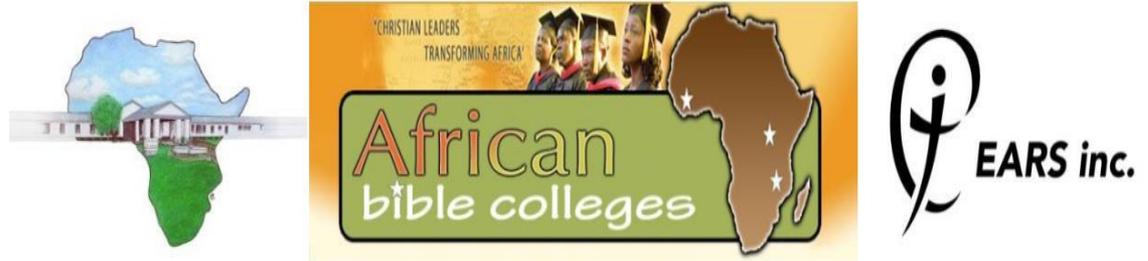
Hearing Aid
(dome)



Cochlear
Implant
(surgical)



Location



ABC HEARING CLINIC & TRAINING CENTRE

a ministry of EARS Incorporated, Australia

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**Let's review
some concepts**

How we
Hear?

Hearing
Loss

Importance
of Hearing

How to
take care
of Ears

**Signs and
Symptoms**

Manage
and Refer

References

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- WHO. (2016). Childhood Hearing Loss: Strategies for Prevention and Care. *World Health Organization*.
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- Hear The World Foundation Simulator (What Hearing Loss looks like) at <https://www.hear-the-world.com/en/knowledge/hearing-loss/what-hearing-loss-sounds-like>.
- CDC NIOSH Sound Clips at <https://www.cdc.gov/niosh/mining/content/hlsoundslike.html>
- Occupational Safety and Health Administration. (2008, June 23). *Occupational Noise Exposure*. Retrieved from Occupational Safety and Health Administration: <https://www.osha.gov/SLTC/noisehearingconservation.html>
- Mulwafu, et al. (2019). Children with Hearing Loss in Malawi, a Cohort Study. *Bulletin of the World Health Organization*, 97:654-662.
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