# Tinnitus: assessment and management.

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**National Institute for Health and Care Excellence (NICE)**

*National Institute for Health and Care Excellence (NICE). Tinnitus: assessment and management. London (UK): National Institute for Health and Care Excellence (NICE); 2020 Mar 11. 40 p. (NICE guideline; no. 155)*

View Original Guideline

## Overview

### Guideline Objective

To provide recommendations on the assessment, investigation, and management of tinnitus in primary, community, and secondary care

### Patient Population

People with tinnitus

## Recommendations

### Recommendation Statements

Major interventions covered in this guideline include:

- Patient support and information

- Referral and assessment considerations, including the use of questionnaires
- Investigation options, including audiological assessment, psychoacoustic tests, and imaging
- Management options, including amplication devices, sound therapy, and psychological therapies

**Note**: Refer to the original guideline for full recommendation statements.

## Evidence Rating Scheme

Refer to the original guideline documentation for more information.

## Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

# Related Content

## Supporting Documents

- Methods; 2020 Mar 11.
- Evidence Review; 2020 Mar 11.
  - A: Tinnitus Support; 2020 Mar 11.
  - B: Patient Information; 2020 Mar 11.
  - C-D: Symptoms and Features for Urgent and Non-Urgent Referral; 2020 Mar 11.
  - E: Questionnaires to Assess Tinnitus; 2020 Mar 11.
  - F: Assessing Psychological Impact; 2020 Mar 11.
  - G: Assessing Quality of Life; 2020 Mar 11.
  - H: Audiological Assessment; 2020 Mar 11.

- I: Psychoacoustic Measures; 2020 Mar 11.
- J: Imaging to Investigate the Cause of Non-Pulsatile Tinnitus; 2020 Mar 11.
- K: Imaging to Investigate the Cause of Pulsatile Tinnitus; 2020 Mar 11.
- L: Psychological Therapies; 2020 Mar 11.
- M: Sound Therapy and Amplification Devices; 2020 Mar 11.
- N: Betahistine; 2020 Mar 11.
- O: Neuromodulation; 2020 Mar 11.
- P: Combinations of Management Strategies; 2020 Mar 11.

- Developing NICE Guidelines: The Manual; 2014 Oct 31 (last updated 2024 May 29).

## Implementation Tools

- Baseline Assessment Tool; 2020 Mar 11.
- Tinnitus: Assessment and Management Algorithm; 2020 Mar 11.
- Resource Impact Statement; 2020 Mar 11.
- Research Recommendations; 2020 Mar 11.
- Practical Steps to Improving the Quality of Care and Services Using NICE Guidance.

## Patient Education

- Information for the Public; 2020 Mar 11.

**Note:** This patient information is intended to help patients better understand their health and their diagnosed disorders. Patients and their representatives should still consult with a licensed health care professional for evaluation of treatment options as well as answers to their personal medical questions.

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# TRUST Scorecard

## Composition of Guideline Development Group (GDG)

| | |
|---|---|
| Multidisciplinary GDG Members | **Yes** |
| Methodologist Involvement | **Yes** |
| Incorporation of Patient and Public Perspective |  |

## Systematic Review of Evidence

| | |
|---|---|
| Literature Search |  |
| Study Selection |  |
| Evidence Synthesis |  |

## Foundations for Recommendations

| | |
|---|---|
| Strength of Evidence Grade |  |
| Description of Benefits and Harms of Recommendations |  |
| Summary of Evidence Supporting Recommendations |  |
| Strength of Recommendations Rating |  |
| Clear Articulation of Recommendations |  |

| | |
|---|---|
| **Funding Source** | **Yes** |
| **Disclosure and Management of Financial Conflicts of Interests** |  |
| **External Review** |  |
| **Updating** |  |

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