# The British Tinnitus Association have a very successful evening at the BMA Patient Information Awards

**Monday 2 October, 2017**

The British Tinnitus Association (BTA) had a very successful evening at the 2017 BMA Patient Information Awards, winning First Prize in the Information for Children category, and Runner Up in the Easy Read category.

Written by Nic Wray and illustrated by Kate Smith, with audiological input from Dr Veronica Kennedy, the winning children's information comprised a workbook for young people with tinnitus, enabling them to come up with a management plan for coping with tinnitus at home and at school.

Nic Wray, Communications Manager at the British Tinnitus Association, who led the project: "Tinnitus in children is surprisingly common - a recent study showed that one child in 30 has clinically significant tinnitus. Whilst many children with tinnitus cope with the condition very well, some find it difficult to deal with this leaflet – along the our two for other age groups – enable children to take control over their noises and learn to manage their tinnitus well."

She adds: "These leaflets have been incredibly popular with paediatric audiologists and the young people they see and it's fantastic to have won such a prestigious award."

The successful Easy Read leaflet, based on the BTA "Self help for tinnitus" leaflet written by Beth-Anne Culhane and produced in conjunction with specialists in Easy Read information Change People was described by the judges as "a carefully thought out work tool designed to change people's lives"

Nic comments: "The prevalence of hearing loss in people with a learning disability is up to 40% and this often goes un- or misdiagnosed. Hearing loss is the biggest causal factor in tinnitus. Up to 80% of people with tinnitus have a hearing loss.. People with a learning disability struggling with their tinnitus are even more disadvantaged by the lack of information targeted at them to help them understand and cope. One support worker for a person with a learning disability told us their client's GP believed that they had a mental illness, not tinnitus. This story really inspired us to produce our series of Easy Read leaflets"

She adds: "It is wonderful to have this recognition of our work, and more importantly to be able to provide information to a disadvantaged group that can really make a difference to the quality of their lives."

These leaflets are available free of charge from the BTA and can be ordered by contacting them on 0114 250 9933 or info@tinnitus.org.uk

The full list of winners is available from

https://www.bma.org.uk/library/patient-information-awards/pia-winners

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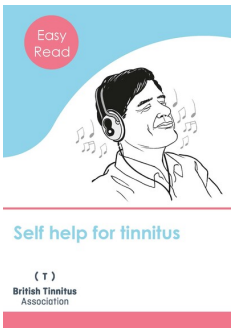
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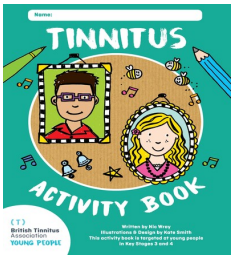
The British Tinnitus Association (BTA) is an independent charity which supports thousands of people who experience tinnitus and advises medical professionals from across the world. The BTA is the primary source of support and information for people with tinnitus in the UK, facilitating an improved quality of life. They aim to encourage prevention through its educational programme and to seek effective treatment for tinnitus through a medical research programme.

The support the BTA offers to 335,000 people per year who are affected by tinnitus is reliant upon the generous donations of their supporters and fundraisers. They receive no government support and need to raise half a million pounds each year to continue their UK wide support. Donations can be made via www.justgiving.com/BTA

Not an illness or disease, tinnitus is a term that describes the sensation of hearing a noise in the absence of an external sound. The noise can have virtually any quality. Ringing, whistling, and buzzing are common, but more complex sounds may also be reported. Troublesome tinnitus can be very distressing for the affected individual, and issues may arise with sleep, concentration and mood. However, in many cases, subtle changes in people's environment can address these issues, and improve quality of life.

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The experienced team at the BTA understands the impact that tinnitus can have on the lives of those who experience tinnitus and those who live with them, so seeks to provide the most appropriate and expert advice and information free of charge – via a confidential freephone helpline on 0800 018 0527 and online at www.tinnitus.org.uk. The BTA can also post printed and audio information and advice.

Visit the BTA's Facebook page at www.facebook.com/BritishTinnitusAssociation and follow the BTA on Twitter at www.twitter.com/BritishTinnitus

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