

Treating tinnitus in thermal springs. Analyzing results using self-evaluation questionnaires

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Abstract

On a common initiative in 2017, the Saint Gervais Mont Blanc thermal springs (Thermes de Saint-Gervais), ENT doctors from the Thermes and Amplifon French Group, a multidisciplinary team was set up at the Thermes de Saint-Gervais to offer original care for treating patients with tinnitus. These tinnitus cures take place over a one-week period, during which patients follow a variety of activities:

- An ENT consultation at the beginning and at the end of the cure with, if necessary, a prescription for post-cure care and treatment (hearing aids with or without TRT, an X-ray check-up, blood tests, ect.),
- Clinical audiometry by an audioprosthesis,
- Intervention by physiotherapists and osteopaths,
- Sophrology sessions,
- A series of sports and lifestyle coaching sessions,
- Dietary advice,
- The benefits the thermal springs from Saint-Gervais and from the Mont Blanc baths (Bains du Mont Blanc).

Patients complete a variety of assessment questionnaires, including the THI and VAS before, right after and 1 month after the treatment.

In 2022, AFREPA recognized the effectiveness of this original treatment approach by integrating Doctor Bigot's multidisciplinary team into AFREPA..

Objectifs

The aim of this data collection is to propose an original, multidisciplinary approach to the management of tinnitus patients.

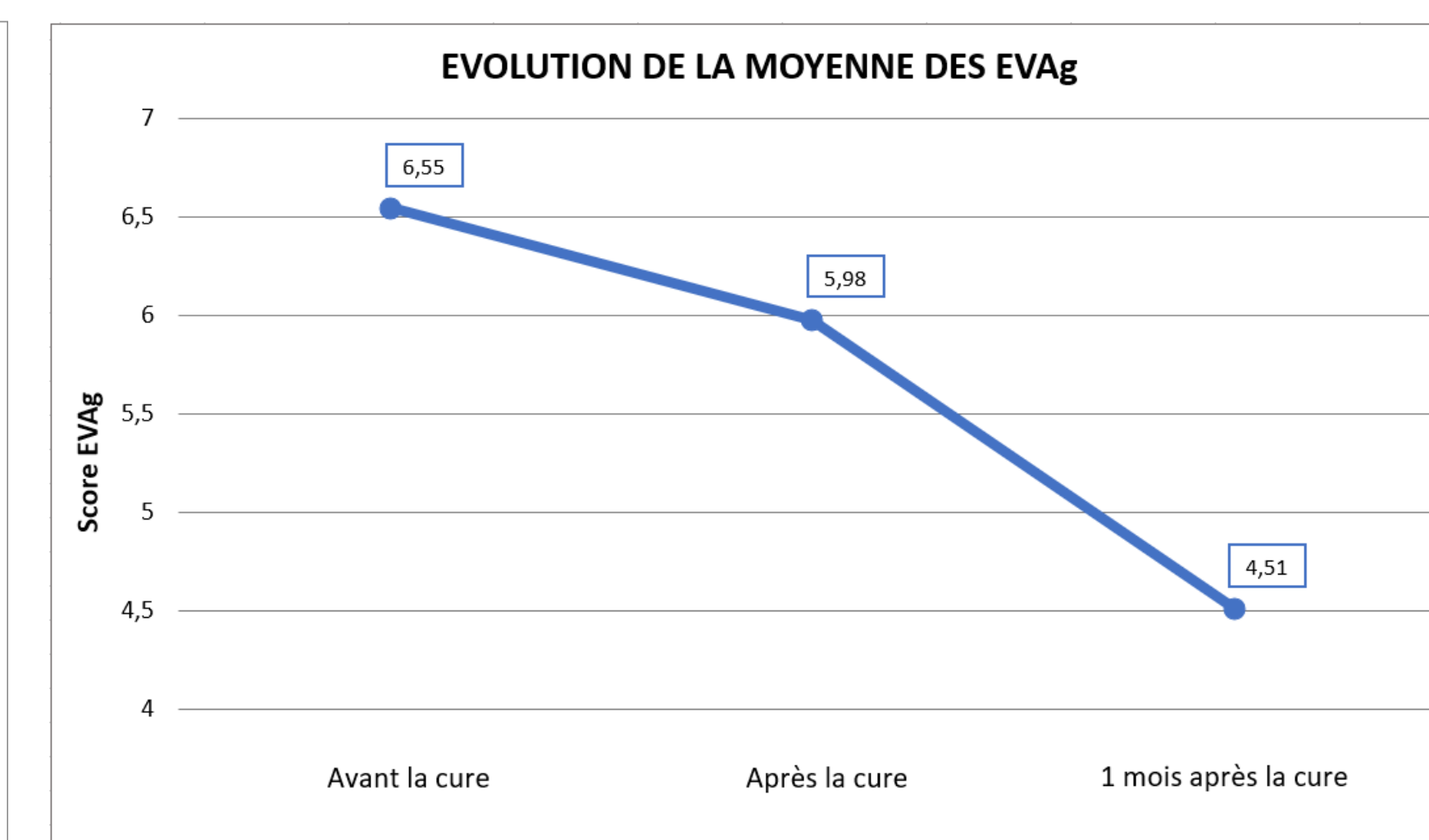
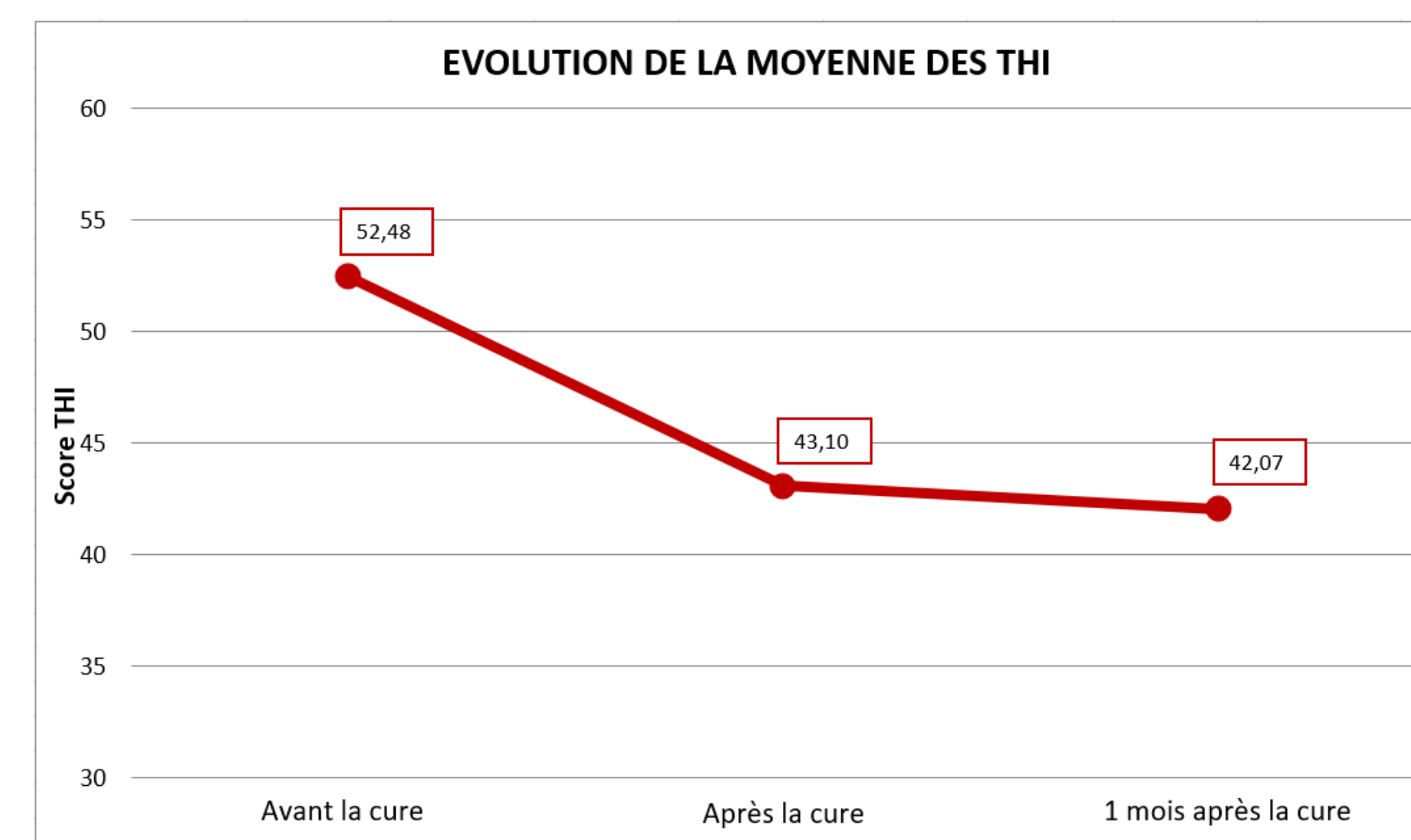
The target population has particularly high THI and VAS scores, with a major socioeconomic impact. The goal is therefore to treat these tinnitus patients.

This treatment also aims to set up care and advice to be applied by the patient on his or her return home, to provide day-to-day support.

Méthodes et Matériels

Retrospective collection of audiometric data and THI and VAS questionnaires on more than 100 tinnitus patients since 2017.

Résultats



The average THI score before, after and 1 month after treatment fell from 52.48 to 42.07 out of 100, a drop of 10.41 points.

The mean VAS score before, after and 1 month after treatment fell from 6.55 to 4.51 out of 10, a decrease of 2.04 points.

Conclusion

- Thermal springs treatment for tinnitus and hyperacusis is an innovative approach. The results collected and analyzed show its effectiveness, with a significant drop in THI and VAS questionnaires.
- It is likely that the addition of complementary therapies such as medical hypnosis will enhance its effectiveness and thus patient satisfaction.

Références

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