



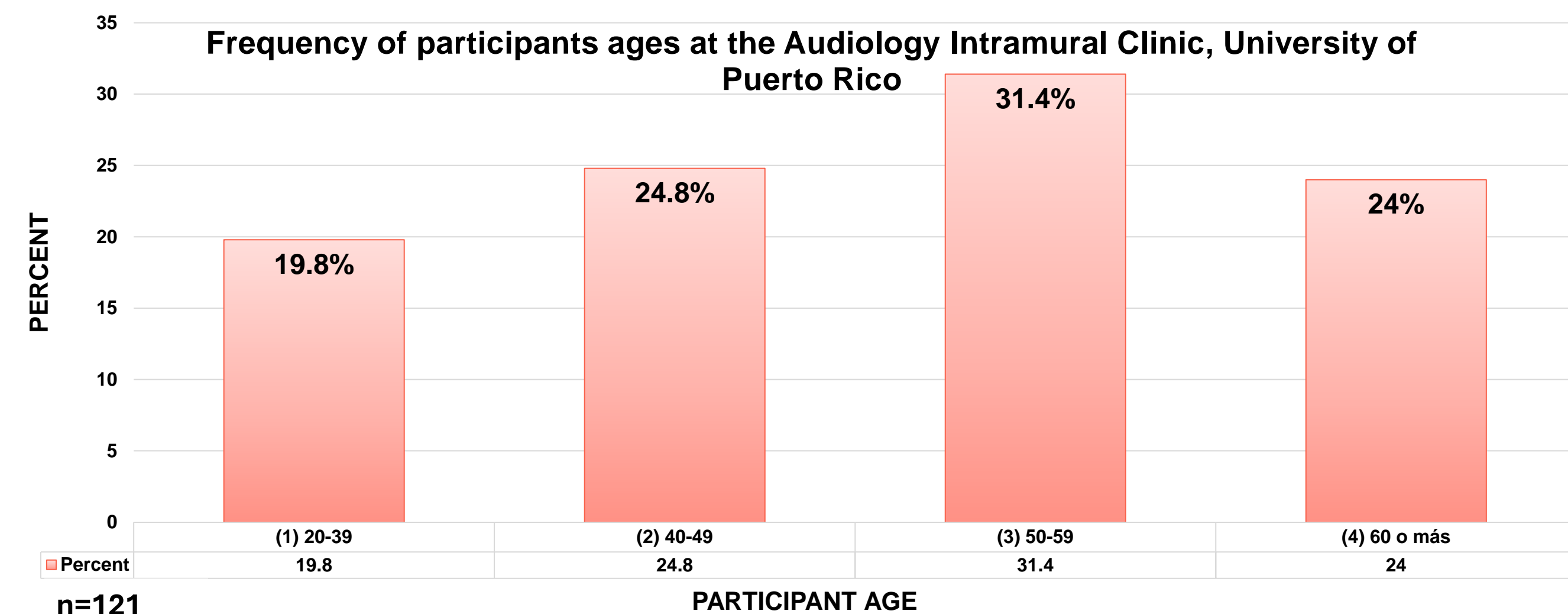
PREVALENCE AND PROFILE OF TINNITUS ON PUERTO RICAN ADULTS; A PILOT STUDY



SOAMI SANTIAGO DE SNYDER, Ph.D, WANDA LUGO-VÉLEZ, Au.D, JORGE CARRION, Au.D(c), ANNELISSE HERNANDEZ, Au.D(c), ANDREA SANCHEZ, Au.D(c), AIDA RIOS, Au.D(c) AND PRIXEMY RODRIGUEZ, Au.D(c) AUDIOLOGY PROGRAM –SCHOOL OF HEALTH PROFESSIONS MEDICAL SCIENCES CAMPUS UNIVERSITY OF PUERTO RICO

Abstract

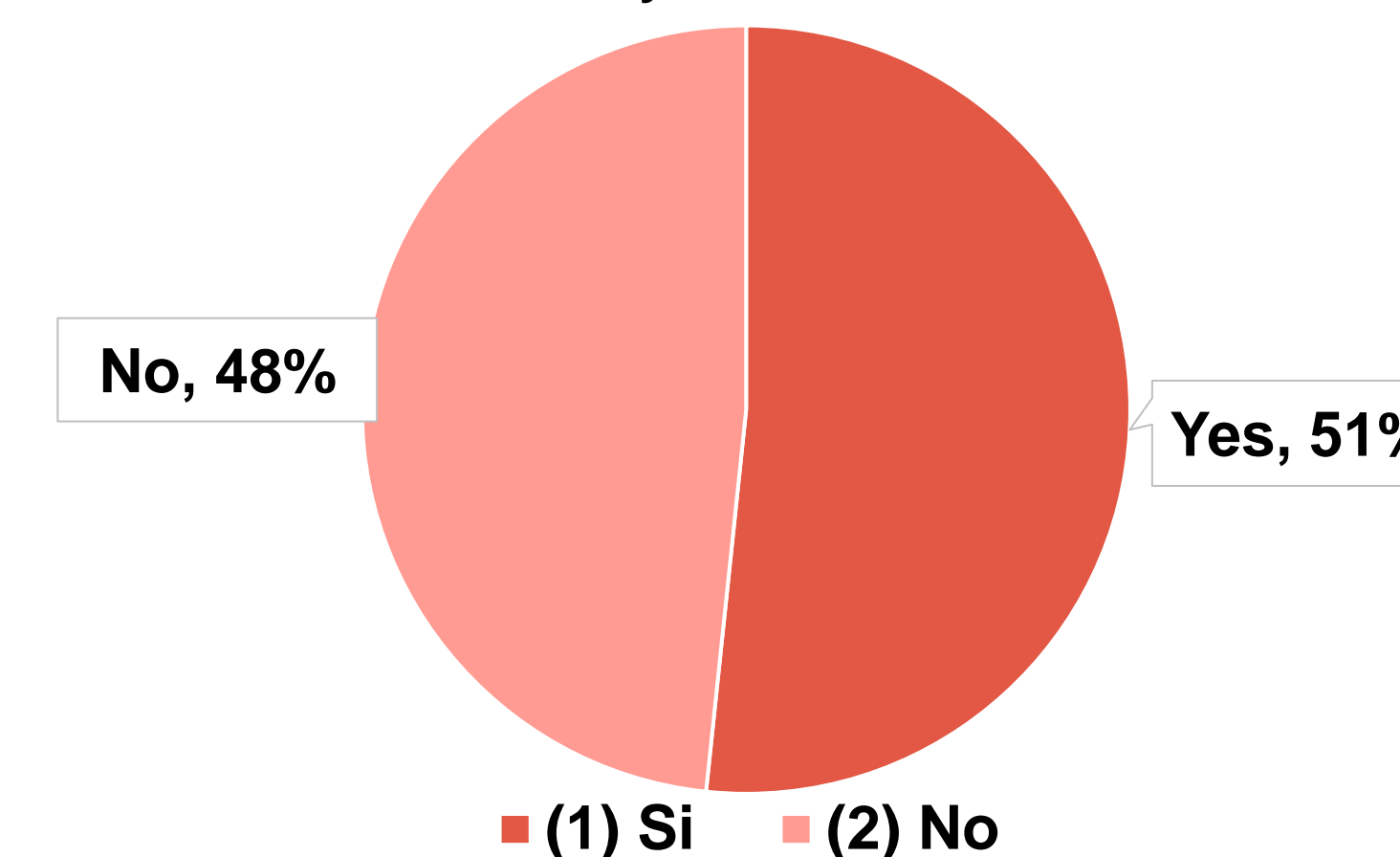
Tinnitus is a multifactorial condition not yet well understood. Recent survey studies conducted among individuals of Hispanic ascendance suggest that this condition is affecting them, interfering with their occupational productivity and quality of Life. There is no research in Puerto Rico regarding the prevalence or characterization of this disorder. Therefore, the authors conducted a pilot study which registered a significant prevalence of mainly constant Tinnitus among a sample of Puerto Rican adults seeking audiologic treatment at the UPR Medical Campus, Audiology Clinic.



RESULTS

From 121 records, 70.2% (n=85) were females and 29% (n=29.8) were males. Subject ages ranged between 21 & 64 years. The 30.6% (n=37) reported to being single, followed by 21.5% (n=26) reporting being married. Of the 62 revised clinical records of subjects that reported tinnitus, 24% (n=29) classified their Tinnitus, in terms of how long they experience its presence, as constant, while 14% (n=17) classified their Tinnitus as intermittent. Of the 62 revised clinical records, 44 participants (36.4%) described their tinnitus as tonal, and 64.6 % as complex. From those patients 38 (31.4%) reported the tinnitus as a high frequency pitch sound. From the 62 patient's records, the majority (98.4%) informed that they never received treatment for tinnitus.

Prevalence of Tinnitus in participants at the Audiology extramural clinic, University of Puerto Rico



OBJECTIVES

1. Conduct a Pilot Study to estimate the prevalence of Tinnitus in a sample of Puerto Rican Adults that were seeking audiologic care at the Audiology Clinic of the Medical Sciences Campus, University of Puerto Rico.
2. Describe the sociodemographic characteristics of the sample of Puerto Rican adults reporting Tinnitus that were receiving diagnostic services at the Audiology Clinic of the Medical Sciences Campus-University of Puerto Rico
3. Categorize the clinical pattern of the Tinnitus suffered by the subjects in the sample.
4. Identify/Document the level of intervention for Tinnitus that the sample of patients studied were receiving.

METHODOLOGY

- A descriptive retrospective study was performed on 121 clinical records of patients seen at the Audiology Intramural Clinic located at the Medical Sciences Campus of the Universidad de Puerto Rico between the 2022-2023 period.
- They were analyzed to estimate the prevalence of tinnitus among this cohort.
- The study was submitted to the Office of Human Participants for revision and approval under the exempt category.
- The data was analyzed categorizing the type of tinnitus, episodic versus constant, tonal versus non-tonal and the sociodemographic description of the sample.

CONCLUSIONS

Although the above results are preliminary, the data obtained shows that more than half of the adults that had their hearing evaluated in the Audiology Intramural Clinic at the UPR Medical Campus (51%) on the study period had tinnitus as a clinical complain. The age range of the subjects was broad which can be indicative that this multifactorial condition can be develop at any age but was more prevalent among the middle age group. It manifested in different clinical patterns such as being permanently present and continuous or intermittent. Being in our sample mostly permanent and characterized as a tonal or complex sound. Even when there are treatments for tinnitus 98.4% informed that they never received treatment. Therefore, there is a need to ensure intervention.

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