Resource List for Progressive Tinnitus Management (PTM)

PTM Books

PTM Publications

PTM Resources Available Online
The following link opens to a webpage that provides various PTM resources, including:
- PTM Clinical Handbook (PTM book #3 above—separate links to each chapter)
- Updates to PTM Clinical Handbook (new forms and questionnaires that have been developed since publication of the Handbook)
- pdf version of the PTM self-help workbook (PTM book #1 above)
- PowerPoint files for conducting Level 3 Group Education
- Tinnitus and Hearing Survey – with instructions

http://www.ncrar.research.va.gov/Education/Documents/TinnitusDocuments/Index.asp
PTM Materials Available Only to VA Clinicians

(1) “How to Manage Your Tinnitus: A Step-by-Step Workbook” (patient self-help workbook)—(Special thanks to the Hearing Center of Excellence for providing this resource for DOD and VA audiologists.)
   a. To order workbooks, please use the link below. The tinnitus workbooks are about halfway down the ordering page under books.

(2) “Tinnitus: Questions & Answers” (tinnitus brochure). This is not currently available, but you can print the brochure using one of these links:
   b. Faster to download: (will not print as well) http://www.ncrar.research.va.gov/ForVets/Documents/Tinnitus2web.pdf

(3) “Progressive Tinnitus Management: PTM Education Videos” (two-DVD set containing five videos—each corresponding with one of the PTM Level 3 workshops) (limit: 100)

(4) “Ringing in the Ears: What Can I Do About It?” (17-minute video to inform patients that help is available for their tinnitus) (limit: 100)

Go to: https://www.tms.va.gov (and log in) Or, you can go directly to the EES Order page and fill out the form with the order numbers:

http://vaww.ees.lrn.va.gov/Training/OrderProducts/ProductOrder/

• If you log in to tms.va.gov: In the Catalog search box (“Search Catalog”), type in the number of the product you are ordering
  o Progressive Tinnitus Management: PTM Education Videos
    ▪ TMS Item #: VA 15161
  o Ringing in the Ears: What Can I Do About It?
    ▪ TMS Item #: VA 16777

• Click on the item (title of the product you are ordering)
  o Then click the triangle next to Related Documents
  o Then click the Order This Product option
  o Fill out and submit the form

• Note: when you fill out the form, you will be asked to enter the “Reorder #”
  o Progressive Tinnitus Management: PTM Education Videos
    ▪ Reorder #: F60953
  o Ringing in the Ears: What Can I Do About It?
    ▪ Reorder #: F60977
Tinnitus Clinical Management Online Training Course (19 modules)

- Each module is an independent course. Although modules can be taken in any order, it is recommended to start with module 1 and take each module in order.
- The first 12 modules describe PTM, which has five hierarchical (“progressive”) levels. The most basic level for audiologists is the Level 2 Audiologic Evaluation. If you only wish to learn how to conduct Level 2, then you should complete modules 1 through 4. If you wish to provide the full range of PTM services (including Level 3 Group Education, Level 4 Interdisciplinary Evaluation, and Level 5 Individualized Support), then you should also complete modules 5 through 12.
- A disadvantage of learning clinical techniques via an online training course is the inability to conduct the techniques in the clinic under the supervision of an expert. We addressed that concern by creating a “virtual clinical practicum” in module 12 that depicts a patient receiving the full range of PTM services. At various stages of PTM the viewer must select from different options for providing further services. After making a selection, feedback is provided to indicate if the option selected was the best decision for the patient.
- Modules 13 through 19 were recently added. These modules provide education about other methods of tinnitus intervention as well as information about tinnitus that is not necessarily required in order to conduct PTM.
- Additional modules are in development that will be specific to psychologists and other mental health providers who provide clinical services in conjunction with PTM.

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<th>NAME OF MODULE</th>
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<td>Tinnitus Module 19: Comparison of Sound-Based Methods</td>
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To access the modules:
- Sign into TMS by using your TMS ID and password.
- Enter the name or the VA Item number of the module you would like to access.
- TMS will then enter the module into your To-Do List.
- Click on the name of the item which has been added to your To-Do-List and follow directions to access the module.