Use of Hearing Aid in Improving the Quality of life in Young Adults with Hearing Impairment.

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Abstract:

Objective: The main aim of the study was to find the importance of hearing aid in improving the quality of life in young adults with hearing impairment.

Design of Study: It is a descriptive type of study.

Place and Duration of Study: This study was carried out in a period of 7 months from February 2018 to August 2018 in ENT department of Mayo hospital Lahore.

Material and Methods: Patients were selected from special education department school in Lahore with “severe degree” of disability of hearing. A total of 60 patients were selected with ages between 10-34 years. A carefully designed proforma was used for data collection through questioning. The questions were answered by the patients with the use of hearing aid. The questionnaire comprised of 18 questions pertaining to quality of life and factors affecting such as physical, environmental, psychological and social communal relations.

Results: After the use of hearing aid it was found out the good quality of life is seen in 23(38.33%) patients, while average quality of life is seen in 33(55%) of the patients and 4(6.66%) had poor quality of life.

Conclusions: Utilization of hearing aid in patients with severe hearing abnormality is coupled with significant improvement of psychological, physical, social and emotional well-being of the patient. Predominantly use of hearing aid improves the impaired hearing of the patient.

Key words: Quality of life, Hearing impairment, Hearing Aid

Introduction: According to an estimation by WHO made in 2008 5.3% among the total population of the world totaling up to 360 million have disabling impaired hearing. Hearing loss is a significant moral, social and socioeconomic loss along with the health as the patient is unable to cope properly with the rest of the world. Excellence in education is halted along with development of language in impaired infants and children. Extreme difficulties are faced by adults in both social and professional life due to this hearing disability. Multiple infections and factors like meningitis, injuries of head and neck, measles, otitis media, mumps, exposure to extremely loud noises for prolonged period, use of ototoxic medicines like chemotherapy, antibiotics, genetic disorders, congenital abnormalities and certain deficiencies in nutrients during early life or adulthood may lead to hearing disability. Aging is an important factor in hearing loss. Improvement in the public relationships and group activities in seen as the beneficial effect of the use of the hearing aid. Better communication, increased self-confidence, self-satisfaction and increased self-image are seen with the use of hearing aid as compared to the people without hearing aid. Aggravation and further deterioration is prevented by the use of the hearing aid. Loss of hearing that leads to emotional upset, loss of communication and social life that is caused by loss of hearing is brought back by the use of the hearing aid. Improvement in personal relationship, reduced negativity and improvement of social life in many other aspects is seen with the use of the hearing aid.

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**Discussion:** Hearing is one of the most commonly used senses in adults and vital to everyday life. Decreased quality of life along with lack of education and communication is seen in people with hearing loss. In current research life quality of patients with severe degree of hearing loss was assessed. Life quality in elder people after the use of hearing aid was assessed by Maria Ferenda Capoanieroarcia, Mondelil, Souza Il, and Patricia Jorge Soalhei de in 2012. 30 patients had age above 60 years. After applying the hearing aid, patients answered the questionnaire formulated by world health organization for the quality of life. Without any negative feeling a lot of improvement was seen in the quality of life.

In 2009 a study was carried on elderly people about the quality of life after using the hearing aid by Abdollah Moossavo, Soghratfaghizadeh and Saeideh Mehrkian. A questionnaire was filled by each candidate regarding satisfaction with use of hearing aid. In all the participants, with the use of the hearing aid a tremendous increase in hearing has been shown and above all improvement in communication and information exchange, the most serious problem of all. Even for young adults a significant correction in hearing has been seen by the use of hearing aid. This research also shows that proper hearing and functioning can be restored to what extent by the use of hearing aid.

**Conclusion:** Utilization of hearing aid in patients with severe hearing abnormality is coupled with significant improvement of psychological, physical, social and emotional well-being of the patient. Predominantly use of hearing aid improves the impaired hearing of the patient.

**REFERENCE:**