

SHORT TERM SCIENTIFIC MISSION WG1

'Clinical guidelines for Tinnitus: development, evaluation and implementation of clinical standards'

Host:

Maastricht University, Clinical Psychological Science, Section Behavioural Medicine

Supervision

Dr. Rilana Cima (assistant professor/clinical psychologist)

Duration of STSM

5 days

Number of applicants

1 applicants will participate in this STSM

Goal of this STSM

This mission will enable the visiting (clinical) researcher to gain experience, in-depth insight, and background knowledge of development and implementation of a multidisciplinary CBT treatment, organized in a stepped-care manner, in a specialised tinnitus center. Moreover, the candidate will participate in the editing and evaluation of a first draft of a pan-European Clinical guideline for tinnitus. The candidate will increase her/his experience in drafting, editing a multidisciplinary pan-European clinical guideline and in the process needed to evaluate drafts with use of consensus-based methods.

What the host has to offer to the candidate

"Based in Europe, focused on the world". Maastricht University is a stimulating environment where research and teaching are complementary. The Faculty of Psychology and Neuroscience (FPN) has a strong research profile and an excellent international reputation with regard to research and teaching. The Behavioral Medicine section studies the relationships between psychological processes and physical complaints in humans. It integrates knowledge and techniques from psychological and biomedical science in order to further the understanding of the mechanisms of health and disease and to apply this knowledge to prevention, diagnosis, treatment and rehabilitation of individuals with ill health.

The Behavioural Medicine section has extensive expertise in research in behavioral medicine & health psychology, and has successfully conducted experimental, clinical, and treatment studies. The Dutch-Flemish Graduate School Experimental Psychopathology, which excels in conducting psychopathological research, provides the framework for the ongoing projects. Cooperation exists nationally and internationally with expert-researchers in experimental and clinical research into psychosomatic chronic disorders. The approach is primarily experimental and encompasses fundamental research, prospective longitudinal studies as well as therapeutic intervention studies. Development of assessment instruments is another major topic of research. Research facilities and fully equipped laboratories are at the disposal of the research group.

In the Tinnitus-research program, healthcare professionals and researchers work closely together, enabling excellent research with high clinical relevance, and fast adopting of findings in everyday clinical practice. Maastricht University has a strong cooperation with Adelante clinical tinnitus-team. Furthermore, cooperation exists with other clinical teams specialized in tinnitus-healthcare from different adherence areas in the Netherlands, as well as clinical teams in Belgium (Louvain University Hospital). The Adelante clinical tinnitus-team and the associate partners have demonstrated willingness to cooperate in research endeavors and have already successfully implemented previous research results into practice. Moreover, forthcoming the innovative tinnitus-treatment avenues have already influenced policy in the Netherlands regarding standards of assessment and treatment for chronic tinnitus.



Dr. Rilana Cima together with Adelante's specialized tinnitus team has developed a new CBT-based multidisciplinary treatment protocol. In this treatment both Audiological and Psychological treatment elements are combined within a CBT framework. [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(12\)60469-3/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)60469-3/abstract)

- ✓ The candidate will have the opportunity to consult and work with professionals from Maastricht university and Adelante Clinical tinnitus-team
- ✓ They will be enabled to visit with and attend multidisciplinary steps in assessment and treatment of our patients. Discussion with our tinnitus-specialists will enable them to get a clear understanding of daily practice in our clinic.
- ✓ The candidate will increase experience and understanding in development and evaluation and implementation of clinical guidelines
- ✓ The candidate will additionally have more insight in the ingredients needed to develop clinical multidisciplinary stepped-care (flexibility in) standards for patient profiling and treatment.

Results for the candidate

Candidate will:

- ✓ Will have the opportunity to observe the execution of a standard tinnitus CBT treatment protocol in clinical practice
- ✓ Participate in the editing and evaluation of a first draft of a pan-European Clinical guideline for tinnitus.

Expectations from candidates

The Candidate:

- ✓ Provides feedback and share expertise to the clinical team and the supervisor
- ✓ Discusses results, concepts and ideas with the host and team
- ✓ Will co-author the drafts and final version of the guideline and the report for publication
- ✓ The points above will be described in a report, which can serve as the 'scientific report' required after the STSM

Requirements of the Candidates:

- ✓ Researcher or clinician working in the tinnitus-field
- ✓ High interest in the development and evaluation of clinical guidelines for the assessment and treatment of tinnitus patients
- ✓ High interest/experience in consensus-based methodology
- ✓ High interest in collaborating with multiple disciplines
- ✓ Advanced level of spoken and written English is essential

Procedure of application

1. Please send an email to r.cima@maastrichtuniversity.nl to declare your interest in participating in this STSM. If your candidacy is valid your name will be added to a group-list and you will be notified.
2. At this point Susanne.Staudinger@medbo.de can be contacted for an application form.
3. You will submit a CV and your application form to the STSM coordinator malgorzata.wrzosek@amu.edu.pl
4. The STSM will start when enough applicants apply. Estimated start date: 01
5. The candidate will report on the visit (prepared within the STSM) within 30 days after the end of the STSM and submit it to the STSM coordinator malgorzata.wrzosek@amu.edu.pl