

STSM 1306-34766 “Clinical guidelines for tinnitus: development, evaluation and implementation of clinical standards” – Prof. Dr. Birgit Mazurek

The aim

The purpose of STSM “**Clinical guidelines for Tinnitus: development, evaluation and implementation of clinical standards**” with the assistant professor in Behavioral Medicine, Dr. Rilana F.F. Cima from the Department of Clinical Psychological Science, Maastricht University, the Netherlands, was to gain experience, in-depth insights and to extend the background knowledge allowing the development and validation of Clinical European Tinnitus Guidelines.

The specific goal was to evaluate the current tinnitus clinical guidelines with the goal of developing or at least lining out a first draft for the united European clinical guidelines on tinnitus as well as for the preparation of autumn's meeting to discuss and approve the first draft of Clinical European Tinnitus Guidelines.

The duration of my STSM was five days (leaving Berlin on Wednesday, 13. July 2016 and coming back on Sunday, 17. July 2016).

Description of the work carried out during a mission

1st day:

Presentation and assessment of various European guidelines, reviewing the data, comparative analyses of different guidelines.

2nd day:

Group and individual consultations with the members of Behavioral Medicine team. Practical orientation by observing the multidisciplinary steps of patients' treatment applied in the Department of Clinical Psychological Science, Maastricht University. Extending the discussion from the first day of STSM regarding the implementation of guidelines in a daily clinical practice.

3rd day:

In depth discussion with Dr. Cima and drafting the outlines for the joined study on how using the Clinical European Tinnitus Guidelines would affect the cost effectiveness of treatment in individual countries.

Drafting the grant application for Horizon 2020 with the use of Clinical European Tinnitus Guidelines in focus.

4th day:

Discussion and creating a framework for upcoming publications concerning the Clinical European Tinnitus Guidelines

5th day:

Continuing the discussion from previous days and creating a framework for the provisional Clinical European Tinnitus Guidelines. Drafting the work plan for upcoming publications concerning Clinical European Tinnitus Guidelines.

Description of the main results obtained

After in-depth discussion and performance of comparative analyses of various guidelines, we had reached the agreement about the main points that should be enclosed within the Clinical European Tinnitus Guidelines. These points will be written up, discussed and published as a manuscript in the near future. The tentative title of this manuscript will be "Creating the Clinical European Tinnitus Guidelines: on a pathway for universal tinnitus therapy".

Future collaboration with the host institution

I stay in a close contact with the Department of Clinical Psychological Science, Maastricht University in the Netherlands and plan to actively participate in further work that will include designing, performing and drafting the systematic reviews, further development of clinical guidelines and the practical improvement of therapeutic means.

The long-standing clinical experience in tinnitus diagnosis and treatment developed by the Behavioral Medicine Unit of the Department of Clinical Psychological Science, Maastricht University can be merged with the experience of Tinnitus Center at the Charité University Hospital, Berlin, Germany, which I am a Director of for over a decade to a full benefit of tinnitus sufferers.

Peoples' mobility, globalization, and ever-changing make-up of our societies calls for a united way of diagnosis and treatment of this ever-more present and incapacitating condition. The practical collaboration between the German and Dutch institutions is foreseen for at least eight next years.

Foreseen publications/articles resulting from a mission

Several manuscripts were planned to be drafted during my visit with Dr. Rilana Cima, the Behavioral Medicine Unit of the Department of Clinical Psychological Science, Maastricht University. The first three of them are:

1. Systematic review of clinical practice guidelines in the diagnosis and management of tinnitus
2. Proposal of the European clinical practice guidelines for the treatment of chronic tinnitus (Clinical European Tinnitus Guidelines)
3. Practical evaluation of the European clinical practice guidelines for the treatment of chronic tinnitus (Clinical European Tinnitus Guidelines)

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