Application of transtheoretical model in geriatric hearing healthcare

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Objectives: Discovering how to apply the Transtheoretical Model (TTM) in a clinical setting.

Background: As novice clinicians we have become comfortable with assessments and interventions, but do we know how to evaluate our patient's readiness for change? If we assume all our patients are in the action stage, we will not effectively serve most of our target population. The Transtheoretical Model helps novice clinicians understand the patient's readiness to accept help and/or intervention and thereby create individually focused intervention and management strategies.

There is no right or wrong selection in framework, but Lynch et al. (2018) found that many theoretical approaches are not being implemented to their full potential and are used retrospectively by clinicians rather than prospectively. Therefore, it is important for novice clinicians to internalize the framework they select in order to add value to interventions.

Methods: In order to internalize the TTM framework, clinicians need identifiers that they can look for in a clinical setting. Several identifiers were created for each stage to help clinicians understand and identify the patient's stage in TTM. A potential action plan was created to help the patient move from one stage to another.

Results: On presentation day, I had the opportunity to apply the TTM and observe the effectiveness of the identifiers and action plan I had created. My colleagues created clinical cases (see below) for me to work through using the poster. B, 84, has tinnitus. Hearing never tested; coming in alone. M, 97, difficulty hearing during meals and TV. Hearing never tested; coming in with her husband. Mrs. M - 70 has severe SNHL, wears ITEs. Widowed; has Parkinson's and depression.

Conclusions: Presenting the framework to my colleagues and working through the clinical cases helped me better understand the TTM framework.