

Importance of Audiometric Tests, Types and Testing Procedure

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DESCRIPTION

Audiometric tests are essential diagnostic tools used to assess an individual's hearing ability and identify any hearing impairments or disorders. These tests play a critical role in both healthcare and occupational settings, helping audiologists, healthcare professionals, and employers understand the hearing health of individuals. In this comprehensive guide, we will explore the various aspects of audiometric tests, including their types, significance, and the procedures involved.

Types of audiometric tests

Pure tone audiometry: Pure-tone audiometry is the most common and fundamental audiometric test. It assesses an individual's ability to hear different frequencies (measured in Hertz, Hz) at varying sound intensities (measured in decibels, dB). During the test, the patient wears headphones and responds when they hear a tone. The results are plotted on an audiogram, a graph that illustrates the patient's hearing thresholds at different frequencies.

Speech audiometry: Speech audiometry evaluates a person's ability to hear and understand spoken words, sentences, or sounds. It helps assess the patient's ability to comprehend speech in everyday situations. Patients may be asked to repeat words or sentences presented at different volumes. The audiologist then analyzes the patient's speech recognition abilities.

Tympanometry: Tympanometry measures the mobility of the eardrum (tympanic membrane) and the middle ear's function. It helps identify conditions like otitis media or middle ear effusion. A probe is placed in the ear canal, and air pressure is varied to assess the eardrum's response. The results are displayed on a tympanogram.

Otoacoustic Emissions (OAE) testing: OAE testing measures the sounds generated by the inner ear's hair cells in response to acoustic stimuli. It is often used in newborn hearing screening programs. A small probe with a microphone is placed in the ear canal to record the emissions produced by the inner ear.

Auditory Brainstem Response (ABR) testing: ABR testing evaluates the integrity of the auditory nerve pathways from the ear to the brainstem. It is commonly used to diagnose hearing disorders in infants and children. Electrodes are placed on the scalp, and the patient is exposed to clicking sounds. The test records the brain's response to these sounds.

Significance of audiometric tests

Early detection of hearing loss: Audiometric tests help identify hearing loss in its early stages, enabling timely intervention and treatment. Early detection is crucial for children to ensure proper speech and language development.

Occupational health and safety: Audiometric testing is often a mandatory component of occupational health and safety programs, especially in noisy workplaces. Regular testing helps prevent occupational hearing loss and ensures employees' well-being.

Hearing aid fitting and adjustment: Audiometric tests provide essential information for the selection and fitting of hearing aids. They help audiologists customize hearing aids to meet the individual needs of patients.

Balance and vestibular function assessment: Some audiometric tests, like caloric testing, are used to assess the balance and vestibular function. This is crucial for diagnosing conditions such as Meniere's disease or Benign Paroxysmal Positional Vertigo (BPPV).

Research and development: Audiometric tests contribute to research in audiology and hearing science, helping scientists better understand hearing-related disorders and treatment options.

Audiometric test procedure

Preparation: Before the test, the audiologist will typically review the patient's medical history and discuss any concerns or symptoms related to hearing.

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Received: 29-Aug-2023, Manuscript No. JPAY-23-27351; **Editor assigned:** 01-Sep-2023, PreQC No. JPAY-23-27351 (PQ); **Reviewed:** 15-Sep-2023, QC No. JPAY-23-27351; **Revised:** 22-Sep-2023, Manuscript No. JPAY-23-27351 (R); **Published:** 29-Sep-2023, DOI: 10.35248/2471-9455.23.9.218

Citation: Lopez T (2023) Importance of Audiometric Tests, Types and Testing Procedure. J Phonet Audiol. 9:218.

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Equipment setup: Depending on the type of audiometric test, the audiologist will set up the necessary equipment, including headphones, microphones, probes, and electrodes.

Testing: The patient is usually seated in a soundproof booth or room to eliminate external noise interference. During the test, the patient is instructed to respond (e.g., by raising a hand or pressing a button) when they hear sounds or speech stimuli.

Results analysis: The audiologist analyzes the patient's responses and records the results on an audiogram or other relevant graphs or charts.

Interpretation: The results are interpreted to determine the type, degree, and configuration of any hearing loss. Treatment options, if necessary, are discussed with the patient.

Audiometric tests are invaluable tools for assessing hearing health, diagnosing hearing disorders, and monitoring changes in hearing ability. Whether it's for early detection of hearing loss, ensuring workplace safety, fitting hearing aids, or advancing research in audiology, these tests play a crucial role in maintaining and improving the quality of life for individuals with hearing impairments. Regular audiometric testing is not only essential for early intervention but also for enhancing our understanding of hearing and the intricate mechanisms that enable us to perceive the world through sound.