

G.R.O.U.P.: A web-based training manual for group audiologic rehabilitation

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Introduction

Evidence has been established regarding the benefits of offering group audiologic rehabilitation (AR) but still most audiologists are unfamiliar or uncomfortable with providing this service and do not offer group sessions in their practices. The international community associated with the Ida Institute identified the need for more information on the implementation of group AR. As a result, Ida convened a committee to study the issues related to group AR and develop an internet-based tool to supplement available books and articles. The result was the creation of the G.R.O.U.P.: The Group Rehabilitation Online Utility Pack

The Program

RESEARCH EVIDENCE

There is a growing body of research showing the benefits of Group AR for persons with hearing loss and their communication partners. Benefits for persons with hearing loss include improved relaxation and improved psychological well-being.

Conducting a Group AR program at your clinic also makes sense from a financial perspective. Research shows that Group AR participants returned fewer hearing aids and were more satisfied with their hearing aids. Offering Group AR programs at your clinic could be considered another way to provide exceptional services in your community.

<p>Research</p> <p>REDUCED HEARING HANDICAP</p> <p>New hearing aid users experience a reduced "hearing handicap" when participating in Group AR, when compared to those that do not participate in Group AR.</p> <p>+ Open</p>	<p>Research</p> <p>FEWER RETURNED HEARING AIDS</p> <p>Group AR participation resulted in fewer returned hearing aids compared to new hearing aid users who did not attend Group AR sessions.</p> <p>+ Open</p>	<p>Research</p> <p>IMPROVED QUALITY OF LIFE</p> <p>New hearing aid users who participated in Group AR programs exhibited improved outcomes on the "mental component healthscale" of a health related quality of life measure.</p> <p>+ Open</p>	<p>Research</p> <p>COMMUNICATION STRATEGY USAGE</p> <p>Participants of Group AR showed improved communication strategy usage compared to individuals who received new hearing aids, but did not participate in Group AR.</p> <p>+ Open</p>
<p>Research</p> <p>IMPROVED RELAXATION</p> <p>Experienced hearing aid users exhibited improved relaxation and improved daily ratings of hearing aid satisfaction.</p> <p>+ Open</p>	<p>Research</p> <p>EMOTIONAL WELL-BEING</p> <p>Group AR participation resulted in improvements on measures of assertiveness, emotional well-being and coping behaviors.</p> <p>+ Open</p>	<p>Research</p> <p>PSYCHOLOGICAL WELL-BEING</p> <p>Participation in Group AR programs resulted in improvements on quality of life and psychological well-being scales.</p> <p>+ Open</p>	<p>Research</p> <p>HEARING AID SATISFACTION</p> <p>Improved daily ratings of hearing aid satisfaction in new hearing aid users.</p> <p>+ Open</p>

QUICK START GUIDE

The quick start guide provides you with the basic information one would need to develop and implement either a 2-session or 8-session Group AR program.

While the quick start guide is meant to be as comprehensive as possible, we recommend that you supplement the quick start guide by exploring the resource library.

<p>Quick Start Guide</p> <p>PREPARATION AND PLANNING</p> <p>Before the first session, you should prepare your curriculum, publicize your program and establish ground rules.</p> <p>+ Open</p>	<p>Two Session Program</p> <p>SESSION ONE</p> <p>The goal of the first session is to help the group express their life experiences with hearing loss.</p> <p>+ Open</p>	<p>Two Session Program</p> <p>SESSION TWO</p> <p>The goal of the second session is to inform participants about different communication strategies they can employ.</p> <p>+ Open</p>	<p>Eight Session Program</p> <p>SESSION THREE</p> <p>In the third session, you should continue focusing on communication strategies.</p> <p>+ Open</p>
<p>Eight Session Program</p> <p>SESSION FOUR</p> <p>Start addressing feelings and social stigmas associated with hearing loss and introduce the clear speech method.</p> <p>+ Open</p>	<p>Eight Session Program</p> <p>SESSION FIVE</p> <p>Use this session to introduce participants to consumer organization and to continue working with difficult listening situations.</p> <p>+ Open</p>	<p>Eight Session Program</p> <p>SESSION SIX</p> <p>In this session, you can provide participants with information about hearing assistive technology.</p> <p>+ Open</p>	<p>Eight Session Program</p> <p>SESSION SEVEN</p> <p>Enable participants to advocate on their own behalf and prepare for emergencies.</p> <p>+ Open</p>

Project Development

Ida Institute
 Discussion following Seminar 3
 "Enabling Communication Partnerships"
 Conference calls to create justification
 Presentation at AAA
 Retreat in Manchester, UK
 Presentation at AHS
 Go Live Autumn 2012

G.R.O.U.P.

4 core questions:

1. What does it take to get clinicians to do AR group work?
2. Why is it important to do AR group work?
3. Why is participating in groups important from the patient's point of view?
4. What is the link between the clinic and AR group work?

RESOURCE LIBRARY

In the resource library, you can explore information, best practices, suggestions and videos that can help you develop or improve your Group AR program. The content is organized into four categories: **Preparation and Planning, Facilitation and Methods, Topics and Activities, and Special Audiences.**

<p>Preparation and Planning</p> <p>WHAT IS A GROUP AR SESSION</p> <p>Before you begin your program, watch two real-life Group AR sessions to better understand what Group AR is and what it involves for both group leaders and participants.</p> <p>+ Open</p>	<p>Preparation and Planning</p> <p>VALUE AND REIMBURSEMENT</p> <p>Learn more about the value of Group AR to help convince your clinic or organization to support a Group AR program.</p> <p>+ Open</p>	<p>Preparation and Planning</p> <p>GROUP COMPOSITION</p> <p>Determine whether communication partners such as friends and family members should attend the program.</p> <p>+ Open</p>	<p>Preparation and Planning</p> <p>PROGRAM EVALUATION</p> <p>Improve and measure the success of your program by asking participants about their experience.</p> <p>+ Open</p>
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ASK AN EXPERT

The authors of the G.R.O.U.P. are available to answer your questions as you take action and start your own Group AR program. They can assist you through the process and help you take advantage of the material found in the online manual.

If you have a question about Group AR best practices, how to deal with challenging participants, facilitation methods, or anything related to Group AR, start a discussion in our online forum below.

[CLICK HERE TO ASK A QUESTION](#)

One of the manual authors will respond to your question as soon as they can.

QUESTIONS AND ANSWERS IN FORUM

[Group AR Questions](#) [Views](#) [Last post](#) [Start a Discussion](#)

Acknowledgements

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www.idainstitute.com/group

The Role of Ethnography

A means to reflect on the challenges inherent in existing practice
 To inspire the core elements of the GARRM
 As a means for others to reflect on existing practice