

# Self Referral for Hearing Assessment



**Audiology and Balance Service**

## **What is self referral?**

Self referral is a direct route to Audiology for hearing assessment and provision of National Health Service hearing aids if required.

Using self referral means that you do not have to see any other health care provider including your GP or practice nurse first.

## **What can we treat?**

Self referral is aimed specifically at individuals who are experiencing difficulty with their hearing.

Many people experience some degree of diminished hearing as they get older and this loss of hearing can cause difficulties, for example listening to the television or socialising. In the majority of cases, the hearing loss can be improved by wearing hearing aids.

Hearing aids are provided **free of charge** by NHS Scotland.

## **It could be just wax!**

Don't worry! Many patients think this but actually do not have any wax at all.

In the event you do have some wax in your ears, the Audiologist will not be able to test your hearing and will advise how this can be self managed prior to testing your hearing at your next appointment.

## **Am I eligible?**

In order to self refer you **must** be aged 18 years and over and be registered with one of the following GP practices:

### **Angus North East:**

- Brechin Medical Centre
- Edzell Health Centre
- Annat Bank Practice – Links Health Centre, Montrose
- Castlegait Surgery – Links Health Centre, Montrose
- Townhead Practice – Links Health Centre, Montrose

### **Angus North West:**

- Academy Medical Centre, Forfar
- Lour Road Group Practice, Forfar
- Ravenswood Surgery, Forfar
- Kirriemuir Medical Practice

### **North Perthshire:**

- Aberfeldy & Kinloch Rannoch Medical Practice
- Craigvinean Surgery, Dunkeld
- Atholl Medical Centre, Pitlochry

### **South Perthshire:**

- St Margarets Health Centre, Auchterarder
- Comrie Medical Centre
- The Blue Practice, Crieff
- The Red Practice, Crieff

In order to self refer; you must **not** have any of the following symptoms:

- **Pain** in the ears
- Episodes of **dizziness** where you feel you are spinning and you feel sick
- Sudden onset of hearing loss (within the last 48 hours)

**If you have any of the above symptoms please see your GP**

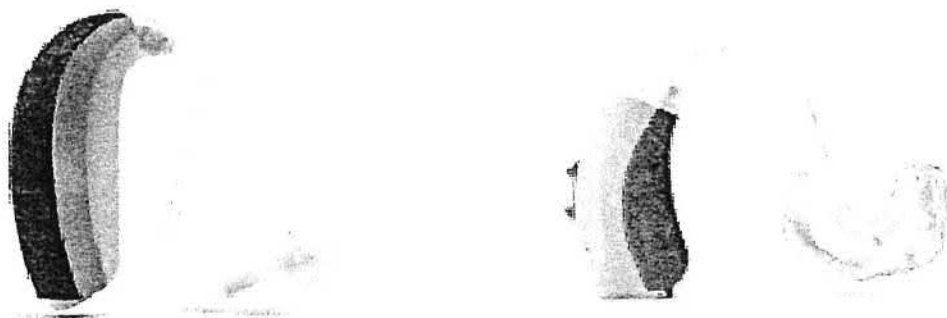
### **Who we are?**

The Audiology Department is staffed by a team of highly qualified and experienced clinical audiologists, assistants and administrative staff.

## Are NHS hearing aids digital?

Yes.

The Audiology Service in NHS Tayside provides the latest digital hearing aids very similar to one of the models pictured below.



## What next?

If you are eligible to self refer and wish to do so then please telephone **01382 596965**.

You will speak with a member of the team who will ask you a number of questions to ensure that you are eligible to access this service and if you are, an appointment will be given at a location close to you.

We aim to see patients within 6 weeks of your call however this can vary depending upon the demands on the service. If an earlier appointment is available at another site this may also be offered to you.

Please call **01382 596965** to make an appointment

**Call centre hours:**

Monday to Friday

9:00 am – 12:30 pm

1:30 pm – 4:00 pm

(closed last Tuesday afternoon of month and on Tayside Public Holidays)

For further information or advice please contact the above number or email:

[audiology.tayside2@nhs.net](mailto:audiology.tayside2@nhs.net)

Developed by NHS Tayside Audiology Department and  
reviewed by Head of Service S Batty

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