

# PREVENT HEARING LOSS

: Let Hearing Loss Not Limit You

A Pictorial Guide To Reduce Avoidable Hearing Impairment

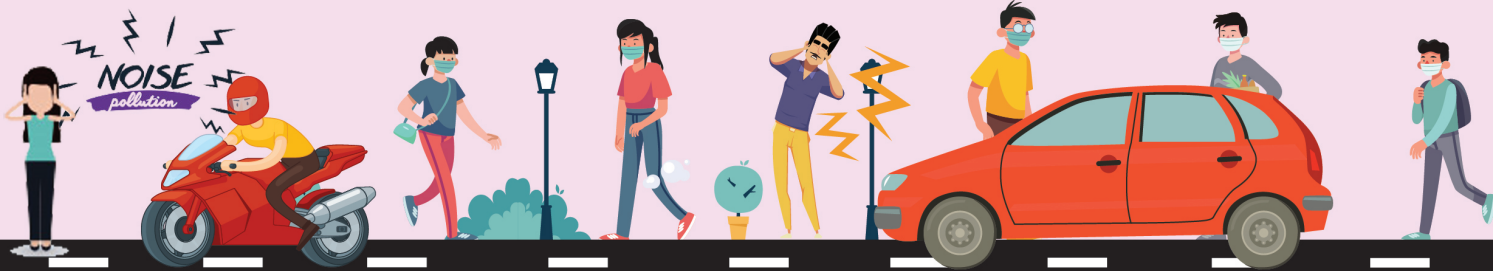
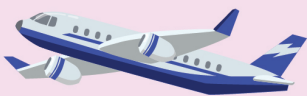
SCREEN

TREAT

REHABILITATE

COMMUNICATE

STOP  
NOISE  
POLLUTION



Dr. Ravindra Khaiwal  
Dr. Suman Mor  
Dr. Suneela Garg  
Dr. Arun K Agarwal



# PREVENT HEARING LOSS



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सबका साथ, सबका विकास, सबका विश्वास

Sabka Saath, Sabka Vikas, Sabka Vishwas

## FOREWORD

It gives me great pleasure to note that an info-graphic booklet namely 'Prevent Hearing Loss' is being published with an objective to provide authentic knowledge and information to community about hearing loss.

We are committed to prevent and eliminate hearing impairment through awareness generation and provision of sustainable and comprehensive hearing health care at all levels within the community.

In India, and globally also, large number of persons remains deprived of connecting with friends, family and colleagues because of hearing loss of different severity due to various causes. Hearing impairment in children can impair communication with others with delayed language growth and in elderlies lead to social isolation, depression, & dissatisfaction.

The info-graphic booklet 'Prevent Hearing Loss' will create awareness about hearing impairment among the public by providing education & correct knowledge on hearing impairment. This along with sustainable hearing care services at national & sub-national levels will have valuable contribution in prevention and elimination of hearing ailments.

I extend all my good wishes for success of the booklet. I am sure that this will be helpful in reducing avoidable hearing impairment significantly by 2030 & improve quality of life by facilitating early diagnosis, management & rehabilitation of hearing impairment.

  
(Dr. Harsh Vardhan)

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सर्वेसन्तु निरामया



एक कदम स्वच्छता की ओर

स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री  
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MINISTER OF STATE FOR  
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## FOREWORD

Deafness is considered to be a public health problem. Estimates by World Health Organization show that 401 million people in South-East Asia Region suffer from hearing loss and by 2050, it has been projected to increase to 666 million. Hearing loss poses significant problems such as communication barriers, social stigma, neglect of the affected person by family members and others, etc. In children, it leads to hindrance in language development, cognition and social interactions.

Nearly 60% of the causes of hearing loss can be prevented. Such measures include early identification of ear infections, trauma to the ear by injury or slapping, exposure to loud noise, use of ototoxic drugs, tobacco intake in any form and besides genetic factors. Certain cultural practices such as oil use in the ear, wax removal by untrained persons and baths in contaminated ponds/rivers can also result in ear infections or perforated eardrums, leading to hearing loss.

The theme of 2021 world hearing day, "Hearing care for all: **Screen, Rehabilitate, communicate**" is apt and it is much needed to reach out to the unreached for reducing preventable causes of hearing loss. One of the measures is providing information to the people through mass media and other health education methods.

I am immensely happy to see this infographic designed by Dr. Ravindra Khaiwal, Dr Suman Mor, Dr. Suneela Garg and Dr. Arun K Agarwal on the preventive measures for hearing loss. It is written in a simple language, easy to grasp through pictures. This infographic can be used to educate people on aspects of hearing loss and its prevention. This document will provide valuable leads to National programme for prevention and Control of Deafness

I congratulate the authors for such an excellent infographic booklet. I hope that this document will provide valuable leads to National programme for prevention and Control of Deafness and will set a milestone in the prevention of deafness in our country.

(Ashwini Kumar Choubey)

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# HEARING LOSS

466 million people are impaired by hearing loss, 34 million of whom are teenagers



Recreational activities are dangerously loud & will cause permanent damage to hearing



**MOTORCYCLE:**  
105 decibels



**CONCERT/LIVE MUSIC:**  
82- 105 decibels



**MOVIE THEATERS:**  
118 decibels



**FIRECRACKERS**  
125- 155 decibels



In India, the prevalence of hearing impairment is 6.3%



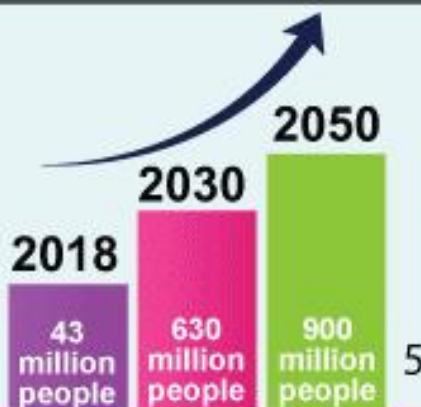
The prevalence of adult-onset is 7.6% while that of childhood-onset deafness is 2%



One-third elderly aged 65-74 years have hearing difficulty



Hearing loss is on the rise !



# COMMON EAR PROBLEMS



## ADVERSE EFFECTS OF HEARING LOSS



# REASONS FOR HEARING LOSS

According to National Institute on Deafness & other Communication Disorders 25% of people between the ages of 65 & 74 experience hearing loss

Rubella  
in mother



Ear  
harming  
drugs



Ear wax



Ear  
infections



Ear  
trauma



Loud noise



## CONSULT YOUR DOCTOR



# HEARING LOSS IN CHILDREN

32 million children have hearing loss disabilities



Ototoxic 4%

Other 8%



Prematurity



Birth complications



Low birth weight

Preventable  
**60%**

Non-Preventable  
**40%**

Birth related causes 17%

Infections 31%



Meningitis



Measles



Rubella



Mumps



Ear infection

**CHILD MAY HAVE HEARING LOSS IF HE OR SHE:**

Has discharge from ear

Not responding to sound

Repeated episodes of ear

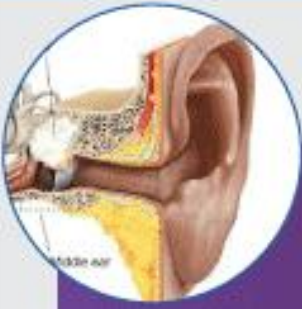
Can not understand when you say properly

Have improper speech development





# CAUSES OF HEARING LOSS IN ELDERERS



Structural changes in your inner ear



Impairment to the nerve that carries sound to your brain



Blood flow changes to your ear



Changes related to how your brain process speech & sound

AN ELDER MAY HAVE HEARING LOSS IF



They often ask people to repeat themselves



People find you speak too loudly



They raise the volume of the radio frequently



Having ringing sensation in the ear

# ROLE OF TEACHERS & EAR CARE OF STUDENTS



If any student in class is disturbed, it could be because he cannot hear properly



If student has ear pain refer for check up



**Teachers may guide students:**

- Not to insert anything in ear
- Not to scream or shout into the ear
- Not to slap on the ear

## Challenges faced by students with hearing impairment

Communication Barriers: This ineffective/impaired communication is stressful for both student & teacher



Common school contact & events such as classroom entry permission or principal entry are more tedious



Physical/ Environment Obstacles: Creating major barriers to children's inclusive learning



Instructional Procedures: Using text reading as the only teaching tool, too many instructions & not understanding the learner



## CONSEQUENCES OF HEARING LOSS IN SCHOOL CHILDREN



Far Reaching-  
Accounting for  
very high DALYs



Communication  
Problems



Stigma, Social  
Isolation

# EAR DAMAGE & UNTRAINED PERSONS

Such treatments by untrained persons can lead to

Rupture of ear drum

Hearing infection

Infection



**⚠ WARNING**

It's very dangerous to get your ears cleaned by untrained persons or road side vendors

## PROTECT YOUR EARS



Do not insert any object into your ears



Protect ears from loud noises of firecrackers, radio, TV & music

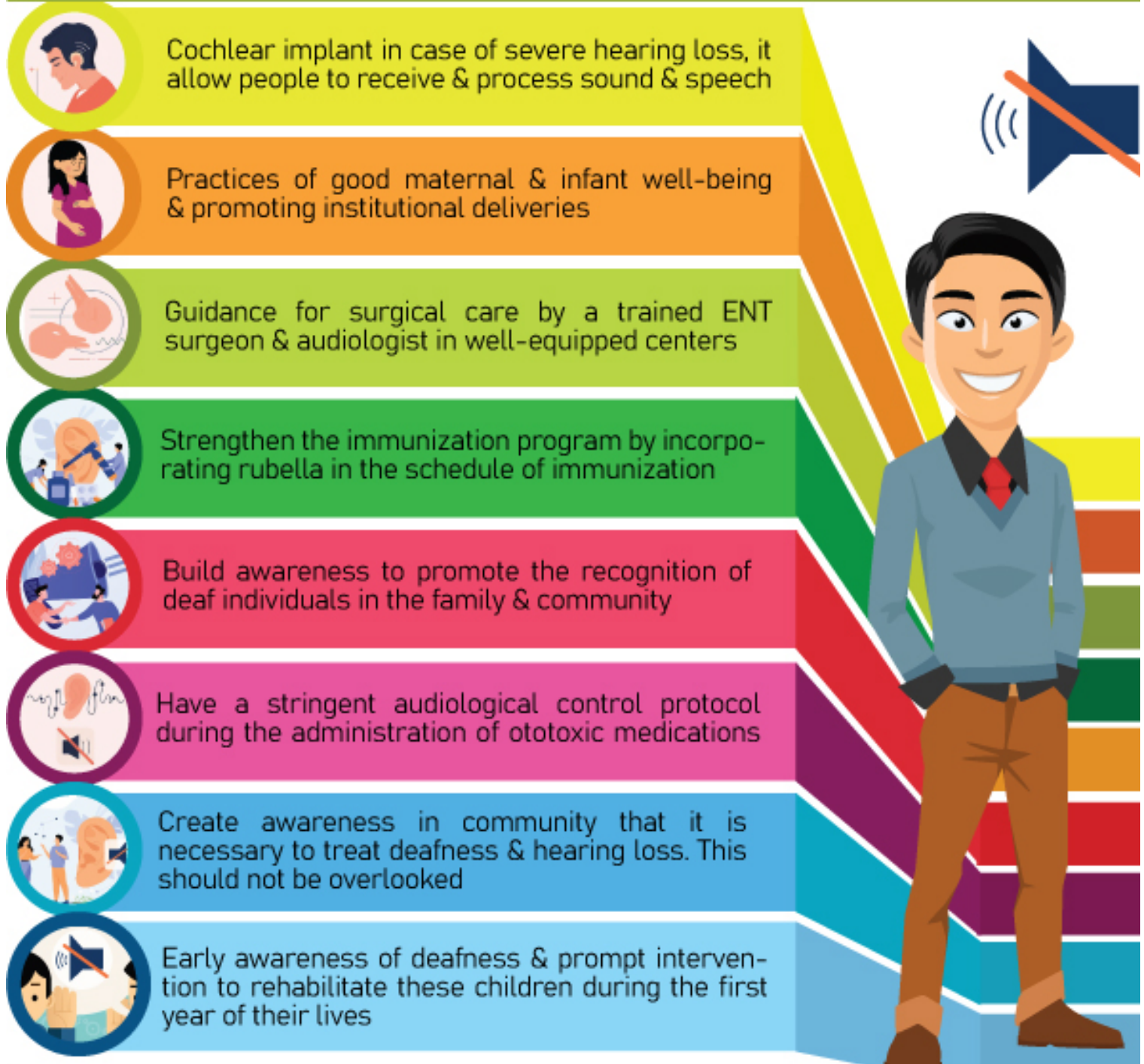


Don't let dirty water enter into your ears

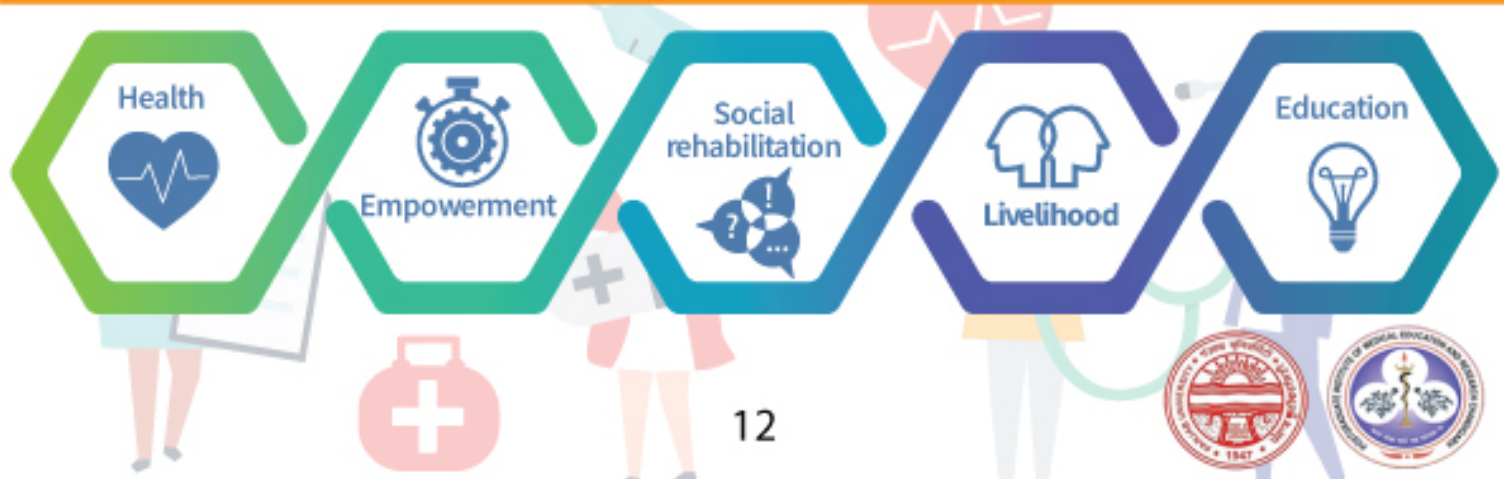
ALWAYS CONSULT A DOCTOR IN CASE OF HEARING LOSS



# STRATEGIES FOR PREVENTION



## COMMUNITY BASED REHABILITATION HEALS THE IMPAIRED HEARING



# CHALLENGES FACED



Low information in the community about ear & hearing issues



Knowledge and skills are required for intervention



Availability issue of infrastructure & equipments



Lack of qualified human resource



Lack of transportation in rural areas

Step 1:  
Understand the community's  
prevalence & profile of  
ear diseases



Step 2:  
Engage with the  
community & health  
care  
professionals  
to: increase under-  
standing of hearing  
problems



Step 3:  
Establish/strengthen  
linkages/infrastructure  
for 'Ear & Hearing care'



Step 4:  
Launch community  
centered initiatives  
of screening of ear &  
hearing problems  
intervention

## Action on HEARING LOSS



# DISABILITY CERTIFICATE

- In India, disability certificates are issued based on the degree of hearing loss & speech discrimination scores for people with hearing impairment (PWD Act, 2001)



## Who issues the hearing disability certificate?

At the state & district level, the government appoints a Medical Board to grant the Disability Certificate

### The members of Board include:



Medical Superintendent or Chief Medical Officer or Civil Surgeon



ENT Specialist



Audiologist & Speech Language Pathologist (ASLP)

## What documents should be required for the certificate?

Aadhar Card

Birth Certificate

Residential proof

The certificate is valid for 5 years

## Why do we need a hearing certificate?

A disability certificate or UDID card is required to apply for the job, as the government has reserved jobs in public sector companies for the deaf & handicapped

On the basis of certificate, persons with hard of hearing are regularly employed by many IT companies & large hotel chains.

Helps in obtaining concessions for travel



# NATIONAL PROGRAMME FOR THE PREVENTION & CONTROL OF DEAFNESS (NPPCD)

## COMPONENTS OF THE PROGRAM



**Manpower training & development:**  
Training of health care workers

### Capacity building

Budget

Logistics/Medicines

At the PHC, CHC & District Hospital Level



### Service provision including rehabilitation



Early detection



Ear screening camps



Appropriate referral



Medical & surgical treatment



Rehabilitation of hearing & speech disorders

### Awareness creation in the community

### Monitoring & evaluation

**Mission Indradhanush:** Full immunization coverage to children upto 2 years & pregnant women

It covers seven vaccine preventable diseases namely diphtheria, pertussis, tetanus, childhood tuberculosis, polio, hepatitis B & measles



This pictorial booklet guide how we can reduce the hearing losses. Most of the hearing losses can be prevented through early screening, proper treatment & rehabilitation. Let's work together to reduce avoidable hearing impairment to 90% by 2030.

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