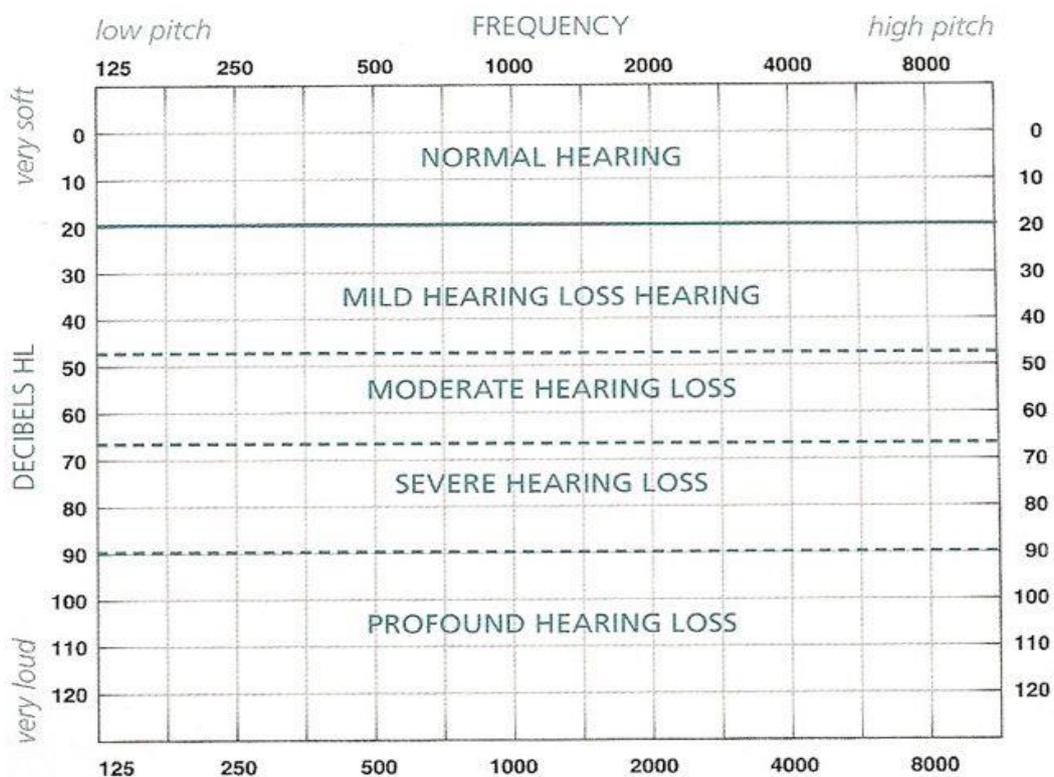


## Centre for Hearing and Balance disorders

# Understanding your hearing test: Children and young people

Your hearing test results are plotted on a chart which is known as an audiogram. An example of an audiogram is below.



On an audiogram we plot frequency against loudness.

As you can see on the audiogram above, there are numbers across the top. These numbers relate to the pitch (also known as frequency) of a sound. Frequency is measured in Hertz (Hz).

500 Hz is a very low pitched sound like a bass note and 8000 Hz is a very high pitched sound.

The numbers down the side from -10 to 120 relate to the loudness (also known as intensity) of the sound.



## Patient Information

-10 dB is a very quiet sound and 120dB is a very loud sound (like the sound of a plane taking off).

Loudness is measured in decibels (dB). The bigger the number the louder the sound.  
The X's are what sounds you can hear via the headphones with your left ear  
The O's are what sounds you can hear via the headphones with your right ear  
The triangles are what sounds you can hear via the bone conductor

A copy of your hearing test has been given to you today.

## Hearing loss can be categorised in the following ways:

**Mild** - A mild hearing loss means that your hearing is slightly below the level that is considered normal. You still have a good degree of useful hearing but may have difficulty hearing quieter sounds. You may also find it harder to follow a speaker's voice if they are more than about 1.5 metres away, or if there is a lot of background noise.

**Moderate** – A moderate hearing loss means that you may often have difficulty following speech and hearing other quiet noises.

**Severe** – A severe loss means that you are unable to hear speech even in quiet surroundings and may not hear general noises such as traffic unless it is loud.

**Profound** – a profound loss means that you are unable to hear most sounds unless they are very loud. You have very little or no useful hearing.

Hearing loss can be present in both ears, or just one ear. A hearing loss in one ear is known as a unilateral hearing loss and a hearing loss in both ears is known as a bilateral hearing loss.

Your hearing test shows that you have a unilateral/bilateral hearing loss. The implications of this have been discussed with you today.

A unilateral hearing loss is where the hearing is satisfactory in one ear and there is a hearing loss in the other ear. As the hearing is at satisfactory levels on one side, overall you will be able to hear speech. Most people with a unilateral hearing loss are able to hear normal speech in a quiet environment. If you have a unilateral hearing loss it is unlikely that a hearing aid will be recommended.

Hearing aids will be recommended if you have a bilateral loss that is moderate or worse and is affecting how you access speech within an education situation or socially with friends and family.

In line with our departmental policy you will be seen again in one year for your hearing to be tested again. If you have concerns prior to this yearly appointment then please contact us and we will arrange for you to be seen.

## Patient Information

### **Other sources of information can be found on the websites below:**

National Deaf Children's society (NDCS)      <http://www.ndcs.org.uk>

Action on hearing loss: RNID      <http://actiononhearingloss.org.uk>

### **Contact details**

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The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6444 and we will do our best to meet your needs.

The Trust operates a smoke free policy

### **Document History**

Author	Verity Hill
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Contact Tel No	26444
Published	February 2013
Reviewed	February 2015, February 2016, June 2018
Review	June 2021
Version	2
Reference No	HIC/LFT/1622/13