

Sammanfattning

Bakgrund: Audionomer träffar dagligen patienter som lider av olika hörselbesvär där det uppstår en situation där audionomen bör i bästa mån föra fram en bra kommunikation med patienten genom adekvata counselingfärdigheter.

Syfte: Syftet med studien var att undersöka hur audiologisk counseling tillämpas bland Sveriges audionomer samt hur de bedömer sina kunskaper och erfarenheter med det.

Metod: En kvantitativ forskningsmetod i form av en internetbaserad enkätstudie genomfördes. Datainsamling gjordes genom en elektronisk webbenkät skapat av KI Survey. Databearbetning gjordes med statistiskprogramvaran SPSS och för korrelationsanalys mellan variabler användes Kendalls tau-b test med signifikansnivå $p = 0,01$.

Resultat: 73 audionomdeltagare (23 – 65 år) från 18 regioner i Sverige besvarade enkäten. Deltagarna arbetade i den regionsdrivna hörselvården (65,7 %) och i primära hörselvården (28,8 %). De övriga deltagarna (5,5 %) arbetade i både den regionsdrivna och primära hörselvården. 64,4 % av deltagarna hade arbetserfarenhet på mindre än 10 år inom hörselvården. 57,5 % av deltagarna ansåg att de hade grundläggande kunskaper och 42,5 % av dem hade breda kunskaper om counseling. Dessutom ansågs sig även 80,8 % som erfarna med att utföra audiologisk counseling. Ett statistisk signifikant svagt negativt samband ($p < 0,01$) fanns mellan audionomernas arbetserfarenhet och deras upplevda grad av svårighet i att bemöta patienter i generella drag. Resultatet visade att audiologisk counseling tillämpades minst i samtal med patienter inför och under ototoxisk behandling och i samtalet med döva/ gravt hörselskadade patienter i den primära hörselvården, medan det i den regionsdrivna användes det minst i samtal med patienter inför och under ototoxisk behandling.

Slutsats: Slutsatserna ifrån studien är ej generaliserbara på grund av stort bortfall. Däremot var bekantskapen om counseling bland deltagarna hög och de flesta var nöjda med sina kunskaper om och erfarenheter att utföra audiologisk counseling. Dock var tillämpningen av evidensbaserade samtalsstrategier i ett patientbemötande begränsad. Ett statistiskt signifikant svagt negativt samband hittades mellan audionomernas arbetserfarenhet och grad av upplevd svårighet att bemöta patienter, men detta resultat måste tolkas med försiktighet eftersom andra orsaker kan finnas till sambandet.

Nyckelord: Counseling, audiologi, hörselnedsättning, enkätstudie.

Application of counseling in audiologist profession in Sweden

A quantitative cohort study based on an audiologist perspective

Abstract

Background: Audiologists daily meet patients who suffer from different hearing impairments. During those meetings, a situation arises in which the audiologist has to accomplish as good communication as possible with adequate counseling skills.

Purpose: The purpose of the study is to investigate how audiological counseling is applied by the Swedish audiologists and how they evaluate their knowledge and experiences in using it.

Method: A quantitative research method employing an internet-based questionnaire was used in this study. Data collection was done through an electronic survey created in KI Survey. Data processing was performed in the statistical software SPSS and Kendall's tau-b tests was used for correlation analysis between variables with the significance level $p = 0,01$.

Results: 73 audiologists (23 – 65 years old) from 18 regions across Sweden participated in this survey. 65.7 % of participants worked in the public hearing healthcare, 28.8 % worked in the private hearing healthcare and the remaining 5.5 % worked in both. Approximately 64.4 % of the participants had less than 10 years of work experience. 57.5 % regarded themselves as having basic knowledge in counseling and 42.5 % as having a broad knowledge in it. Additionally, 80.8 % of them regarded themselves as being experienced practitioners of audiological counseling. A statistically significant weak correlation ($p < 0.01$) was found between the audiologist's work experience and their perceived degree of difficulty in responding to patients in general. The results also showed that in the private hearing healthcare audiological counseling was less frequent used in the meetings with patients who received ototoxic treatment and with the deaf/severely hearing-impaired patients. Meanwhile in the public hearing healthcare audiological counseling was used the least only in the meetings with patients who received ototoxic treatment.

Conclusion: The outcomes of this study cannot be generalised due to the major dropout. However, all participants were aware of audiological counseling and most were satisfied with their knowledge and experience in performing audiological counseling. Although the application of evidence based counseling was limited in the meetings with hearing impaired patients. A statistically significant weak correlation was found between the audiologist's work. Experience and their perceived degree of difficulty in responding to patients in general. But this result must be interpreted with caution nevertheless since other causes to the correlation are likely to exist.

Keywords: counseling, audiology, hearing loss, survey.