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# Informed Hearing Loss Prevention at Theatre UNI

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# INFORMED HEARING LOSS PREVENTION AT THEATRE UNI

Mallory Park

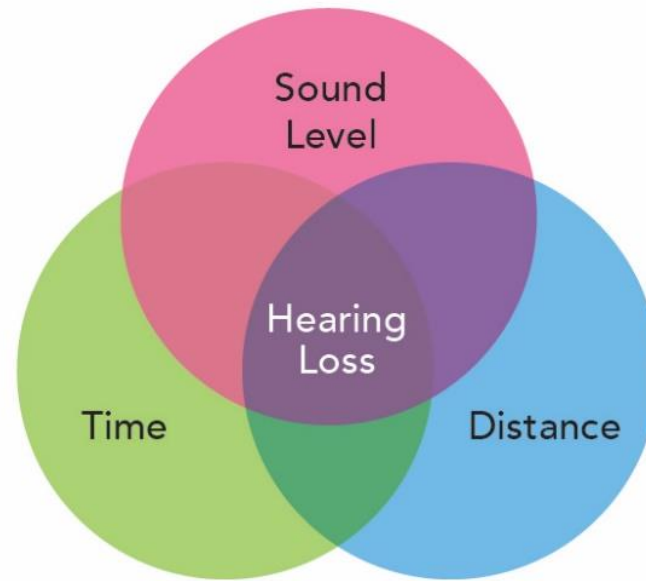


## Purpose

Theatre workers face many dangers which could impact their quality of life and ability to work. One such risk is hearing loss. Given the prevalence of noise-induced hearing loss, some theatre workers may already be living with hearing loss. My purpose with this study is to discover the current conditions and attitudes toward hearing loss at Theatre UNI then provide the information necessary to theatre workers about the signs and significance of hearing loss as well as methods for prevention.

## Methodology

A survey requesting demographic information, behaviors, and opinions was created using Qualtrics. It will be distributed through the weekly newsletter sent by the head of the theatre department at UNI. A sound level meter will be used in the scene shop to determine the noise level to which workers are exposed.



US Department of Health and Human Services

## Anticipated Results

Students may be aware that they are at risk for hearing loss but not possess a comprehensive understanding of how a hearing loss, especially noise-induced, could affect their personal and professional lives. Those who do understand may choose not to partake in hearing conservation because they view hearing loss as inevitable. This misconception could be due to a lack of education on the options for hearing conservation as well as the difference between noise-induced and hereditary hearing loss.

## Some Things to Know

<p>Noise above 85 dB over a prolonged period of time may start to damage your hearing. Loud noise above 120 dB can cause immediate harm to your ears -National Center for Environmental Health</p>	<p>While a change in the sensitivity of the hearing mechanism can be temporary, repeated exposures to noise cause permanent damage. -T. Hamill, 2014.</p>	<p>24% of American adults between 20 and 69 years of age display a signifier of NIHL known as a noise notch. -Center for Disease Control</p>	<p>NIHL is the only type of entirely preventable hearing loss. -National Institute on Deafness and other Communicative Disorders</p>	<p>NIHL is a type of sensorineural hearing loss. Sensorineural hearing loss is likely permanent and can reduce the ability to understand speech, even with amplification. -Tye-Murray, 2015.</p>
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## Resources

Center for Disease Control. (2017, February 6). *Loud Noise Can Cause Hearing Loss*. Retrieved October 2018, from National Center for Environmental Health: [https://www.cdc.gov/nceh/hearing\\_loss/how\\_does\\_loud\\_noise\\_cause\\_hearing\\_loss.html](https://www.cdc.gov/nceh/hearing_loss/how_does_loud_noise_cause_hearing_loss.html)

National Center for Environmental Health. (2017, February 06). *What Noises Cause Hearing Loss*. Retrieved November 10, 2018, from Center for Disease Control and Prevention: [https://www.cdc.gov/nceh/hearing\\_loss/what\\_noises\\_cause\\_hearing\\_loss.html](https://www.cdc.gov/nceh/hearing_loss/what_noises_cause_hearing_loss.html)

National Institute on Deafness and Other Communication Disorders. (2008, December). *Noise-Induced Hearing Loss*. Retrieved November 12, 2018, from NIDCD Fact Sheet: <https://permanent.access.gpo.gov/lps123333/NoiseInducedHearingLoss.pdf>

Teri A. Hamill, L. L. (2014). *The Hearing Sciences* (2nd ed.). (P. Brad A. Stach, Ed.) San Diego, California, United States: Plural Publishing Inc. Retrieved November 13, 2018

Tye-Murray, N. (2015). *Foundations of Aural Rehabilitation: Children, Adults, and Their Family Members* (4th ed.). Stamford, Connecticut, United States: Cengage Learning. Retrieved November 13, 2018

US Department of Health and Human Services. (2016, July 22). *Too Loud. Too Long*. Retrieved March 2019, from National Institute on Deafness and Other Communication Disorders: <https://www.noisyplanet.nidcd.nih.gov/parents/too-loud-too-long>