

Tinnitus Committee meeting 6

Date: 16/01/2019

Location: Boardroom, Royal College of Physicians, London

Minutes: Confirmed

Committee members present:		
Tracey Moore (Chair) (TM)		(Present for notes 1 – 4)
Veronica Kennedy (Topic advisor) (VK)		(Present for notes 1 – 4)
Claire Banks (CB)		(Present for notes 1 – 4)
Beth-Anne Culhane (BAC)		(Present for notes 1 – 4)
Michelle Foster (MFO)		(Present for notes 1 – 4)
Laurence McKenna (LMK)		(Present for notes 1 – 4)
Lucy Partridge (LuP)		(Present for notes 1 – 4)
John Phillips (JP)		(Present for notes 1 – 4)
David Stockdale (DS)		(Present for notes 1 – 4)
Linda Parton (LiP)		(Present for notes 1 – 4)
Emma Dickson (ED)		(Present for notes 1 – 4)
Mark Fleming (MFI)		(Present for notes 1 – 4)

In attendance:		
Catrina Charlton (CC)	Guidelines Commissioning Manager	(Present for notes 1– 4)
Jennifer Hill (JH)	Guideline Lead	(Present for notes 1 – 4)
Sedina Lewis (SL)	Research Fellow	(Present for notes 1 – 4)
Emtiyaz Chowdhury (EC)	Health Economist	(Present for notes 1 – 4)

Apologies:

Giulia Zuodar

Project manager, NGC

1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the sixth meeting on Tinnitus. The Committee members and attendees introduced themselves.

The Chair informed the Committee that apologies were received from GZ.

The Chair outlined the objectives of the meeting.

2. Confirmation of matter under discussion, and declarations of interest

The Chair confirmed that, for the purpose of managing conflicts of interest, the matter under discussion was psychological therapies including CBT, combinations management strategies, amplification devices and sound therapy and betahistine for tinnitus.

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
LMK	Psychologist	Author of two papers included in the CBT review: McKenna L, Marks EM, Hallsworth CA, Schaette R. Mindfulness-based cognitive therapy as a treatment for chronic tinnitus: A randomized controlled trial. <i>Psychotherapy and Psychosomatics</i> . 2017; 86(6):351-361 Davies S, McKenna L, Hallam RS, Hallam RS. Relaxation and cognitive therapy: a controlled trial in	Direct, non-financial	The Chair agreed he could declare and participate as he is the only adult psychologist on the committee

		chronic tinnitus. Psychology & Health. 1995; 10(2):129-143		
JP	ENT Surgeon	Paper on EMDR as treatment for tinnitus <i>Eye movement desensitisation and reprocessing (EMDR) as a treatment for tinnitus</i> , published on 29/01/19	Direct, non-financial, non-specific	Declare and participate
DS	Lay member	BTA funding a research post; part of the activities of the current person in post is working on Cochrane reviews included in the guideline	Indirect, non-financial	Declare and participate

The Chair and a senior member of the Developer's team noted that the interests declared did not prevent the attendees from fully participating in the meeting.

3. Evidence reviews

The Committee discussed the following reviews:

- Psychological therapies including CBT
- Combinations management strategies
- Amplification devices and sound therapy
- Betahistine for tinnitus

The Committee agreed the recommendations and were given the opportunity to ask questions.

4. Any other business

None.

Date of next meeting: 27/02/2019

Location of next meeting: Boardroom, Royal College of Physicians, London