

# JAAA CEU Program

Volume 30, Number 7 (July/August 2019)

Questions refer to Gopal et al, “Risk Assessment of Recreational Noise-Induced Hearing Loss from Exposure through a Personal Audio System—iPod Touch,” 619–633.

## Learner Outcomes:

Readers of this article should be able to:

- Discuss the risks that recreational-induced hearing loss pose and what effects it can have on hearing thresholds and DPOAEs.
- Understand the importance of creating guidelines to help limit the amount of damage caused by personal audio systems.
- Summarize the perceptions that young adults have about listening to their personal audio systems.

## CEU Questions:

1. How many young people between the ages of 12 to 35 years old are at risk for hearing loss from unsafe use of personal audio devices and exposure to damaging levels of sound at noisy entertainment venues, according to the World Health Organization (2015)?
  - a. 1.1 million
  - b. 111 million
  - c. 1.1 billion
2. What is the term for threshold shifts that recover to baseline levels within weeks after exposure?
  - a. Impermanent threshold shift
  - b. Temporary threshold shift
  - c. Transient threshold shift
3. Temporary threshold shifts are usually the worst at what frequencies?
  - a. All frequencies are equally affected
  - b. Within 1–2 octaves of the noise
  - c. Frequencies located above 9000 Hz
4. What is the term for neural degeneration and dysfunction of synapses, even without hair-cell loss?
  - a. Cochlear degeneration
  - b. Neural dysnchrony
  - c. Cochlear synaptopathy
5. What is the NIOSH (1998) recommended exposure limit for noise?
  - a. 85 dBA over an eight-hour time-weighted average
  - b. 85 dBA over a four-hour time-weighted average
  - c. 100 dBA over an eight-hour time-weighted average
6. The average level of the music played at 100 percent was 97 dBC, but what was the range of output level at 100 percent volume?
  - a. 95–99 dBC
  - b. 50–115 dBC
  - c. 78–102 dBC
7. As indicated by questionnaire results, what information did the majority of participants think would be the most beneficial to provide on a website?
  - a. Appropriate volume levels
  - b. Appropriate listening times
  - c. What kind of music to listen to
8. As indicated by questionnaire results, how many of the participants were extremely concerned about possible hearing loss caused by listening to their personal listening device?
  - a. Nearly all of the participants expressed extreme concern.
  - b. About half of the participants expressed extreme concern.
  - c. None of the participants expressed extreme concern.
9. Which of the following statements is correct?
  - a. The amount of threshold shift after listening to music at 100 percent volume depended on the gender of the participant.
  - b. There was no effect of gender on threshold shift after listening to music at 100 percent volume.
  - c. The changes in DPOAE response after listening to music at 100 percent volume depended on the gender of the participant.
10. Statistically significant threshold shifts after listening to 30 minutes of music were found in which group/groups, if any?
  - a. None of the groups showed any changes in behavioral thresholds.
  - b. Only the 100 percent volume group showed significant changes in thresholds.
  - c. Both the 75 percent and the 100 percent volume group showed significant changes in thresholds.



**JAAA CEU PROGRAM**

**WHO?** All members of the Academy receive the CE Registry as a member benefit and are eligible to participate in the JAAA CEU Program.

**WHAT?** The JAAA CEU Program offers a minimum of 1.6 CEUs (16 continuing education hours) per volume year. Individuals can submit one or all JAAA CEU assessments for scoring and CEU credit. Each JAAA assessment is worth .2 CEUs.

**WHERE?** *eAudiology.org—Your CEU Source*

Participants can complete the assessments using the eAudiology.org online submission system, which provides automatic feedback (score, correct answers) and automatic recording to the member’s CE Registry record.

**WHEN?** Volume 30 (2019) assessments will be accepted through December 31, 2019. Volume 30 submissions will be accepted by e-mail or online at eAudiology.org. Submissions are credited in the calendar year they are submitted. You may enroll in the CEU program for 2019 (Volume 30) with a payment of \$95 for the year. This will enable you to earn up to 1.6 CEUs for 2019.

Volume 29 (2018) assessments will be accepted for a separate registration fee of \$95 until December 31, 2019. You can earn up to 1.6 CEUs with this registration! To register, visit eAudiology.org. Volume 29 (2018) assessments will only be accepted via the online program.

**WHY?** Because you want convenient and cost-effective CEUs!

**HOW?** To register online, go to [www.eAudiology.org](http://www.eAudiology.org). Once you have registered, the JAAA CEU Program will be added to your dashboard, and you will be able to access the assessments from there. If submitting by mail, complete the following and send with your completed answer sheet to the address below.

Education Department, JAAA  
 American Academy of Audiology  
 11480 Commerce Park Drive, Suite 220  
 Reston, VA 20191

\_\_\_\_\_  
 Name

\_\_\_\_\_  
 Address

\_\_\_\_\_  
 City State Zip Code

\_\_\_\_\_  
 Telephone Member No.

\_\_\_\_\_  
 E-mail Address

\_\_\_\_\_ Please enroll me in the Volume 30 (2019) JAAA CEU Program. I am enclosing \$95 for the year.

\_\_\_\_\_ I am currently enrolled in the Volume 30 (2019) JAAA CEU Program.

\_\_\_\_\_ Please enroll me in the Volume 29 (2018) JAAA CEU Program. I am enclosing \$95 for the year.

\_\_\_\_\_ I am currently enrolled in the Volume 28 (2017) JAAA CEU Program.

**TOTAL AMOUNT ENCLOSED:**

\_\_\_\_\_

**METHOD OF PAYMENT:**

Check # \_\_\_\_\_

Made payable to:  
 American Academy of Audiology, Inc.

- Credit Card
- Visa
  - MasterCard
  - American Express
  - Discover

Credit Card # \_\_\_\_\_  
 Exp. Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**TIER 1 CREDIT (For ABA certificants)**



Tier 1 credit is available in this issue of JAAA. In order to receive Tier 1 credit for this assessment, you must score 80% or better. The credits will appear on your Academy transcript as Tier 1.

Please check here if you are seeking Tier 1 credit.

This document was downloaded for personal use only. Unauthorized distribution is strictly prohibited.