



Question Prompt List (QPL)

The Childhood Hearing Loss Question Prompt List for Parents, or QPL, is a tool developed by Phonak, a hearing aid manufacturer, that can guide you, the parent, in identifying questions or concerns you have about your child's hearing loss that you might not otherwise think of in the moment.

The QPL provides a series of questions that may highlight your concerns related to your child's diagnosis, family concerns, device management, and supports systems. You can select as many questions as you wish, with the goal that each question will be directly addressed with the audiologist over time, based on your needs and priorities.

Why use the QPL? As you know, with the diagnosis of your child's hearing loss came a lot of new information. In a matter of minutes, you were learning things you may not have ever expected to learn. During the course of learning this new information, some information provided may not be what you needed in the moment, and in the end, you may have felt left out on your own to fully figure things out.

By using the QPL, you can help the audiologists know how they can hone in on sharing information that you are most interested in or need at that point in time, and a family-centered communication exchange can occur to enhance your knowledge and skills, with the ultimate goal of improving your comfort in caring for your child's hearing health at home.

Here is an example video of an audiologist and mother using the QPL to address some of the mother's pressing questions about why genetic testing is recommended, sharing the importance of her child's devices with other family members, and troubleshooting equipment. As you watch, consider how such an interaction with your audiologist might help you.

Finding and using the QPL can be easy. In your Google search bar, type in "Phonak QPL pdf". A direct link to a downloadable QPL pdf file will be one of the first options. You can save this pdf to your files for future use. After you find it, print it out, and mark the questions that are important to you. Then, take the marked QPL to your next appointment, and show it to your audiologist with a request that in this and future appointments, you would like each of the questions addressed. Don't worry about being pushy; audiologists will appreciate you taking the time to help them know what your specific needs are.

You may be wondering, how old can my child be to use the QPL, or how often can I use the QPL. The answer is up to you. Although there are not specified age limits for the child when considering using the QPL, some parents may find that the relevance of the questions tend to



taper when the child turns older than six or seven years of age. Keep in mind, however, factors related to the age of your child's diagnosis, other disabilities, and equipment that may influence how long the QPL is relevant to you. Typically, the QPL is used after your child has been identified with hearing loss. The QPL may be a tool you find need for as your child transitions to greater independence. The QPL can be used multiple times. Questions that were not relevant to you in the beginning can become relevant as your child grows. Using the QPL to answer different questions that arise at different stages of your child's development can be useful in ensuring your needs are met. Some suggestions for frequency of use are every 6 months to every year.

The QPL can be an effective tool to answer your individual questions or concerns that may not be brought up through routine information sharing. Don't be afraid to take the initiative in using the QPL with your audiologist.