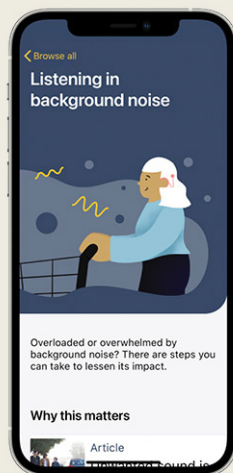


Cochlear™ CoPilot evidence base

Cochlear CoPilot is an interactive app that complements your clinical practice and equips your clients with knowledge, information and activities to help build listening and communication skills and manage hearing loss in everyday life.

Cochlear CoPilot is founded in the latest research and established rehabilitation practice with input from experts and recipients.

This Professional Evidence Summary provides you with an overview of the research behind the app.



Adult Rehabilitation Evidence Summary



Best Practice Trends



Holistic Vision

While device fitting alone may lead to improved hearing outcomes, a more holistic approach to rehabilitation, which also addresses knowledge acquisition, perceptual training, and counseling, will support broader real-life listening and communication outcomes.^{1,2,3,4,5,6}

Cochlear™ CoPilot embraces this approach through interactive practice to support listening and communication skills; instruction on device management to support and maintain access to sound; knowledge sharing by professionals and recipients; and communication tactics and other tips and hints to assist with everyday communication. Additionally, the app facilitates involvement of others – for family and communication partners.



Empowerment

An empowerment approach puts my clients at the heart of hearing health services so that they can derive maximum benefits.^{7,8}

Cochlear CoPilot is based on inclusive practice that encourages my clients to recognize and use their power to be actively involved in managing their hearing health journey at the level of engagement that suits them. They are encouraged to develop a sense of personal control and confidence in managing their hearing loss. Cochlear CoPilot focuses on what they can do rather than what they cannot do.



Learning across the lifespan

Brain plasticity, or neuroplasticity, refers to the brain's ability to change and adapt because of experience. The brain possesses the remarkable ability to reorganize pathways, create new connections and even create new neurons across the entire lifespan.^{9,10,11}

Cochlear CoPilot's training and learning activities seek to leverage principles of brain plasticity and perceptual learning. Adults continue to learn new skills but may require targeted exposure or practice to do so.



Health Literacy Focus

To act on hearing health information and advice to improve outcomes, my clients need access to visually engaging, plain-language information, broken into easy-to-use chunks that focuses on concrete behaviors and skills rather than high-level abstract concepts.^{12,13,14,15}

Cochlear CoPilot applies key learnings from health communication research that demonstrates improvements in outcomes following the use of illustrated, plain-language content. Cochlear CoPilot experience is further enhanced as a digital platform, personalizing the content so it can be supported with videos and interactive exercises rather than text alone.



Co-creation Co-design

Co-design and co-creation are about engaging patients and professionals as consumers and users of products and services in the design and development process. A rehabilitation solution should be designed from a solid evidence base that is relevant to those who will use it.^{16,17,18}

Cochlear CoPilot has strategically incorporated relevant stakeholder input and research evidence to shape the design and iterative development process.

Adult Rehabilitation Evidence Summary



Real World Needs



Individual Relevance

An individual's rehabilitation experience should be shaped by their requirements - their needs, interests, abilities, and preferences.^{1,2}

Cochlear™ CoPilot takes a personalized approach to rehabilitation to cater to the broad array of factors contributing to individual outcomes.



Self-Management

Self-management is a key component of rehabilitation. As health care consumers, clients want access to their professional experts, but they are not available 24/7, so the right tools are needed to make self-care possible.^{3,4,5}

Expectations are changing as digital technology permeates our lives and provides a way for clients to be involved in managing their hearing loss. Cochlear CoPilot facilitates self-management through opportunities for practicing skills, tracking progress, acquiring good quality information and producing outcomes that matter most to the client.



Active Practice

The audibility provided by an implant is the foundation for managing hearing loss, however active auditory training can be just as important to unlocking potential. Research indicates that passive listening through the implant, without engagement in active training, may not sufficiently maximize opportunities to improve perception.^{6,7,8,9,10}

Cochlear CoPilot provides training experiences to support auditory learning through active engagement and focused attention.



Ecological Validity

It's important to address the gap between the clinic and everyday life. This is achieved by providing rehabilitation activities with more 'ecological validity' to ensure that experiences more closely resemble and generalize to the 'real-world'.^{11,12}

Cochlear CoPilot information and knowledge sharing focuses on management of hearing loss in daily life. Practice activities provide realistic experiences to scaffold transfer-acquired knowledge and skill to everyday life.



Communication Partners

Social communication is a two-way process; hearing loss affects not only my client, but also those with whom they communicate.^{13,14,15,16}

As an online format, Cochlear CoPilot is able to embed tailored information and involve family members and other communication partners in the communication problem-solving and hearing loss management process.

Best Practice Trends

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This material is intended for health professionals. If you are a consumer, please seek advice from your health professional about treatments for hearing loss. Outcomes may vary, and your health professional will advise you about the factors which could affect your outcome. Always read the instructions for use. Not all products are available in all countries. Please contact your local Cochlear representative for product information.

Real World Needs

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