



Lydia Martin

Tinnitus/Hyperacusis
Lead Audiologist

What does your job entail?

A very brief summary would be to look in patients' ears, take their case history, perform hearing tests, program hearing aids, repair hearing aids, help people manage their tinnitus/hyperacusis, and work as part of a multidisciplinary team.

How did you get into this line of work?

I always had an interest in Nursing but also loved I.T. at school. I went on placement when I was 15 and could picture myself doing Audiology.

Outline your career to date

I began working as a Band 5 in the Royal Victoria Hospital in the summer of 2016. I then went private for about six months, which I am glad I tried, however, I personally found the pace too slow. I started working as a Band 6 in SHSCT in 2019, completed further training to become a Band 7 in the SHSCT in 2022 as a Tinnitus and Hyperacusis Specialist.

Tell us about your qualifications and training

After my A-levels, I completed a three-year BSc (Hons) in London. After graduating, I was sponsored to attend a research facility in Denmark which provided the latest research findings and a network with people all over the world. I completed a masterclass in tinnitus and hyperacusis in London in 2020. I continually complete courses online and further reading to improve my CPD and to keep on top of the latest research as audiology is a constantly advancing field as technology and research changes.

Whats the best advice you've ever recieved?

"Be kind and care" - I love to care for my patients. This helps drive me to look for ways to help them and gives me focus to further my own professional development so I can make a difference in their quality of life.

What do you like to do in your spare time?

I am married and have a two year old son, so my weekends involve visiting our families and friends who live all over the country.

What advice would you give your 16-year-old self?

You will grow so much at university. When I started university and was able to develop my skills and problem-solving abilities, I became a very different person. I was more confident, social, and loved university life. Audiology is patient-focused, technology-driven, and a very rewarding job. It can be hard to choose at 16 what you are to do in life, but the old saying "if you love what you do, you never work a day in your life" can be a reality.