

Vestibular Rehabilitation for patients with Vertigo, Dizziness & Unsteadiness

Agenda

8.45-9.00	Registration	
9.00-9.30	Introduction Case studies	Group discussion
9.30-10.00	Anatomy & functions of Vestibular System	Theory & video
10.00-11.00	Common Vestibular disorders	Theory & video
11.00-11.15	Break	
11.15-12.30	Vestibular and balance assessment	Theory, video & practical
12.30-1.00	Working lunch	Video analysis of nystagmus
1.00-2.00	Treatment of BPPV (Posterior canal)	Theory, practical & video
2.00-3.00	VRT for Hypofunction	Theory, practical & video
3.00-4.00	Case studies Discussion Summary	Group discussion

Program description

- ❖ This one day introductory Vestibular Rehabilitation Therapy (VRT) for patients with vertigo, dizziness & unsteadiness will enhance clinician's skills assessment and management strategies of common vestibular disorders that are prevalent among older people (such as BPPV, hypofunction and multisensory dizziness/disequilibrium).
- ❖ The course will cover structure and function of vestibular system, pathophysiology of common vestibular disorders, subjective assessment and clinical examinations, video analysis of eye movements & differential diagnosis of peripheral and central vestibular disease including BPPV, Hypofunction, VBI & posterior circulation stroke.
- ❖ Vestibular therapy techniques for hypofunction and BPPV will be discussed and practised.
- ❖ Use of VRT in older people/ falls prevention settings will be discussed.
- ❖ Case studies will be used to enhance the participants' learning outcome. Cases discussed are from a variety of clinical settings such as Rapid Response Team, Emergency Department, Acute care, Community care and Out Patient (MSK, Older people, Neuro etc.)

- ❖ Participants will be provided with pre-course reading materials at least two-three weeks before the workshop.

Learning objectives

- The participants will be able to
- ❖ Perform subjective assessment and identify/distinguish different types of dizziness
 - ❖ Carryout physical examination, including mandatory vestibular tests (Ocular, Dix-Hallpike, Head Thrust Test and HINTS)
 - ❖ Differentiate peripheral, central and non-vestibular dizziness & Identify sinister and complex vestibular disorders
 - ❖ Perform various VRT techniques including Epley and VOR gaze stability exercises and prescribe customised home exercise program
 - ❖ Select and use a range of vestibular specific outcome measures

Who is this course for?

- ❖ Frontline clinicians such as Physios, Doctors, OTs, Advanced Practice Nurses from a range of clinical settings such as Rapid Response/Early Discharge Team, Emergency Department, Acute care, Community Care, Out-Patients (MSK, Elderly, Neuro), Care/Nursing Home & Falls Prevention Service.

Feedback from participants

- ❖ Well worth travelling 100 miles to come to. If any courses run I would be very interested.
- ❖ Enjoyed attending and it was very good to be in a small group.
- ❖ Thank you, very informative.
- ❖ Very useful case studies used- helps to apply theory
- ❖ Thank you, very informative+ very structured course.
- ❖ Thanks-enjoyed the day. Challenging and worthwhile.
- ❖ Very informative, open presentation style. Inspired to treat vestibular patients, feel more confident. Thank you.
- ❖ Very motivating and I look forward to my next dizzy patient. Thank you very much for a great workshop.
- ❖ Fantastic course and learnt so much. Keen to put this into practise. Thank you.
- ❖ Thank you very much. Very interesting and good application to elderly clients.
- ❖ I really enjoyed this study day, it was very informative.

Tutor

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