



Vestibular-CPD UK

One day Workshop on Vestibular Rehabilitation for Elderly Patients with Vertigo/Dizziness/Falls

Program description

- ❖ This one day introductory Vestibular Rehabilitation Therapy (VRT) for Older People 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 and Final year Physio & Medical students 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.

Here are a few comments about the workshop by previous 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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