

# **Foundations of Vestibular Rehabilitation: An Integrated Approach for Positive Functional Outcomes**

*5-day full-time Competency and Evidence Based Course  
in Adelaide from 21 to 25 October (inclusive) 2011*

## **Introduction**

Vertigo and dizziness are one of the most common complaints; in fact second to headache. They are not disease entities, but rather unspecific syndromes consisting of various disorders with different causes. Forty percent of adults experience significant dizziness at some time in their lives, and nearly one in four emergency room visits includes a complaint of dizziness. Even though dizziness is common, it remains a perplexing problem for most clinicians. It can be a symptom of disease in almost any organ system of the human body. The constellation of symptoms presented by patients with dizziness often seems complex. Furthermore, the same disorder may present differently, depending on the patient's personality and his or her response to disease, lifestyle and age.

Many patients with dizziness have an abnormality related to vestibular function or to central nervous system processing of sensory information that is important for spatial orientation. The pathophysiology underlying a vestibular disorder is often baffling because vestibular physiology is grounded in physics and applied engineering. The combination of basic science and complex patient presentations makes the field of vestibular disorders challenging. However, diagnosing the aetiology of dizziness and implementing appropriate treatment is a skill that will benefit the clinician who encounters patients complaining of vertigo and dizziness or disequilibrium.

This 5-day full-time course has been designed for graduate physiotherapy practitioners with no background and/or training in VRT who wish to develop an understanding of neuro-otology or elementary expertise in this field. If you have attended an *Introductory Vestibular Rehabilitation Course* you will find this 5-day course a natural progression. There will be an emphasis on the importance of the multi-disciplinary approach to the dizzy patient.

**Faculty:** You will have the unique privilege of the expertise and experience of an ENT specialist (Dr John Tomich) who is also a neuro-otologist, Dr Anthony Bevan, clinical psychologist with unparalleled experience with vestibular patients and psychological problems and a senior Vestibular physiotherapist who not only *pioneered* Vestibular Rehabilitation Therapy in Australia, and established the *first* physiotherapy practice for vestibular patients – *Dizziness & Balance Disorders Centre* in 1993, but also conducted the *first APA 2-day Vestibular Rehabilitation Therapy course in Queensland in the early 1990's*. Professor Sharpe has conducted numerous courses, lectures and seminars both nationally and internationally to therapists, medical practitioners and specialists in Vestibular therapy.

**Pre-reading:** All participants will be provided with a pre-reading list of published papers prior to the commencement of the course with the expectation these papers have been read.

**On-line tutorials:** These will be available for participants to review individual topics in their own time. They will be linked to your workbook. Several online group tutorials related to either case studies or clinical issues will be provided.

**Topics:** Current clinical applied vestibular anatomy and physiology; multi-sensory integration; vestibular compensation, adaptation and plasticity, including clinical recovery from vestibular disorders; eye movements, clinical examination and interpretation of findings; symptoms and examination of the patient with vertigo and dizziness; examination of the dizzy patient and interpretation of the findings; single and recurrent episodes of vertigo - clinical features, pathophysiology of common vestibular disorders (e.g. Vestibular neuritis, Benign Paroxysmal Positioning Vertigo, Meniere's disease, Migraine, Vestibular schwannoma), differential diagnosis, natural course and treatment of these diseases; ototoxicity;

dizziness, imbalance and falls in the elderly – diagnoses (drug-induced dizziness, orthostatic hypotension, small vessel ischaemia), psychology of vestibular dysfunction and disorders; treatment and management of the vertiginous and dizzy patient; evaluation of functional outcomes; differential diagnosis for cervico-genic, psychogenic, non-specific dizziness and vestibular vertigo; treatment and management of the acute and chronic patient with unilateral and bilateral vestibular loss and insufficiency.

**Course materials:** Comprehensive notes are provided with extensive references and diagrams in a workbook, which will be given to participants on their arrival.

**Teaching methodologies:** Problem-based, didactic, small group discussion, DVD and patient demonstrations, skill-based classes, interactive instructional tools, tools to measure balance and balance training, infrared video-oculography, problem solving, clinical decision-making and case studies.

**Requirements:** All participants are required to bring their laptop computers. After hours study is required.

**Participants: Maximum number 10.**

**Examinations:** All participants are required to sit a written and practical examination at the end of the course. Results will be mailed to you within six weeks.

**Awards:** A Certificate of Achievement will be awarded to those participants who successfully pass the examinations; others will receive a Certificate of Attendance.

**Registration and Fees:**

- \$2,330 (incl. GST)
- **Online registration** is the quickest way to secure your place. Manual forms may take up to 7 days to process and allocate a space, so avoid missing out and register now by completing the registration form and return with payment in full.

- **Closing date:** 30 June 2011.

The fee includes all course materials, pre-reading materials; refreshments and lunch each day during the course, course dinner, on-line self-paced tutorials and group discussions post course. *Special dietary needs are accommodated during the course.*

**Payment:** Credit card (Visa, or Master). *Please refer to the Registration form for further details.*

**Accommodation:** This is the responsibility of the participant. **The Jasper Motor Inn (<http://www.jaspermotorinn.com.au>)** is within walking distance from the Centre and offers modest accommodation. It is also very close to cafes, restaurants, butcher, groceries, fresh fruit and vegetables stores as well as public transport. The Centre is only 3 bus stops from the CBD. The bus stops in front of 67 King William Road and there is another opposite the Centre for return to the CBD. If you like walking it is a nice walk into the city. The Glenelg Tram is close by for those who want to take a trip to this historic seaside suburb.