

Evaluation and Treatment of Patients with Vestibular Dysfunction and Balance Disorders

Course Faculty: Natalie Pusateri, MPT (experienced speaker and therapist in vestibular rehabilitation)

Course Description

Evaluation and Treatment patient with vestibular dysfunctions and subsequent balance disorders is a great challenge to today's health care professional. An estimated 42% of the adult population will report episodes of dizziness or vertigo to their physicians and 85% of them will be due to vestibular dysfunctions. Vestibular disorders can cause dizziness, imbalance, and subsequent risk of fall and thereby greatly limit mobility, function, and quality of life. Vestibular rehabilitation is a growing, and much needed, area of therapy in which the therapists can guide a patient through the course of their dysfunction, assist them in recovery, and help to give them back the ability to participate in their lives. This basic to intermediate two-day course will overview therapists' role in vestibular rehabilitation and enhance the clinician's knowledge base and hands-on skill through lecture, case studies, demonstration and practice and video presentation. Instruction will focus on review and analysis of relevant topics including anatomy and physiology of both vestibular and balance systems, assessment of vestibular disorders, diagnostic tests, medical management, rehabilitation with appropriate treatment strategies, and concepts behind a successful vestibular rehabilitation and balance program. Emphasis will be placed on current research using a variety of therapeutic approaches in treating patient with vestibular dysfunctions and balance disorders that will provide a foundation from which appropriate decision can be made with regard to patient needs.

This course is designed for participants with a basic to intermediate level of experience.

Learning Objectives

Upon successful completion of this course, participants should be able to:

- * Describe the anatomy and physiology of the vestibular system and balance systems.
- * Understand the role of the vestibular system in postural control and balance
- * Describe the pathophysiology of common vestibular disorders.
- * Compare and contrast the principles of adaptation, compensation and substitution.
- * Demonstrate at least 3 specific tests of vestibular function.
- * Differentiate between common vestibular hypofunctions.
- * Differentiate between types of BPPV and precisely locate the involved canal.
- * Identify and describe appropriate treatment interventions for patients with vestibular dysfunction and balance disorders
- * Describe the current advances in medical science that have implications for management of patients with vestibular disorders.

Contact Hours

Upon completion of this course, all participants will be given a certificate of attendance for 14.0 contact hours (approved by Physical Therapy Association of different states including, Missouri, Illinois, Texas, Ohio, Kentucky, Florida, and pending application with Arizona, New Mexico, Georgia, Wisconsin). Pending application with occupational therapy association/board of different states. Contact your state board for specific filing requirements.

Course Agenda

DAY ONE

7:30 a.m.	Registration
8:00 a.m.	Anatomy and Physiology of the Vestibular System.
8:45 a.m.	PT Treatment Theory (Compensation, Adaptation, Substitution)
9:15 a.m.	The Role of Vestibular System in Postural Control
9:45-10:00 a.m.	<i>Break</i>
10:00 a.m.	Vestibular Hypofunction (Peripheral, Central, Non-Vestibular)
11:00 a.m.	Vestibular Function Tests & Medical Management
11:30 a.m.	Physical Therapy Assessment of Vestibular Hypofunction
12:00 noon	<i>Lunch (on your own)</i>
1:00 p.m.	Balance and Gait Assessment
2:00 p.m.	Demonstration and Practice
4:30 p.m.	Questions and Discussions
5:00 p.m.	Adjourn

DAY TWO

7:30 a.m.	Evaluation of the Elderly Patient (Special Consideration)
8:00 a.m.	Strategies for Intervention: UVL, BVL, Central/Nonvestibular Dysfunction, and BPPV
9:45 a.m.	Demonstration and Practice
11:45-12:30 pm	<i>Lunch (on your own)</i>
12:30 p.m.	Goal writing, Diagnosis, Coding and Billing, and Balance Clinic
1:15 p.m.	Case Studies
2:00 p.m.	Questions with Discussion
2:30 p.m.	Adjourn

Target Audience:
PT, PTA, OT, COTA