**Dagindeling**

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| --- | --- | --- | --- |
| 1 | 0900-1015 | Introductions – course aims  What is vertigo?  Background / scale of problem | Anatomy & physiology of peripheral vestibular system |
|  |  | Coffee |  |
| 2 | 1030-1230 | Common Vestibular pathologies   * BPPV * Vestibular neuronitis, * Menieres,   Vestibular Assessment  (history, P/E, functional balance testing, opthalmology, vestibular tests, posturography, VNS) | Practical vestibular Assessment (1)  - Cranial nerve testing  - Tilts & ocular muscle tests  - Saccades & Smooth-Pursuits  - Dynamic Visual Accuity  - ‘Head Thrust’ Impulse test   * ‘Head shake’ test   Nystagmus Video examples |
|  |  | Lunch |  |
| 3 | 1300-1445 | Summary of am  BPPV  -posterior canal & lateral canal | Practical Vestibular Assessment (2)  Dix-Hallpike positional test;  Epley particle repositioning manoeuvre  Semont manoeuvre |
|  |  | Coffee |  |
| 4 | 1500-1630 | Vestibular rehabilitation exercise programmes   * Application | Problem solving / Clinical reasoning approach using case studies |
| 5 | 1630-1700 | Summary (30 mins) |  |

**Doelen van de programmaonderdelen:**

Session 1

An introduction to dizziness

The vestibular system is introduced and we consider the problems posed by vertigo, dizziness and balance disorders. Real-life examples will be discussed, setting the physical symptoms within the psycho-social model. This section is fully referenced in order to support proposals to establish a vestibular rehabilitation service.

Anatomy & physiology of the vestibular system

-The multifactorial components of the balance system

-Inner ear physiology

-Peripheral and central vestibular pathways

-Vestibular-ocular and vestibulo-spinal reflexes

Session 2

Common vestibular pathologies

We look at the most common peripheral vestibular disorders: BPPV, neuronitis, Meniere’s, illustrated by case studies.

Vestibular assessment

A detailed look at history taking and special questions

The physical examination and vestibular testing

- neuro-ocular exam, balance posturography, peripheral vestibular tests, video-nystagmography

Differentiating peripheral from central vestibular pathology

Diagnosis of some common vestibular disorders using nystagmus video-clip examples

Practical: Vestibular examination

* Relevant cranial nerve and Ocular muscle testing
* Demonstration and practice of examination tests and procedures, easily incorporated within a standard neuro-musculo-skeletal examination.
* Neuro-ocular exam (pursuits, tracking, saccades, skew deviation)
* Peripheral vestibular tests) Dynamic visual acuity, Head Impulse, Head shake)

Session 3

Practical:- Benign positional Vertigo (BPPV)

* Demonstration and practice of the Dix-Hallpike positional vertigo test, the Epley particle re-positioning manoeuvre and the Semont liberatory manoeuvre.
* We concentrate on the most common variant BPPV, posterior canaliathis, accounting for 90% of all BPPV
* Side lying lateral canal positional test and ‘Log-roll’ treatment is demonstrated

Session 4

Vestibular Rehabilitation (VR) exercise programmes

* We learn how to prescribe relevant, specific and effective rehab programmes, based upon patient assessment and clinical reasoning, rather than a recipe-based model.
* Application & progression of VR exercise, based upon real case-studies

Clinical reasoning approach to case study examples

* + How much have you learnt? Try applying your new skills!

Summary:- the ‘10 minute vestibular examination’

***Contacturen****: 7 uur.*

***Zelfstudie****: geen.*

***Toetsing****: geen.*