Multi-Disciplinary Team Approach for the Dizzy and Vertiginous Patient: Certification Workshop Level 1

Two-day full-time Informed Evidence-Based Course from 7 to 8 April (incl.) 2016
at
Dizziness & Balance Disorders Centre Adelaide, South Australia

COURSE FEE $990.00 (incl. GST)

Closing date: 18 March 2016

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 unique 2-day full-time course emphasises the significant importance of the multi-disciplinary team approach for the dizzy patient; hence the involvement of different health disciplines in the course curriculum designed specifically for graduate physiotherapists, occupational therapists, audiologists, general medical practitioners, and medical specialists who wish to develop an elementary understanding of neuro-otology, and the assessment and treatment of the dizzy and vertiginous patient. This course is a prerequisite for the Multi-Disciplinary Team Approach for the Dizzy and Vertiginous Patient: Certification Workshop Level 2.
**Faculty:** You will have the unique privilege of the expertise and experience of Dr Sharad Chawla ENT specialist and neuro-otologist; Mr Leonard W Kling clinical psychologist; Mr Dean Watson internationally recognised manual therapist and teacher in the assessment of the upper cervical spine in primary headache conditions and migraine, Director of the Watson Headache Clinic, Sydney and Adelaide; and Professor Dr Margie Sharpe, Director & Principal of the Dizziness & Balance Disorders Centre, Senior consultant vestibular physiotherapist who pioneered Vestibular Rehabilitation Therapy in Australia, and established the first physiotherapy practice for vestibular patients – Dizziness & Balance Disorders Centre in 1993 in Adelaide. She conducted also the inaugural APA 2-day Vestibular Rehabilitation Therapy course in Queensland in the early 1990’s. Professor Sharpe has been instrumental in promoting Vestibular Rehabilitation nationally and internationally to therapists, medical practitioners and medical specialists through lectures, seminars and courses throughout her professional academic and clinical career.

**Pre-reading:** All participants will be provided with reading material prior to the commencement of the course. This will be assessed.

**Topics:** You will be introduced to: current clinical applied vestibular anatomy and physiology; multi-sensory integration; vestibular compensation, adaptation and plasticity, including clinical recovery from vestibular disorders; normal and abnormal eye movements, clinical examination and interpretation of findings; audiology and vestibular function tests; symptoms and examination of the patient with vertigo and dizziness; examination of the dizzy patient and interpretation of the findings; comprehensive battery of balance tests and rehabilitation approaches; single and recurrent episodes of vertigo and unilateral (UVL) and bilateral vestibular (BVL) lesions - clinical features; pathophysiology of vestibular disorders; common vestibular disorders - vestibular neuritis, Benign Paroxysmal Positioning Vertigo, Meniere’s disease, Migraine, peripheral and central traumatic forms of vertigo – BPPV; differential diagnosis, natural course and treatment of these disorders; ototoxicity; dizziness, imbalance and falls in the elderly – diagnoses (e.g. drug-induced dizziness, orthostatic hypotension, vascular disorders, neurological disease, fear of falling, cardiac arrhythmia, orthopaedic disorders, small vessel ischaemia); psychology of vestibular dysfunction and disorders; multi-disciplinary approach to treatment and management of the vertiginous and dizzy patient; habituation versus adaptation exercises; VRT evaluation of functional outcomes; differential diagnosis for cervicogenic, chronic subjective dizziness, non-specific dizziness and vestibular vertigo; multi-disciplinary approach to treatment and management of the acute and chronic patient with vestibular loss/insufficiency; activities of daily living; when is a vestibular disorder a disability? What to do if you do not have a clue?

**Course materials:** Lecture notes will be provided to participants during the Course.

**Teaching methodologies:** Case study approach, small group discussion, patient presentations, skill-based classes, interactive instructional tools, tools to measure balance and balance training, infrared video-oculography, clinical decision-making.

**Requirements:** All participants are required to bring their laptop computer, tablet or iPad. You will have access to Wi-Fi at the Centre during the Course but not after hours. **After hours study is necessary.**

**Participants:** Maximum number 16.

**Examinations:** All participants will be examined on theoretical and clinical knowledge, and assessment skills and treatment procedures.
Awards: To obtain a Certificate of Achievement worth 20 CPD hours, participants must attend the full two days of the course and successfully complete all practical sessions, pre-reading assignments and pass the final written take home examination with a score of 75% or better.

Registration and Fees:

- A$990.00 (incl.GST) = A$990.00

- **Electronic registration** - complete the registration form and return with payment in full by email to info@dizzinessbalancedisorders.com.au.

- **Closing date: 18 March 2016 unless the course is filled prior to this date.**

- The fee includes lecture notes, reading materials, light refreshments and lunches, and breakfast will be served at 8am on Friday 8 April.

Cancellations: Cancellations must be in writing and will be subject to a cancellation fee of $250.00 (incl. GST). **No refunds will be issued for cancellation after Friday 18 March 2016.**

Payment: Credit card (Visa, or Master) or EFTPOS. **Cheques will NOT BE ACCEPTED. Please refer to the Registration form for further details**

Accommodation: This is the responsibility of the participant. There are many hotels, cafes and Coles and Woolworth supermarkets, within walking distance of the Centre which is located in the heart of the city at #70 Morgans Bldg, Level 2, 70 Hindmarsh Square, Adelaide SA 5000.

You are encouraged to arrange your accommodation as soon as possible.

Special Dietary Needs: To facilitate catering would you let us know if you have special dietary needs by 18 March 2016.

Starting and Finishing Times: 8.30am start and 5pm finish on Thursday 7 April; 8am start on Friday 8 April for breakfast and 5pm finish.

Clothing: Wear comfortable casual clothes for the course and bring a sweater/jacket/cardigan as the air conditioning can be cold.

**The lifts (stairs are not accessible) in the Morgans building open to the public at 8.30am. You will be met in the foyer of the building at 8.15am.**

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