

# THE ASSESSMENT AND MANAGEMENT OF DIZZINESS

DAY 1	
<i>Morning</i>	
Part 1 (8.45-10.00)	<b><i>Introduction and Vestibular anatomy</i></b>
Part 2 (10.00-11.00)	<b><i>Vestibular physiology</i></b>
<i>Morning break (11-11.30)</i>	
Part 3 (11.30-12.00)	<b><i>Dizziness manifestations, classification &amp; differential diagnosis</i></b>
Part 4 (12.00-1.00)	<b><i>Vestibular pathophysiology</i></b>
<i>Lunch break (1.00-2.00)</i>	
<i>Afternoon</i>	
Part 5 (2.00-2.30)	<b><i>Audiology for vestibular physiotherapists</i></b>
Part 6 (2.30-3.30)	<b><i>BPPV</i></b>
<i>Afternoon break (3.30-4.00)</i>	
Part 7 (4.00-5.00)	<b><i>Peripheral vestibulopathy</i></b>
DAY 2	
<i>Morning</i>	
Part 8 (9-10)	<b><i>Meniere's disease</i></b>
Part 9 (10-11)	<b><i>Central pathologies: Acute vestibular syndromes</i></b>
<i>Morning break (11-11.30)</i>	
Part 10 (11.30-1.00)	<b><i>Central pathologies: Vestibular migraine, Mal de Debarquement &amp; PPPD (Persistent postural perceptual dizziness)</i></b>
<i>Lunch break (1.00-2.00)</i>	
<i>Afternoon</i>	
Part 11 (1.30-3)	<b><i>Non-vestibular dizziness (Cardiovascular, low CSF pressure, metabolic, medications)</i></b>
<i>Afternoon break (3-3.30)</i>	
Part 12 (3.30-4.30)	<b><i>Non-vestibular dizziness (Mood disorders: anxiety, depression, fear of falling)</i></b>
Part 13 (4.30-5.00)	<b><i>The cervical spine &amp; dizziness</i></b>

# DAY 3

## Morning

Part 14 (9.00-10.00) **History**

Part 15 (10.00-11.00) **Physical examination**

## Morning break (11-11.30)

Part 16 (11.30-1.00) **Physical examination practical**

## Lunch break (1.00-2.00)

## Afternoon

Part 17 (2.00-3.00) **Treatment: BPPV (including pre-meds)**

Part 18 (3.00-4.00) **Treatment practical (BPPV)**

## Afternoon break (4-4.30)

Part 19 (4.30-5.00) **Case studies (BPPV + central)**

# DAY 4

## Morning

Part 20 (9.00-10.00) **Treatment: Vestibulopathy (medical & vestibular rehabilitation)**

Part 21 (10.00-11.00) **Treatment practical (vestibular rehabilitation)**

## Morning break (11-11.30)

Part 22 (11.30-12.00) **Case studies (vestibulopathy + central)**

Part 23 (12.00-1.00) **Treatment: Meniere's & Vestibular Migraine**

## Lunch break (1.00-2.00)

## Afternoon

Part 24 (2.00-2.45) **Case studies (Meniere's, vestibular migraine & both)**

Part 25 (2.45-3.30) **Treatment: PPPD & the anxious patient**

## Questions, discussion, completion