Vestibular Rehab: An Evidence Based Case Study Approach to the Evaluation and Treatment of Patients with Vestibular Dysfunction

Instructors: Alexia Miles, MPT, and Jennifer Roth, MSPT

December 9–10, 2016

DESCRIPTION
This course will cover the evaluation and treatment of patients with dizziness and balance problems. Case studies and the latest research will be used to update participant’s knowledge regarding evidence based treatment for patients with vestibular dysfunction. Time will be allotted to discuss challenging patients you have worked with. Please bring a brief synopsis of a challenging patient to discuss during the problem solving session.

LEARNING OUTCOMES
At the end of the course, participants will be able to:
- Describe basic anatomy and physiology of the vestibular system and how it pertains to common vestibular disorders
- Perform an evaluation on a patient with dizziness including appropriate oculomotor, vestibulo-ocular, positional and balance testing based on patient’s history and subjective reports
- Demonstrate appropriate vestibular rehab interventions including canalith repositioning maneuvers, habituation and gaze stabilization training and balance and gait interventions based on exam findings

CONTENT FOCUS
Domain of OT: Areas of Occupation
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

REQUIRED COURSE MATERIALS
Participants should wear comfortable clothes for moving (low impact, moderate intensity).

INSTRUCTORS
Alexia Miles, MPT received her Master’s in Physical Therapy from Marquette University in 2004 and received her certificate of competency in vestibular rehabilitation through the Herdman Competency Course at Emory University in 2008. Since May 2008, Lexi has directed the vestibular rehabilitation program in the ENT Department at Froedtert Hospital and the Medical College of Wisconsin. Her clinical practice focuses on the evaluation and treatment of adolescents, adults and older adults with dizziness and balance problems. She has been an invited speaker on the topic of evaluation and management of dizziness for various community and medical organizations and universities throughout the state. She serves as the vice chair of the Vestibular Rehabilitation Special Interest Group of the APTA.

Jennifer Roth, MSPT received a Master of Science degree in Physical Therapy from the University of Wisconsin - La Crosse in 1999. Jenny has worked at Froedtert Hospital since 2002, initially working in the inpatient rehab department, treating patients with a variety of neurological disorders. She joined the vestibular rehabilitation program in the ENT Department at Froedtert and the Medical College of Wisconsin in 2012. Jenny received her certificate of competency in vestibular rehab after completing the Herdman Vestibular Rehabilitation Competency-Based Course at Emory University in 2013.

AGENDA

Day 1
7:30 AM  Registration opens
8:00 AM  Lecture: Introduction, Review of postural control, and anatomy and physiology
9:00 AM  Lecture: BPPV (posterior and anterior canal)
10:30 AM Break
10:45 AM  Lab: BPPV (posterior and anterior canal)
12:00 PM  Lunch (on your own)
1:00 PM  Lecture: BPPV (horizontal canal)
2:00 PM  Lab: BPPV (horizontal canal)
2:30 PM Break
2:45 PM  Lecture: Unilateral vestibular hypofunction
- Vestibular neuritis
- Acoustic neuroma
- Meniere’s disease
- Superior canal dehiscence
4:10 PM  Problem solving; case studies; question and answer
4:30 PM  Adjourn

Day 2
8:00 AM  Lab: Oculomotor/VOR exam
8:45 AM  Lecture: Bilateral vestibular loss
9:30 AM  Lab: Balance testing
10:15 AM Break
10:30 AM Lecture: Visual vertigo, persistent perceptual and postural dizziness, and motion sensitivity
11:45 AM Lunch (on your own)
12:45 PM Lecture: Central vestibular dysfunction (stroke, migraine, concussion/mild TBI)
3:00 PM Break
3:15 PM  Lab: Interventions for habituation, gaze stabilization and visual dysfunction
3:45 PM  Lecture: How to take a subjective history, goal writing, billing
4:00 PM  Problem solving session; additional case studies
4:15 PM Question and answer
4:30 PM  Adjourn

COURSE # TARGET AUDIENCE CEUs PRICE LOCATION LEVEL
9376  OTs, OTAs, PTs, PTAs Agenda reflects 1.4 CEUs (14 Clock hours) Early Price $410 (on or before 11/9/2016) Standard Price $460 (after 11/9/2016) UW-Milwaukee Continuing Education Plankinton Building, 7th Floor 161 West Wisconsin Avenue Milwaukee, WI 53203 Intermediate