

With
Richard
O'Hara

Vestibular Rehabilitation

Dizziness for Occupational Therapists

Overview

28th & 29th November 2024

Derby Mickleover Hotel

CPD hours: 14.75



Course Outline

Dizziness is among the most common patient complaints and can complicate Occupational Therapy intervention.

This course allows Occupational Therapists to evaluate and differentiate their patients dizziness. Using movement and exercise, Occupational Therapists can also effectively treat common causes of dizziness. This intense two day course covers the essentials of vestibular assessment and treatment. A strong emphasis is placed on clinical assessment, differential diagnosis and treatment selection.

Delegates will be taught to identify signs and symptoms that indicate central/sinister pathology. The vestibular rehabilitation techniques included in the course have a strong evidence base. Discussion regarding the application of vestibular rehabilitation assessment and treatment in the context of Occupational Therapy and Scope of Practice will be included. The course content is particularly applicable to patient/client groups who are prone to falling.



Training made easy

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Key Learning Outcomes

- Understand basic vestibular anatomy and physiology (semicircular canal orientation + function and the vestibulo-ocular reflex in particular)
- Have an overview of the main vestibular pathologies
- Take a relevant subjective history including vestibular special questions
- Carry out a clinical oculomotor examination
- Clinically assess the vestibulo-ocular reflex (dynamic visual acuity, infrared video analysis and head thrust test)
- Clinically evaluate different types of nystagmus (central/sinister s peripheral/benign)
- Carry out an appropriate outcome-based assessment of balance
- Do positional testing for BPPV, interpret findings and treat using the appropriate manoeuvre (posterior, anterior and horizontal canal variants)
- Devise, evaluate and progress a patient- specific exercise based rehabilitation programme
- Understand how the content of the course could be integrated in the occupational Therapy role.



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Timetable

Day 1

08:45-09:00 Registration

09:00-09:45 Vestibular anatomy and physiology

09:45-10:45 Clinical assessment of VOR

10:45-11:00 Coffee

11:00-12:00 Vestibular pathologies

12:00-12:30 Nystagmus

12:30-13:00 Lunch

13:00-13:15 Vestibular subjective examination

13:15-14:30 Clinical oculomotor examination

14:30-15:00 Gait and balance examination

15:00-15:15 Brainstem stroke/VBI

15:15-16:30 BPPV theory and demonstration (anterior and posterior canal)

Day 2

09:00-11:00 BPPV Practical (anterior and posterior canal)

11:00-11:15 Coffee

11:15-11:30 BPPV Theory (Horizontal canal) 11:30-11:45 BPPV Practical (Horizontal canal)

11:45-12:30 Vestibular rehabilitation techniques

12:30-13:00 Lunch

13:00-14:00 Neurological examination

14:00-14:15 Coffee

14:15-16:15 Case studies/clinical reasoning/practical

