

Preliminary program

Vestibular Course 2019

Geilo, 13th -16th of March 2019, Dr. Holms Hotel

Acute, Episodic and Chronic dizziness – Diagnosis and treatment

Main lecturers:

Dr. [Neil T. Shepard](#), worked as a professor of audiology at Mayo Clinic, Minnesota until Aug. 2017. He has retired and is now doing private practice and consulting work for education and patient issues.

Dr. [Rick Clendaniel](#), Ph.D Physiotherapy, Duke University

Dr. [Frederik Goplen](#), Førsteamanuensis II, overlege, ph.d. Haukeland University Hospital (HUS)/University of Bergen (UiB)

Dr. [Stein Helge Glad Nordahl](#), Prof. Dr. Med. Haukeland University Hospital (HUS)/University of Bergen

Dr. Dara Meldrum, Research Fellow, TCD School of Medicine, Physiotherapist, The Balance Centre, Dublin, Ireland

[Contributions from other national lecturers](#)

Program

Wednesday, March 13th Introduction to the clinical field

12.00 - 13.00 Registration and lunch

13.00 – 13.15 Welcome, presentation of the course and lecturers

Plenary session

13.15 – 14.15 **Reviewing the balance system in a clinical perspective.** Anatomy and physiology.
Shepard

14.15 – 14.30 Coffee/tea

14.30 – 16.00 **The first consultation:**

- Case history, principles (30 min)
Goplen
- Practical examination & dialogue between a physician and a physiotherapist; differences US/NO. Questions from the audience (Q & A).
Panel: Nordahl, Clendaniel, Shepard, Goplen

16.00 – 16.30 Coffee/tea Check in

16.30 - 18.30 Team building activities outdoor.
More info will follow.

20.00 Dinner

Thursday, March 14th Theory and practice – Acute and Episodic dizziness

Plenary session

08.30 – 09.45 **Acute Vestibular syndrome**

- Causes, mechanisms, differential diagnosis and treatment
Case presentation (Case 1)
Goplen, Berge

09: 45 – 10.00 Coffee/tea

Group session

10:00 – 12:00 **Skill lab based on Case 1. Station training**

Includes demonstration and use of equipment supplied by exhibitors

- **Station 1 - Vestibular testing, HINTS**
Clendaniel, Nordahl, Meldrum, Tamber
- **Station 2 - Neurological examination of the patient with acute vertigo**
Shepard, Goplen, Martens, Knapstad, Berge

12.00 – 15.30 Lunch / Time for own disposition; Skiing, spa, swimming, explore Geilo, etc.

Plenary session

15.30 – 17.30 **Episodic dizziness**

- **Migraine**
Shepard
- **Ménière's Disease**
Goplen

Case 2, Discussion Migraine vs Ménière's Disease

- **BPPV**
Martens

17.30 – 17.45 Coffee/tea

Group session

17.45 – 19.00 **Skill lab based on case 3 & 4.**

Includes demonstration and use of equipment supplied by exhibitors

Station 1 – presentation case 3 – Posterior canal BPPV

Shepard (case), Nordahl, Berge, Tamber

Station 2 - presentation case 4 – Lateral and anterior canal BPPV

Martens (case), Clendaniel, Goplen, Meldrum, Solhaug

20.00 Dinner

Friday, March 15th Theory and practice –Episodic and Chronic dizziness

Plenary session

08.30 – 09.15 **Episodic dizziness continues...**

- **Dehiscence/Perilymphatic fistula/labyrinth fistula**
Goplen
- **Vestibular paroxysmia/Motion provoked dizziness/Mal de Debarquement**
Shepard or Clendaniel

09:15 – 10:00 **Chronic dizziness starts!**

- **Vestibular schwannoma**
Goplen
- **TBI**
Meldrum

10:00 – 10:15 Coffee/tea

10.15 – 12:00 **Chronic dizziness cont.....**

- **Chronic unilateral and bilateral vestibulopathy, PPPD**
Shepard

12.00 – 15.30 Lunch / Time for own disposition.

Plenary session

15.30 – 16.30 **Chronic dizziness continues....**

- **Introduction to the principles of vestibular rehabilitation**
Clendaniel
- **Examining the Evidence for Gaze Stabilisation Exercises- Advanced Exercise Prescription**
Meldrum

16.30 – 16.45 Coffee/tea/fruit

Group session

16.45 – 18.45 **Skill lab**

Includes demonstration and use of equipment supplied by exhibitors

- **Station 1 - Cervicogenic dizziness:** Examination and treatment
Clendaniel (**case 5**), Knapstad, Tamber
- **Station 2 - Vestibular rehabilitation; exercise therapy**
eye-head exercises, motion provoked exercises, balance exercises ++
Shepard, Solhaug, Kristiansen (Birkely, Furulund)
- **Station 3 – Virtual reality in vestibular rehabilitation**
Meldrum, Bovim

20.00 Aperitif / Conference dinner

Chronic dizziness

Plenary session

09.00 – 09.45 **The «difficult patient»** through presentation of cases: **Case 6 & 7**
Shepard, Clendaniel, Goplen, Nordahl

09.45 - 10.00 Coffee/tea - Check Out

Group session

10.00– 11.00 **Group discussions based on cases 6 & 7** (bring coffee along to discussion)
(11.00 – 11.15: Q & A re case discussions)

11.15 – 11.30 Coffee/tea - Check Out

Plenary session

11.30 – 12.50 **Short presentations of topics related to VR**
(15 minutes presentations, 5 minutes discussion/questions)

- **Vestibular rehab and cognitive behavioral therapy = true?**
Kristiansen
- **Either «Musculoskeletal issues»** by Knapstad, *OR* **“Special populations”** (i.e. the elderly, persons w cochlear implant) by Meldrum
- **Alta Center for Rehab: a model of rehabilitation**
Birkely, Furulund
- **«The way we do it» - presentation of treatment routines at HUS**
Solhaug, Kristiansen

12:50 – 13:30 **The way forward....**

- Norwegian National Advisory Unit on Vestibular Disorders - objectives for the unit, guidelines.
- How to meet demands for examination and treatment of patients with dizziness in Norway
Goplen & Nordahl

13.30 – 14.30 Lunch (included)/ Good bye