

Vestibular Dysfunction & Management: Clinical Competency Course

VESTIBULAR EDUCATION AUSTRALIA

KATRINA WILLIAMS

Specialist Neurological
Physiotherapist, FACP 2008
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LEIA BARNES

Advanced Physiotherapist
(Vestibular), Logan Hospital;
APA Neurological Physiotherapist

NATALIE RANDO

Assistant Professor, Bond
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Gerontological Physiotherapist

For course information and
evidence based updates:
vestibulareducationaustralia.com.au



22nd – 27th of November, 2021
Bond University, Gold Coast
AUSTRALIA





Dr Ann Rahmann has a particular interest in physiotherapy to optimise function in older adults. She currently has a part-time clinical role in the Brighton Rehabilitation Unit, and a part-time research development role. Ann is an Honorary Fellow of the School of Allied Health at the Australian Catholic University. Ann has continued to work clinically since graduating and has extensive experience in the sub-acute and community sectors across public and private contexts. Ann was awarded her PhD in 2012 from the University of Queensland. Her current research interests include optimising sub-acute rehabilitation outcomes and the transition back to home, and the assessment and management of people with vestibular dysfunction. Ann is an APA Titled Gerontological Physiotherapist and currently a registrar in the Australian College of Physiotherapy training program in the specialty of Gerontology. Ann is a current Executive Member of the Queensland Vestibular Network, responsible for the research portfolio.

Natalie Rando-Orr focusses her clinical and teaching skills in the fields of Neurological and Vestibular physiotherapy. With over 20 years experience, Natalie currently splits her professional time between Bond University, Advanced Vestibular Clinics, Vestibular Courses and Vestibular Education Australia. She holds a Masters in Neurological Physiotherapy, has completed advanced training in the area of vestibular rehabilitation and regularly attends both national and international conferences related to vestibular dysfunction. Natalie previously held the position of Assistant Director of Physiotherapy (Rehabilitation) at the Gold Coast University Hospital (2004- 2012), where she instigated and managed the physiotherapy service for Vestibular Clients. For the last 7 years, Natalie has enjoyed private practice and is now a managing director of Advanced Vestibular Clinics. Since 2005, Natalie has delivered curriculum related to vestibular dysfunction at various universities including graduate-entry level at Bond University, Griffith University, and University of Queensland, as well as conducting post-graduate level training throughout Australia. Natalie currently holds the position of Assistant Professor of Physiotherapy (Neurology) at Bond University and is an APA Titled Neurological Physiotherapist.

Leia Barnes has been working in the field of vestibular physiotherapy for 16 years and currently splits her professional time between Logan Hospital, Advanced Vestibular Clinics, Vestibular Courses and Vestibular Education Australia. At Logan Hospital Leia functions as an Advanced Vestibular Physiotherapist and Clinical Team Leader, running primary contact vestibular clinics and supervising a team of advanced, senior and HP3 level vestibular physiotherapists. In the last two years, her team has secured over one million dollars in public funding to pioneer a novel state-wide acute vertigo telehealth advisory service and Logan Hospital's Complex Vestibular Service. In 2011 she established the private vestibular clinic, Back in Balance Vestibular Physiotherapy and in 2021, Leia became a managing director of Advanced Vestibular Clinics. Leia has been invited to speak at multiple state and national conferences and regularly teaches into university programs at Bond University and Australian Catholic University. Leia completed her Bachelor of Physiotherapy at the University of Queensland in 2005 and Graduate Diploma of Neurological Rehabilitation at the University of Western Australia in 2012. Leia is an APA Titled Neurological Physiotherapist and a current Executive Member of the Queensland Vestibular Network.

Katrina Williams is a specialist Neurological Physiotherapist FACP 2008 (as awarded by the Australian College of Physiotherapy). She has worked extensively in the fields of neurological and vestibular rehabilitation for over 20 years, with a focus on central vestibular pathologies. She works full-time at the University of Queensland as a Senior Lecturer, Clinical Academic and runs a private practice Upright Physiotherapy and professional Education Group called Neurological Ageing and Vestibular Education – 'NAVE'. She holds multiple degrees in the field of Physiotherapy including a Graduate Certificate in Higher Education and has recently submitted her PhD in the area of somatosensory symptoms experienced by people with Multiple Sclerosis and impact on function. She is actively engaged in ongoing research exploring the signs and symptoms of people complaining of dizziness across the spectrum of musculoskeletal to neurological pathologies with her latest research exploring the association of impairments of vestibular peripheral and central integrative function in Multiple Sclerosis, Migraine associated vertigo, Concussion and the Elderly vertiginous patients. Her research runs from the only University based vestibular and balance testing research facility in a Queensland University, which includes a Rotary Chair. This will provide the opportunity for more advanced testing and interpretive research for the dizzy person.



Dr Julia Treleaven is a Senior Lecturer and Senior Researcher at the University of Queensland. In 2004 she completed her PhD focusing on the necks influence on dizziness, head and eye movement control and postural stability in whiplash injuries. Her research continues in this area and has looked at the cervical sensorimotor control in idiopathic neck pain, the elderly and post- concussion. She has published over 100 peer reviewed papers and has contributed to books and book chapters. Julia also works part-time in private practice assessing and treating patients such as those with whiplash, cervicogenic dizziness and headache and post-concussion syndrome.

Dr David Szmulewicz is an Australian Neurologist, Neuro-otologist and medical researcher. He holds a PhD from the University of Melbourne and his clinical and research interests include balance disorders that affect the vestibular system, cerebellum and the combination of the two. David is the head of the Balance Disorders & Ataxia Service at the Royal Victorian Eye & Ear Hospital, founder of the Alfred Hospital Cerebellar Ataxia Clinic, honorary consultant Neurologist at St Vincent's Hospital and Lecturer at Melbourne University. David's research to date includes defining and deep phenotyping of vestibular and cerebellar ataxias, including CANVAS, idiopathic CABV and SCA36; a project to develop instrumented vestibular and cerebellar ataxia metrics and he is co-director of The Australian Temporal Bone Bank.

Dr Brent McMonagle is an ENT Surgeon, otologist and skull-based surgeon. He underwent advanced surgical training in ENT surgery at RCH, Ipswich Hospital, RBWH and PAH, receiving his surgical fellowship in 2004. Brent then undertook additional training in Sydney (St Vincent's Hospital, Sydney Children's Hospital), London (Guys and St Thomas' Hospitals, The National Hospital for Neurology and Neurosurgery Queen Square and King's College Hospital) and Adelaide (Royal Adelaide Hospital, Queen Elizabeth Hospital, Flinders Medical Centre) in the areas of advanced ear surgery, cochlear implantation, lateral skull base surgery, paediatric ENT surgery, advanced sinus surgery, and endoscopic skull base surgery.

Caroline Balke is a Senior Audiologist at the Mater Hospital, who graduated from the University of Queensland in 2005. Her primary area of specialty over the past 15 years has been working with both adults and children who have dizziness or balance problems. She has completed the basic and advance Herdman Vestibular Rehabilitation competency courses, and a Paediatric Vestibular Rehabilitation competency course. Caroline has been instrumental in ongoing development of vestibular function testing at the Mater Hospital, using current evidence based practice. She is also part of the Mater Cochlear Implant Clinic team, where she does pre-operative cochlear implant candidacy assessments and postoperative rehabilitation. For the past 8 years Caroline has also been a guest lecturer for the University of QLD, teaching the vestibular component for the Masters of Audiology program.

Vestibular Dysfunction and management:

Clinical competency course, 22nd – 27th November 2021.

Location for all sessions each day: Level 3, Bond Institute of Health and Sport, Bond University



Monday 22nd November 2021

Vestibular anatomy and function; Oculomotor assessment; Differential diagnosis: peripheral

Monday Day 1		Key topics
8.00am	Registration and Welcome	
8.30am	Review of vestibular anatomy and physiology Facilitator Natalie Rando	Peripheral Vestibular Anatomy & Physiology Central Vestibular Anatomy & Physiology Clinical Neurophysiology of Vestibular Compensation
10.30am	Morning break	
11.00am	Review of common peripheral pathologies Facilitator Ann Rahmann	BPPV Neuritis / Labyrinthitis Meniere's Disease Third Window Vestibular Schwannoma Bilateral Vestibular loss
12.30pm	Lunch break	
1.15pm	Assessment of the dizzy patient Facilitator Katrina Williams	Patient interview Oculomotor Assessment VOR Testing Motion sensitivity testing / Visual motion sensitivity Special Tests – Tulio, Hyperventilation, Hennenberts Differential Diagnosis
3.30pm	Afternoon break	
4.00pm – 5.30pm	Oculomotor examination and interpretation Facilitators: All faculty	Practical session including <ul style="list-style-type: none">• Oculomotor – practice and videos• VOR: HIT, HSN, DVA, VOR cancellation• Skills check

Tuesday 23rd November 2021

Benign Paroxysmal Positional vertigo (BPPV) and Vestibular Rehabilitation

Tuesday Day 2		Key topics
8.00am	BPPV introduction: The vertical canals theory Facilitator Leia Barnes	Anatomy & physiology review Assessment and Management of Vertical Canals Outcomes and recurrence
9.30am	BPPV in the vertical canals (skills practical) Facilitators All faculty	BPPV in the vertical canals (skills practical) Facilitators All faculty
10.30am	Morning break	
11.00am	BPPV in the horizontal canals theory Facilitator Leia Barnes	Horizontal canal anatomy & physiology Assessment and Management of Horizontal Canals
12.00pm	BPPV in the horizontal canals (skills practice) Facilitators All faculty	Positional Assessments Canalith Repositioning and Liberatory Manoeuvres
12.45pm	Lunch break	
1.30pm	Principles of Vestibular Rehabilitation: Treatment Strategies and Titrations Facilitator Ann Rahmann	Motor Learning Approach to VBRT Gaze stability/ Gaze shifting exercises Habituation; Substitution Integration into gait and balance retraining
3.30pm	Afternoon break	
4.00pm – 5.30pm	Vestibular rehabilitation - practical Facilitators: All faculty	Problem-based approach to individualised vestibular rehabilitation Clinical cases with small group discussion to develop rehab programs

Wednesday 24th November 2021

Central vestibular pathology, Vestibular migraine, Cervicogenic dizziness, Clinical case scenarios

Wednesday Day 3		Key topics
8.00am	Mid-Week Consolidation and Question Time	
8.30am	Central vertigo pathophysiology Facilitator: Katrina Williams	Physiotherapy assessment and management of Central Vestibular Dysfunction
10.00am Morning break		
10.30am	Vestibular Rehab for Central Pathologies Facilitator Katrina Williams	Pathophysiology Physiotherapy Assessment and treatment perspectives
11.00am	Dizziness and the neck Facilitator Dr Julia Treleaven	Pathophysiology Assessment Physiotherapy treatment perspectives
12.00noon Lunch break		
12.30pm	Medical management of vestibular migraine Facilitator Dr David Szmulewicz (Neurologist)	Neurologist's Approach to the Dizzy Patient Medical Management of the Vestibular Migraine Diagnostic Criteria
1.30pm	Question Panel related to Vestibular Migraine & Neuro-otology	
2.00pm	Vestibular migraine assessment & management Complex Case Example Facilitator Leia Barnes	Physiotherapy treatment perspectives
3.00pm Afternoon break		
3.30pm – 5.30pm	Case-based scenarios: Using subjective and objective assessment to clarify clinical hypothesis Facilitators: All faculty	<ul style="list-style-type: none"> • Key subjective assessment findings • Key objective assessment findings • Differential diagnosis

Thursday 25th November 2021

Medical management of the vertiginous patient; Vestibular audiology; Dizziness in older adults

Thursday Day 4		Key topics
8.00am	Medical management of the vertiginous patient Facilitator Dr Brent McMonagle (ENT Surgeon)	Medical and surgical approach to common vestibular conditions
9.00am	Vestibular audiology assessment Facilitator Caroline Balke	Audiology testing procedures and clinical interpretation
10.00am	Morning Break	
10.30am	Dizziness and Ageing Facilitator Ann Rahmann	Clinical implications of assessing dizziness in older adults including falls assessment Prioritised functional assessment Principles of rehabilitation for older adults
11.30am	Gait and balance assessment review Facilitators: All faculty	Practical revision of common objective assessment and outcome measures
12.45pm	Lunch break	
1.30pm	Patient simulation session Facilitators: All faculty	Participants complete first of two scenarios Each group will undertake: <ul style="list-style-type: none">• Full subjective vestibular assessment• Prioritised objective assessment• Discuss management / treatment options
3.00pm	Afternoon break	
3.30pm – 5.00pm	Patient simulation session Facilitators: All faculty	Participants complete second of two scenarios Each group will undertake: <ul style="list-style-type: none">• Full subjective vestibular assessment• Prioritised objective assessment• Discuss management / treatment options

Friday 26th November 2021

Mal de Debarquement, Persistent dizziness, Vestibular Function Testing, Patient assessment and management

Friday Day 5		Key topics
8.00am	Clinical cases debrief Treatment planning principles Facilitators: All faculty	Question time and facilitated discussion of clinical cases Planning an appropriate vestibular rehabilitation program
9.10am	Mal de Debarquement Syndrome Facilitator Natalie Rando	Diagnostic Criteria Pathophysiology Assessment Management
9.50am	Persistent, Postural, Perceptual Dizziness Facilitator Natalie Rando	Diagnostic Criteria Pathophysiology Assessment Management
10.30am	Morning break	
11.00am	Vestibular Function Testing VHIT, VEMP, VNG	Participants rotate through three stations to observe each assessment procedure being undertaken
12.00noon	Lunch break	
12.40pm	Patient preparation time	
1.00pm	Clinical Patient session: Vestibular assessment and management Facilitators: All faculty	Assessment and initial physiotherapy management of a person with dizziness
3.00pm	Afternoon break	
3.30pm – 5.30pm	Supervised study and skills review in preparation for assessment Facilitators: All faculty	Open practice and question / answer session Participants can choose what they would like to revise / practice All faculty available for questions and skill check

Saturday 27th November 2021

Assessment Day

Saturday Day 6		
8.30am	Rotation 1: Participants complete first of three exams	Video case observational examination Theory examination Practical Examination
9.30am	Morning break 1	
10.00am	Rotation 2: Participants complete second of three exams	Video case observational examination Theory examination Practical Examination
11.00am	Morning break 2	
11.30am	Rotation 3: Participants complete third of three exams	Video case short answer examination Theory examination Practical Examination
12.45pm – 1.15pm	End of Course; Final Wrap-Up	
1.30 – 3.30pm	Cocktail Function Bond University Club, Main Campus	