



Vestibular Rehabilitation

21 – 26 Nov 2019

Introduction

This course aims to introduce physiotherapists to the assessment and treatment of dizziness and balance problems resulting from vestibular disorders. Participants will be able to differentiate between central and peripheral vestibular disorders, treat those who are suitable and refer those who are not to appropriate specialists. It begins with a discussion of normal postural control mechanisms and how dysfunctions in these mechanisms lead to complaints of dizziness, vertigo, imbalance, gait disturbances and falls. Clinical tests of balance and vestibular function, including positional testing, and the significance of abnormal findings, will be demonstrated, and practiced.

Course Objectives

- 1) Outline the anatomy and physiology of the vestibular system.
- 2) Describe the possible causes of dizziness/vertigo and imbalance
- 3) Differentiate between central, peripheral and other causes of dizziness/vertigo, including benign paroxysmal positional vertigo (BPPV), vestibular neuritis and cervicogenic dizziness.
- 4) Describe typical laboratory-based tests of vestibular and hearing function and interpret common findings. These include calorics and hearing tests.
- 5) Perform a basic bedside evaluation of a patient with dizziness/vertigo. These include oculomotor and positional tests, with and without the use of frenzel lenses.
- 6) Form a basic evaluation of balance under varying sensory conditions and interpret the findings.
- 7) Develop an evidence-based treatment program for balance and dizziness, including BPPV, with measurable, functional outcomes from assessment findings

Course Outline

- Anatomy and physiology of the vestibular system
- Common vestibular disorders and differential diagnosis
- Vestibular Function Tests
- Elements of a vestibular assessment including in acute settings
- Oculomotor examination
- Benign paroxysmal positional vertigo management (Cupulolithiasis and canalithiasis)
- Assessment of gait and balance
- Exercises used in vestibular rehabilitation

Course Details

Date	: 21 – 22, 25- 26 Nov 2019
Duration	: 16 hours over 4 half weekdays
Time	: 1.30 pm – 5.30 pm
Venue	: Therapy Skills Training Lab Academia , Level 1 20 College Road Singapore 169856
Fee	: S\$380 (SingHealth Staff & SPA Member) (incl of 7% S\$420 (Regular) GST)
	<i>With VCF Funding*:</i> S\$ 294 (Singaporean/PR) S\$ 357 (Work Permit / Employment Pass/ S Pass Holder)

For NCSS member SSAs and MSF-funded SSAs only. **Should PGAHI's reimbursement with NCSS be unsuccessful, the balance of course fees will be billed to the participant's organisation.*

Target Audience

- Physiotherapists
- Other medical professionals may participate, however, preference will be given to physiotherapists

Teaching Faculty

Grace Koh

Senior Physiotherapist, Singapore General Hospital

Dr Dawn Tan

Senior Principal Physiotherapist, Singapore General Hospital

Dr Chan Yew Meng

Senior Consultant, Department of Otolaryngology
Singapore General Hospital

Dr Yip Chun Wai

Senior Consultant, National Neuroscience Institute

Ong Chun Suan

Senior Audiologist
Singapore General Hospital

Registration

Miss Joyce Lee

Email: joyce.lee.g.l@sgh.com.sg





Vestibular Rehabilitation

21 – 26 Nov 2019

Submit your registration form to **Joyce Lee** at joyce.lee.g.l@sgh.com.sg by **31 Oct 2019**

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the terms & conditions of PGAHI.

Quick links: [FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

PARTICIPANT'S PARTICULARS

Name *(to be reflected on cert)*:

Contact no.:

Email:

Profession:

AHP *(please indicate)*: _____ Doctor Nurse Others: _____

Department:

Organisation:

SPA Membership no. *(if applicable)*:

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before **31 Oct 2019**. There will be no refund of course fee for cancellation on or after **31 Oct 2019**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

For **cheque payment**, please issue a **crossed cheque** payable to "Singapore General Hospital Pte Ltd" and mail the cheque attention to **Joyce Lee, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.

For **invoice to organisation**, please complete the below billing details:

BILLING DETAILS

Bill to:

Billing address:

Attention invoice to *(name & department)*:

Email of addressee:

Contact no. of addressee:

I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.