

Vestibular Rehabilitation: A Competency-Based Course

Sponsored by Duke University
Department of Orthopaedics, Doctor of Physical Therapy Division
Department of Head and Neck Surgery & Communication Sciences
&
The American Physical Therapy Association

August 12 – 17, 2024

Marriott University Park and the University of Utah DPT Program
520 Wakara Way
Salt Lake City, UT 84108

Course Description

This intense, evidence-based, six-day course is designed for physical therapists, occupational therapists and MDs with experience treating patients/clients with vestibular deficits. The course consists of lecture and laboratory sessions with additional self-study sessions. All participants will be expected to demonstrate a variety of skills to the faculty including 1) the oculomotor examination with emphasis on the identification of nystagmus and canal involvement, 2) balance, gait, fall risk and functional assessments, 3) appropriate treatment procedures for BPPV affecting posterior, anterior and horizontal canals for both cupulolithiasis and canalithiasis, 4) treatment procedures for unilateral and bilateral peripheral vestibular disorders, and 5) treatment procedures for central vestibular disorders including traumatic brain injury and stroke. Emphasis will be on utilizing assessment results to develop an effective treatment plan. The course will include written, video and practical examinations. Before enrolling in this course, it is **required** that participants have experience treating people with vestibular deficits and have completed a previous vestibular course.

Two certificates may be given in this course – one for attendance (CEUs) and one for achievement. It is our intent that the certificate of achievement signifies that, at the time the course was given, the student demonstrated proper performance of certain skills (based on practical exams) and understood basic information (based on the written and video exams) related to vestibular rehabilitation. The granting of the certificate of achievement in no way certifies that the student retains those skills and knowledge or applies them appropriately in the future.

Audience: This course was designed specifically for physical therapy and occupational therapy professionals. Other medical professionals may participate; however, *we do give preference to physical and occupational therapists and MDs. We reserve the right to cancel a non-PT, non-OT or non-MD healthcare professionals' registration if we have a lengthy waitlist or over-booked course.*

This course is **not appropriate** for physical therapy assistants, occupational therapy assistants, speech therapists, or athletic trainers.

For all registrants, especially if you are a not a PT, OT, or MD and you gain placement in the current year's course, *you are advised to delay arranging air travel until you have received separate, written confirmation from our staff that your placement has been confirmed and approved by our course director.*

Level of Learner: Intermediate. *Participants must have a minimum of 1-year of experience working with patients with vestibular dysfunction and should have taken and completed a course on vestibular rehabilitation.*

Course Prerequisites: Although there are no required pre-course reading materials, it is strongly recommended that participants have a working knowledge of the anatomy, physiology and pathophysiology of the vestibular system. If participants would like to review vestibular rehabilitation prior to attendance, the textbook *Vestibular Rehabilitation, 4th Edition* by Dr. Susan Herdman and Dr. Richard Clendaniel is available through multiple online bookstores and sites.

Course Objectives

Upon completion of this course, participants will be able to identify the following:

1. Explain in lay terms the anatomy and physiology of the vestibular system.
2. Recognize and state the clinical significance of diagnostic studies and lab data.
3. Recognize and state the clinical significance of physical assessment and interview data obtained from medical records.
4. Identify from the medical records the signs, symptoms and co-existing problems of the client.
5. Recognize the significance of therapeutic regimes including medications, diet, and surgical procedures for the patient and for vestibular rehabilitation.
6. Recognize disorders that may affect the vestibular system but are not appropriate for treatment by physical therapists
7. Perform and give rationale for appropriate evaluation procedures.
8. Interpret evaluation findings appropriately.
9. Based on evaluation findings and medical records, formulate and give rationale for plan of care.
10. Perform appropriate therapeutic procedures.
11. Demonstrate appropriate post-therapy evaluation and discharge planning.

Faculty and Agenda

Richard Clendaniel, PT, PhD
Duke University
Durham, NC

Michael Schubert, PT, PhD
The Johns Hopkins University
Baltimore, MD

Tara Denham, PT, MS
NYU Medical Ctr, Rusk Institute
New York, NY

Lee Dibble, PT, PhD
University of Utah
Salt Lake City, UT

Laura Morris, PT, NCS
Elmhurst Memorial Healthcare
Elmhurst, IL

Janene Holmberg, PT, DPT, NCS
Intermountain Hearing & Balance Ctr
Salt Lake City, UT

Grayson Doar, PT, DPT, OCS
University of Utah
Salt Lake City, UT

Jim Ballard, PT, DPT, GCS
University of Utah
Salt Lake City, UT

Day 1: Monday		
8:00-9:00 AM	Registration	
9:00-9:30	Introduction and Orientation	R. Clendaniel
9:30-11:00	Lecture: Anatomy & Physiology of the Vestibular System	R. Clendaniel
11:00-11:30	Break ad Exhibit Hall	
11:30-12:30 PM	Lecture: Pathophysiology, etiology & signs/symptoms	M. Schubert
12:30-1:30	Lunch	
1:30-2:30	Lecture: Pathophysiology cont	M. Schubert
2:30-3:00	Break and Exhibit Hall	
3:00-4:30	Lecture: Assessment of Balance and Gait	L. Dibble
4:30-6:00	Practicum 1: Balance and Gait Assessment	All Faculty
Day 2: Tuesday		
8:00-10:00 AM	Lecture: Critical Elements of the Clinical Exam	R. Clendaniel
10:00-10:30	Break and Exhibit Hall	
10:30-12:30	Practicum 2/3: Oculomotor Exam /Videos	All faculty
12:30-1:30	Lunch and Exhibit break	
1:30-3:00	Practicum 2/3: Oculomotor Videos / Exam	All Faculty
3:00-3:30	Break and Exhibit Hall	
3:30-4:15	Lecture: Vestibular Function Tests: Caloric & VEMP	Schubert
4:15-5:30	Practicum 4: Vestibular Function Test Cases	Schubert & Clendaniel
5:30-6:00	Break	
6:00-8:30 PM	Competency testing – Balance & Gait Testing – scheduled times	All Faculty
Day 3: Wednesday		
8:00-9:30 AM	Lecture and demo: BPPV – management of PC BPPV	T. Denham
9:30-10:30	Lecture and demo: BPPV – management of AC, HC BPPV	R. Clendaniel
10:30-11:00	Break and Exhibit Hall	
11:00-12:30 PM	Practicum 5/6: BPPV – assessment and treatment / videos	All Faculty
12:30-1:30	Lunch and exhibit break	
1:30-3:00	Practicum 5/6: BPPV – assessment and treatment / videos	All Faculty
3:00-3:30	Break and Exhibit Hall	
3:30-5:00	Lecture: Central Disorders	L. Dibble
5:00-5:15	Break	
5:15-8:30 PM	Competency testing – Oculomotor Exam – scheduled times	All Faculty
Day 4: Thursday		
8:00-9:30	Lecture: Treatment theory, goals, development of plan of care	M. Schubert
9:30-10:00	Break and Exhibit Hall	
10:00-11:30 PM	Lecture - Treatment progression and decision making	T. Denham
11:30-12:00	Special Session – Developing a Dizziness and Balance Center	
12:00-1:00	Lunch and exhibit break	
1:00-2:00	Lecture: Treatment of Motion Sensitivity	L. Morris
2:00-2:30	Break and Exhibit Hall	
2:30-4:00	Practicum 7: Treatment Procedures for Vestibular Loss	All Faculty
4:00-4:15	Break	
4:15-8:00 PM	Competency testing – BPPV – scheduled times	All Faculty
Day 5: Friday		
8:00-9:30 AM	Lecture: Management of the Older Adult w/ Vestibular Dysfunction	J. Holmberg
9:30-10:30	Practicum 8 – Case Studies – small groups	All Faculty
10:30-11:00	Break and Exhibit Hall	
11:00-12:00 PM	Lecture: Identification and Management of Vestibular Migraine	J. Holmberg
12:00-1:00	Lunch	

1:00-2:30	Lecture: Treatment of Concussion	L. Morris
2:30-3:00	Break and Exhibit Hall	
3:00-4:30	Lecture: Functional and Psychological Problems and the Patient with Dizziness	J. Holmberg
4:30-5:30	Question and Answer period	All Faculty
5:30-8:30 PM	Competency testing – UVL/BVL Treatments – scheduled times	All Faculty
Day 6: Saturday		
8:00-11:00 AM	Case studies: Decision-making:	
11:00-11:30	Wrap-up	R. Clendaniel
11:30-1:00 PM	Lunch and Study	
1:00-2:00	Video Examination	R. Clendaniel
2:00-3:30	Written Examination	All Faculty
3:30 PM	Adjourn	

Course Tuition, Fees & Policies

APTA member	Register <i>on or before</i> June 1, 2024	Register <i>after</i> June 1, 2024
APTA member	\$3,350.00	\$3,550.00
APTA Non-member	\$3,450.00	\$3,650.00

**Medical Physicians & OTs: MDs, please note that CMEs are not given for this course. OTs, please note that you must receive accreditation through your professional accreditation agency.*

Included within the price of tuition:

- Breakfast, lunch, daily snacks, course instruction, access to online course materials, 3-ring binder with lab sessions.

NOTE: Given the continued concerns over COVID-19 and its variants, and the fact that faculty and participants will be in close proximity to each other, masks **MAY BE REQUIRED** to be worn during all lecture and laboratory sessions (this will depend on current Duke University, University of Utah, APTA, and CDC recommendations/guidelines for Salt Lake City).

Course Materials

- Course materials will **not** be printed for participants, with the exception of those materials required for laboratory sessions.
- In the week prior to the course, you will receive electronic access to course lectures & readings through an online platform provided by Duke University.
- During the course, Wi-Fi will be provided in order to access the week's lectures and readings. You are encouraged to bring a personal laptop or tablet in order to view these materials.
- Participants who prefer a hard-copy of the materials, should print these prior to day 1 of the course and bind them within a 3", 3-ring binder.

Course Registration & Payment

Instructions and Policies

- **All** registration must occur using the online registration/payment portal. Paper registration will not be accepted.
- Full payment is due at time of online registration and may be made by credit card or check.
- Partial payments, “down payments,” or pre-payments are not accepted.
- Cancellations **prior to July 1, 2024** will result in a full refund, less \$350.00 per person/cancellation. Refunds will be issued within 30 days of the course’s end date.
- Cancellations **after July 1, 2024** will result in loss of full tuition.
- Cancelled or bounced checks will result in a \$250.00 charge.
- **Checks** must be **received** within 10 business days of your registration, or your spot within the course will be forfeited.

Travel and Accommodations

FOR ALL REGISTRANTS, YOU ARE ADVISED TO DELAY ARRANGING AIR TRAVEL UNTIL YOU HAVE RECEIVED A SEPARATE, EMAIL CONFIRMATION FROM RICHARD CLENDANIEL, PT, PHD, THAT YOUR PLACEMENT HAS BEEN CONFIRMED.

Course Location and Accommodations:

- A block of rooms has been reserved at the Marriott Hotel for the course. During the week the course will be held at the University of Utah DPT program (next door to the hotel), and breakfast, lunch, AM and PM snacks will be provided at the Marriott Hotel.
- Once your registration is confirmed, you will be provided with the reservation information at the Marriott

Flight Information:

Flights into Salt Lake City will arrive at the Salt Lake City airport, which is located 25 minutes from the hotel. Please do not schedule a departure flight from Salt Lake City before 5:30 PM EST on the final day to ensure adequate time to arrive at the airport.