

COURSE SCHEDULE

Day 1: 13th March 2008 (Thursday)

- 8:00 –
8:30 am Registration
- 8:30 am Anatomy, physiology, and lab testing for persons with vestibular disorders: How do lab results affect your intervention and clinical decision making?
- 10:30 am Tea break
- 11:00 am Differential diagnosis and practice of key clinical skills that can be used with patients presenting to the clinic with complaints of balance/dizziness/vertigo
- 12:00 noon Examination of the person with a vestibular disorder: eye movements/tests of balance (Videos and lab practice)
- 1:00 pm Lunch
- 2:00 pm Evidence related to the performance of vestibular rehabilitation: How does it work, under what circumstances, and in which diagnostic group?
- 3:30 pm Interventions for the person with vestibular dysfunction: What exercises should be prescribed?
- 4:30 pm Discussion and tea break

Day 2: 14th March 2008 (Friday)

- 8:00 –
8:30 am Registration
- 8:30 am Diagnostic decision making for persons with vestibular disorders: Interaction with the instructor using typical cases
- 9:30 am Benign paroxysmal positional vertigo: Differential diagnosis and intervention for posterior, horizontal, and superior canal BPPV
- 10:30 am Tea break
- 11:00 am Videos and lab practice of the Dix-Hallpike, the cannalith repositioning maneuver, the roll test, the Brandt-Daroff exercise, the horizontal canal repositioning maneuver, the head thrust test, vibration induced nystagmus, extra ocular eye movements, and the head shake test
- 12:30 noon Lunch
- 2:30 pm Cont with lab practice
- 3:30 pm Evidence of the effectiveness of interventions for persons with BPPV and the latest evidence about post treatment instruction and the incidence of BPPV-
- 4:30 pm Discussion and Tea

Jointly Organised By



MALAYSIAN PHYSIOTHERAPY
ASSOCIATION
P. O. Box 10926,
50730 Kuala Lumpur



ACUMEN HEALTHCARE SOLUTION Inc.
9127 Jalan 4, Taman Melawati
53100 Kuala Lumpur
Malaysia

Tel : 03 4108 3566
Fax : 03 4147 3566

Evidence Based Interventions for Persons with Balance and Vestibular Disorders

Date:
13th - 14TH MARCH 2008

Venue:
Imperial Room (10th Floor), Crown Princess KL,
City Square Centre, Jalan Tun Razak,
50400 Kuala Lumpur



Speaker:
Susan L. Whitney,
PhD, PT, NCS, ATC, FAPTA
Associate Professor in Physical Therapy
School of Health and Rehabilitation Sciences
Department of Otolaryngology –

Susan L. Whitney PT, PhD, NCS, ATC, FAPTA, a renowned expert in the field of Vestibular Rehabilitation, is an Associate Professor in Physical Therapy, School of Health and Rehabilitation Sciences & Department of Otolaryngology, School of Medicine at the prestigious University of Pittsburgh, Pennsylvania, USA, which is ranked 34 in the world ranking of universities by Cybermetrics Lab (CINDOC), a unit of the National Research Council (CSIC), the main public research body in Spain.

Susan L. Whitney, PT, PhD, NCS, ATC, FAPTA received her PhD in motor development/motor learning from the University of Pittsburgh and her professional physical therapy education from Temple University in Philadelphia, PA. Currently, she is an associate professor in physical therapy in the School of Health and Rehabilitation Sciences and in the Department of Otolaryngology in the School of Medicine, University of Pittsburgh. She is the Program Director of the Centers for Rehab Services (CRS) Balance and Vestibular Rehabilitation Center at the University of Pittsburgh Medical Center. Dr. Whitney is supported by an NIH grant from NIDCD to study the effect of virtual reality as a treatment modality for persons with vestibular disorders. Dr. Whitney has authored or co-authored over 43 articles on Medline, most of which relate to vestibular rehabilitation, plus has written numerous book chapters related to dizziness and balance disorders

PROGRAM

DATE	: 13th – 14th March 2008
VENUE	: CROWN PRINCESS KL IMPERIAL ROOM (10th Floor), City Square Centre, Jalan Tun Razak, 50400 Kuala Lumpur, Malaysia.
FEES	: RM570.00 @ person
REGISTRATION	: Before 10th. March 2008 (Seats limited)
PAYMENTS MODE	: Cheques / Banker's Draft / MO to: ACUMEN HEALTHCARE SOLUTIONS SDN. BHD. 9127 Jalan Bandar 4, Taman Melawati, 53100 Kuala Lumpur
FAX (filled form)	: 03 - 4147 3566 (attn: Miss Mala)
ROOM RATE	: Please call directly to: CROWN PRINCESS KL (+603- 2162 5522) OR *For corporate rates Call Miss Mala 03 4108 3566 Before 20th. February 2008) Double Bed RM250 ++ @ day Single Bed RM190 ++ @ day (Rates inclusive of Breakfast)
Parking	: Free for two days (please get the ticket stamped at the secretariat

APPLICATION FORM

To:
ACUMEN HEALTHCARE SOLUTIONS SDN. BHD.
9127 Jalan Bandar 4, Taman Melawati, 53100 Kuala Lumpur

Yes, I would like to attend the course on Evidence Based Interventions for Persons with Balance and Vestibular Disorders by Susan L. Whitney PhD, PT, NCS, ATC, FAPTA. I am enclosing my payment of RM570.00 herewith.

My particulars are:

NAME (Name to appear on Certificate – WRITE IN BLOCK)	
PROFESSION:	
WORK PLACE / ORGANISATION	
ADDRESS:	
SIGNATURE:	
DATE:	TEL& MOBILE :
EMAIL:	
MODE OF PAYMENT:	

OBJECTIVES OF THIS WORKSHOP

- Understand the various tools that are used to help make the medical diagnosis in persons with vestibular disorders.
- Discuss evidence based management interventions regarding vestibular disorders.
- Recognize horizontal and posterior canal BPPV and to be able to effectively treat the condition.
- Be able to apply, when needed, various examination are necessary to successfully evaluate a person with a balance or vestibular disorder (head thrust test, dynamic visual acuity, vibration induced nystagmus, head shake test, Clinical Test of Sensory Integration and Balance, cover/uncover test, vergence, positional testing, smooth pursuits and saccadic eye movement.
- Develop strategies of how to classify patients based on their functional impairments, i.e. balance disorders, dizziness, or balance plus dizziness dysfunction.
- Be able to apply treatment ideas to patients who have peripheral, central, or combined peripheral and central vestibular disorders.
- Be provided with an update on evidence based falls prevention strategies.
- This course will be an ongoing one with 4 parts. At the end of the 4th. Part attendees may need to go for a test in conjunction with Malaysian Physiotherapy Association. Questions shall be set by Susan L. Withney. The Professionals sitting for this exam shall be Accredited becoming "Vastibular Rehab Specialist".

PRE-WORKSHOP PREPARATIONS (for participants)

List of recommended readings:

1. Cohen HS, Kimball KT. Development of the vestibular disorders activities of daily living scale. Archives of Otolaryngology -- Head and Neck Surgery. 2000;07 2000;126(7):881-887.
2. Cohen HS, Kimball KT, Adams AS. Application of the Vestibular Disorders Activities of Daily Living Scale. The Laryngoscope. 2000;110 (July):1204-1209.
3. Furman J, Cass SP. Benign paroxysmal positional vertigo. The New England Journal of Medicine. Vol 341. 1999;1590-1596.
4. Furman JM, Cass SP. A Practical Work-Up for Vertigo. Contemporary Internal Medicine. 1995;7 (3):24-38.
5. Furman JM, Marcus DA, Balaban CD. Migrainous vertigo: development of a pathogenetic model and structured diagnostic interview. Current Opinion in Neurology. 2003;16(1):5-13.
6. Gizzi M, Ayyagari S, Khattar V. The familial incidence of benign paroxysmal positional vertigo. 1998;118(6):774-777.
7. Hain TC, Fetter M, Zee DS. Head-shaking nystagmus in patients with unilateral peripheral vestibular lesions. 1987;8(1):36-47.
8. Hain TC, Helminski JO, Reis IL, et al. Vibration does not improve results of the canalith repositioning procedure. Archives of Otolaryngology -- Head and Neck Surgery. 2000;126(5):617-622.
9. Herdman SJ. Vestibular Rehabilitation. Second ed. Philadelphia: F.A. Davis Company; 2006.
10. Jacob R, Woody SR, Clark DB, et al. Discomfort with space and motion: A possible marker of vestibular dysfunction assessed by the Situational Characteristics Questionnaire. Journal of Psychopathology and Behavioral Assessment. 1993;15(4):299-324.
11. Karlberg M, Magnusson M, Malmstrom EM, et al. Postural and symptomatic improvement after physiotherapy in patients with dizziness of suspected cervical origin. Archives of Physical Medicine and Rehabilitation. 1996;77(9):874-882.
12. Katsarkas A. Benign paroxysmal positional vertigo (BPPV): idiopathic versus post- traumatic. 1999;119(7):745-749.
13. Lawson J, Fitzgerald J, Birchall J, et al. Diagnosis of geriatric patients with severe dizziness. Journal of the American Geriatrics Society. 1999;47(1):12-17.
14. Pavlou M, Lingeswaran A, Davies RA, et al. Simulator based rehabilitation in refractory dizziness. J Neurol. Aug 2004;251(8):983-995.
15. Strupp M, Arbusow V, Maag KP, et al. Vestibular exercises improve central vestibulospinal compensation after vestibular neuritis. Neurology. 1998;51(3):838-844.
16. Szturn T, Ireland DJ, Lessing-Turner M. Comparison of different exercise programs in the rehabilitation of patients with chronic peripheral vestibular dysfunction. Journal of Vestibular Research. 1994;4(6):461-479.
17. Telian SA, Shepard NT. Update on vestibular rehabilitation therapy. Otolaryngologic Clinics of North America. 1996;29(2):359-62.
18. Whitney SL, Jacob RG, Sparto PJ, et al. Acrophobia and pathological height vertigo: indications for vestibular physical therapy? Phys Ther. May 2005;85(5):443-458.
19. Whitney SL, Rossi MM. Efficacy of vestibular rehabilitation. Otolaryngol Clin North Am. Jun 2000;33(3):659-672.
20. Wrisley DM, Pavlou M. Physical therapy for balance disorders. Neurol Clin. Aug 2005;23(3):855-874.
21. Yardley L, Beech S, Evans T, et al. Exercise Therapy for Dizziness and Vertigo. The Journal of Family Practice. 1998;47(3):176-177.