

Vestibular Rehabilitation Two Day Course

Using movement and exercise, physiotherapists can effectively treat common causes of dizziness. This two day course covers the essentials of physiotherapy vestibular assessment and treatment. A strong emphasis will be placed on differential diagnosis and treatment selection. Delegates will be taught to identify signs and symptoms that indicate central/sinister pathology. The vestibular rehabilitation techniques included in the course have a strong evidence base.

The course is suitable for physiotherapists with no experience of dizzy patients or those wishing to consolidate existing skills.

Aims

By the end of the course delegates should be able to:

- Understand basic vestibular anatomy and physiology (semicircular canal orientation+function and the vestibulo-ocular reflex in particular)
- Have an overview of the main vestibular pathologies
- Take a relevant subjective history including vestibular special questions
- Carry out a clinical oculomotor examination
- Clinically assess the VOR (dynamic visual acuity, infrared video analysis)
- Clinically evaluate different types of nystagmus (central vs peripheral)
- Carry out an appropriate outcome-based assessment of balance
- Do positional testing for BPPV, interpret findings and treat using the appropriate manoeuvre (Epley, Simont and Horizontal canal)
- Devise, evaluate and progress a patient-specific exercise-based rehabilitation programme

Tutor: Richard O'Hara MCSP BSc

Richard O'Hara is a Chartered Physiotherapist currently practicing Vestibular Rehabilitation. He has gained certification from Susan Herdmann's world renowned intensive competency based course in Atlanta. He has spent time in clinic with audiological physicians treating dizziness and is the clinical lead for vestibular rehabilitation in the Pembrokeshire and Derwen NHS Trust. He works closely with the ENT consultants accepting referrals from them and from GPs. He also runs a private clinic accepting self-referrals from dizzy patients.

Venue: **Physiotherapy Department
Mount Carmel Hospital
Braemor Park
Churchtown
Dublin 14**

Date: **SATURDAY 22nd & SUNDAY 23rd MAY 2010**

Attached: **Programme
Directions
Application form**

VESTIBULAR REHABILITATION 2-DAY COURSE

SATURDAY 22nd & SUNDAY 23rd MAY 2010

MOUNT CARMEL HOSPITAL DULBIN

Day 1 Timetable:

- 08:45-09:00 Registration
- 09:00-09:45 Vestibular anatomy and physiology
- 09:45-10:45 Clinical assessment of VOR
- 10:45-11:00 Coffee
- 11:00-12:00 Vestibular pathologies
- 12:00-12:30 Nystagmus
- 12:30-13:00 Lunch
- 13:00-13:15 Vestibular subjective examination
- 13:15-14:30 Clinical oculomotor examination
- 14:30-15:30 Gait and balance examination
- 15:30-16:00 Vertebrobasillar insufficiency/brainstem stroke

Day 2 Timetable:

- 09:00-10:00 BPPV theory and demonstration (anterior and posterior canal)
- 10:00-10:15 Coffee
- 10:15-11:45 BPPV Practical (anterior and posterior canal)
- 11:45-12:00 BPPV theory and demonstration (horizontal canal)
- 12:00-12:30 BPPV Practical (horizontal canal)
- 12:30-13:00 Lunch
- 13:00-13:30 BPPV Practical (Tests)
- 13:30-15:00 Vestibular rehabilitation techniques
- 15:00-16:00 Case studies

DIRECTIONS TO HOSPITAL

Dublin (M50) to Mount Carmel Hospital

- Tallaght exit. When leaving the M50 on the Tallaght exit continue down to the SpaWell roundabout. Go straight on.
- At the second set of lights: Turn Right.
- Continue on over Templeogue Bridge and take the next left.
- Continue on again passing Rathfarnham shopping centre on left hand side.
- Take the next left and then turn right onto Dodder Park Road.
- Continue on, and at the third set of lights turn left onto Braemor Park pass through a bend in the road and hospital is on the left hand side with a blue sign outside.

Dublin By Bus to Mount Carmel Hospital

- The number 14 Bus services Mount Carmel Hospital and will drop you right outside the Hospital Gates.
- Journey times and frequency of buses will depend on the particular time of day you are traveling to the Hospital. A typical journey from Dublin City Centre will last approximately 30mins. At peak times you should be waiting no longer than 15minutes, with off peak intervals lasting approximately 30minutes.
- The 14 bus route begins at Parnell Square East in the City Centre. Stops include Dâ€™Olier Street and Nassau Street. Your journey takes you through Rathmines Village, past the Church in Rathgar Village where a sharp left will bring you down Orwell Road into the Dodder Valley. On ascent out of the Dodder Valley your bus will take an extreme right. This stop will leave you directly opposite Mount Carmel Hospital Gates. Alternatively you can ask your bus driver to let you know when he has arrived at Mount Carmel Hospital.

Cork to Mount Carmel Hospital

- From Cork city, take 2nd exit at roundabout onto N8 signposted Dublin, Rosslare
- Follow N8, at Dunkettle Interchange roundabout. Continue forward on N8 bypass entering Rathcormac, Fermoy, Mitchelstown, New Inn. Follow N8/Dublin signposts passing through Ballymoreen, Littleton, Urlingford, Johnstown, Cullahill, Durrrow, Abbeyleix
- Then take 4th exit off roundabout joining the M7 motorway signposted Dublin. M7 motorway ends to join onto N7 entering Dublin
- Take 3rd exit at Red Cow roundabout, then join M50 signposted M50 southbound
- Leave M50 at Junction 11 (signposted N81 City Centre, Tallaght) then take 1st exit at roundabout onto N81 signposted City Centre
- Take 2nd exit at Spawell roundabout onto Templeogue Road N81 signposted City Centre, Templeogue. Turn right at traffic lights, then left at next lights onto Butterfield Ave. R114 signposted Dun Laoghaire
- Turn right at traffic lights onto Rathfarnham Road
- Continue forward passing Rathfarnham Shopping Centre on your left hand side
- Take next turn left and then turn right onto Dodder Park Road
- Continue forward, turn left at 3rd set of traffic lights onto Braemor Park Road â€œ Mount
- Carmel Hospital is on your left hand side .

Galway to Mount Carmel Hospital

- From Galway city, follow signposts for Dublin - N6.
- Continue forward entering Craughwell, staying on N6 for Dublin.
- Continue forward entering Kilreekil, Ballinasloe and Athlone.
- After Athlone bypass, take 2nd exit at roundabout N6 signposted Dublin
- Continue forward entering Moate, Horseleap, Kilbeggan, Tyrrellspass, Rochfordbridge and Milltownpass
- Take 2nd exit at roundabout signposted Dublin M4. Turn left and join the M4 motorway.
- Cross Toll Plaza and continue forward onto N4. Take 3rd exit at roundabout, then join M50 motorway (signposted M50 Southbound) entering Dublin

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MOUNT CARMEL HOSPITAL DUBLIN

A TWO-DAY WORKSHOP FOR PHYSIOTHERAPISTS

APPLICATION FORM

Name:

(Please print name as you wish for it to be shown on your certificate)

Address for correspondence:

Contact No: Home :
Work :
Mobile :

E-mail address :

Place of work :

Grade :

Area of work :

ICSP Membership No:

Fee : €300.00 per delegate

Please make cheques payable to **Welbeing CPD Limited**
Places guaranteed on receipt of payment
Stage payments welcome on application
Credit/Debit Cards welcome – phone or web site booking
www.welbeing-cpd.co.uk



Fee includes : Refreshments
Course notes
Signed certificates towards CPD

Cancellation Policy – In the event of an applicant cancelling, a refund will not be possible unless the course organiser is able to find a replacement. If a replacement is found, a charge of £50.00 will be made for administration costs.

16 maximum places only – to guarantee a place, please reply promptly
The tutor to student ratio will be 1:15