

Vestibular Rehabilitation: A Competency-Based Course

University of Southern California

Los Angeles, CA

June 24 – 29, 2019

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 assessment skills to the faculty including: oculomotor examination with emphasis on the identification normal and abnormal eye movements, balance and gait assessment with identification of fall risk, and functional assessments. Participants will also be expected to demonstrate appropriate treatment procedures for BPPV affecting posterior, anterior and horizontal canals for both cupulolithiasis and canalithiasis, for unilateral and bilateral peripheral vestibular disorders, and 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. This course is **NOT** designed to be an introductory course, and it is **strongly** recommended that participants have experience treating people with vestibular deficits and/or have completed a previous vestibular course.

Two certificates are given in this course – one for attendance 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 two written exams) related to vestibular rehabilitation. The granting of the achievement certificate 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 do 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 should have a minimum of 1-year of experience working with patients with vestibular dysfunction and/or 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, AGENDA AND TEST PROCEDURES

Richard Clendaniel, PT, PhD
Duke University
Durham, NC

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

Jeffrey Hoder, PT, DPT, NCS
Duke University
Durham, NC

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

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

Janene Holmberg, PT, DPT, NCS
Intermountain Hearing and Balance Center
Salt Lake City, UT

Rob Landel, PT, DPT
University of Southern California
Los Angeles, CA

Day 1: Monday	June 24, 2019	
8:00-9:00	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	
11:30-12:30	Lecture: Pathophysiology, Etiology & Signs/Symptoms	M. Schubert
12:30-1:30	Lunch	
1:30-2:30	Lecture: Pathophysiology cont'd	M. Schubert
2:30-3:00	Break	
3:00-4:30	Lecture: Assessment of Balance and Gait	J. Hoder
4:30-6:00	Practicum 1: Balance and Gait Assessment	All Faculty
Day 2: Tuesday	June 25, 2019	
8:00-10:00	Lecture: Critical Elements of the Clinical Exam	R. Clendaniel
10:00-10:30	Break	
10:30-12:30	Practicum 2: Oculomotor Exam	All faculty
12:30-1:30	Lunch	

1:30-3:00	Practicum 3: Oculomotor Videos	All Faculty
3:00-3:30	Break	
3:30-4:15	Lecture: Vestibular Function Tests: Caloric & VEMP	M. Schubert
4:15 – 5:30	Vestibular Function Test Cases	Clendaniel / Schubert
6:00-9:00	Competency Testing – Balance and Gait – scheduled times	All Faculty
Day 3: Wednesday	June 26, 2019	
8:00-9:30	Lecture: BPPV – Management of PC BPPV	T. Denham
9:30-10:30	Lecture: BPPV – Management of AC, HC BPPV	R. Clendaniel
10:30-11:00	Break	
11:00-12:30	Practicum 5: BPPV – Assessment and Treatment	All Faculty
12:30-1:30	Lunch	
1:30-3:00	Practicum 6: BPPV Nystagmus	All Faculty
3:00-3:30	Break	
3:30-5:00	Lecture: Central Disorders	J. Hoder
5:00-5:15	Break	
5:15-8:30	Competency testing – Oculomotor Examination – scheduled times	All Faculty
Day 4: Thursday	June 27, 2019	
8:00-9:30	Lecture: Treatment Theory, Goals, Development of Plan of Care	M. Schubert
9:30-10:00	Break	
10:00-11:30	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	
1:00-2:00	Lecture: Treatment of Motion Sensitivity	J. Homberg
2:00-2:30	Break	
2:30-4:00	Practicum 7: Treatment Procedures for Vestibular Loss	All Faculty
4:30-8:30	Competency testing – BPPV – scheduled times	All Faculty
Day 5: Friday	June 28, 2019	
8:30-9:30	Lecture: Management of the Elderly w/ Vestibular Dysfunction	J. Holmberg
9:30-10:30	Practicum 8 – Case Studies – small groups	All Faculty
10:30-11:00	Break	
11:00-12:00	Lecture: Identification and Management of Vestibular Migraine	R. Clendaniel
12:00-1:00	Lunch	
1:00-2:30	Lecture: Treatment of Concussion	L. Morris
2:30-3:00	Break	
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	Competency testing – UVL / BVL treatments – scheduled times	All Faculty
Day 6: Saturday	June 29, 2019	
8:00-11:00	Case studies: Decision-making:	
11:00-11:30	Wrap-up	All Faculty
11:30-1:00	Lunch and Study	
1:00-2:00	Video Examination	Clendaniel
2:00-3:30	Written Examination	All Faculty
3:30	Adjourn	

Procedure if an applicant does not pass the examination

1. If a participant fails either or both exams, they can retake that exam(s): (1) the following year on the last day of the course, or (2) at a testing center within 3 weeks of the date the exam is given at the course.
2. The cost for retaking one or both tests:
 - \$500 for APTA Member Physical Therapists (PTs) and foreign practitioners.
 - \$600 for APTA Non-Member PTs and professionals who are non-PTs (i.e. OT, MD) from within the US
3. Registering to retake the test(s) at the course site includes:
 - access to the study cases at the Atlanta site on the day of the exam
 - sitting in on the last day's course material and question/answer period
 - taking the exam(s)
4. The participant is responsible for the costs associated with hotel room, meals, and travel.
5. The participant will be informed about the test results at the same time as other course participants.
6. If the exam is passed, the Certificate of Achievement will be dated the year the exam was passed.
7. If the retest is not passed, the participant must retake the full course in order to take the exam for a 3rd time.

Course Tuition & Fees

APTA member <u>or</u> International Professional	Register on or before May 15, 2019	Register after May 15, 2019
APTA member or International Professional (PT, OT, MD)*	\$3000	\$3150
Non-APTA member	\$3100	\$3250

**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. Medical physicians, please refer to page 1 under "Audience" for additional information about your registration.*

Included within the price of tuition:

- Continental Breakfast, Lunch meal**, daily snacks, course instruction, access to online course materials, 3-ring binder with lab sessions.

*** Kosher meals will be subject to additional charges and participant will arrange directly with the Conference Center.*

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 attending 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 June 1, 2019** will result in a full refund, less \$500.00 per person/cancellation. Refunds will be issued within 30 days of the course’s end date.
- Cancellations **after June 1, 2019** 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 USC Hotel for the course. The hotel is a short walk across the USC campus to the course venue at the USC Ronald Tutor Campus Center.
- To make reservations contact:

USC Hotel

**3540 South Figueroa Street
Los Angeles, CA 90007**

213-748-4141

- **Group rate code: USC Vestibular Rehab – Rooming List Group**

Flight Information:

Most flights into Los Angeles will arrive at the Los Angeles International Airport (LAX), which is located approximately 40 minutes (depending on traffic) from the hotel and course venue. Please do not schedule a departure flight from LAX before 6:0 PM on the final day to ensure adequate time to arrive at the airport.