

# Vestibular Rehabilitation: A Competency-Based Course

Emory Conference Center and Hotel

1615 Clifton Road, NE

Atlanta, Georgia 30329

August 17 – August 22, 2020

## 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 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 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, 4<sup>th</sup> 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 (Tentative) and Test Procedures

Richard Clendaniel, PT, PhD  
Duke University  
Durham, NC

Courtney Hall, PT, PhD  
James H. Quillen VAMC  
Johnson City, TN

Lisa Heusel-Gillig, PT, DPT, NCS  
Emory University  
Atlanta, GA

Lisa Farrell, PT, PhD, ATC  
Nova Southeastern University  
Fort Lauderdale, FL

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

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

Jennifer Christy, PT, PhD  
University Alabama, Birmingham  
Birmingham, AL

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

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

Rose Rine, PT, PhD  
Specialty Therapy Source  
Jacksonville, FL

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

Sheelah Woodhouse, PT, BScPT  
National Director Vestibular Rehab.  
LifeMark & Centric Health, Canada

Wendy Schoenewald, PT, OCS  
WWS Physical Therapy PA  
Doylestown, PA

Eric Anson, PT, PhD  
University of Rochester Med Ctr  
Rochester, NY

Maj. Carrie Hoppes, PT, PhD  
Army-Baylor University  
San Antonio, TX

<b>Day 1: Monday</b>		
7:00-9:00 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	N. Shepard
12:30-1:30	Lunch	
1:30-2:30	Lecture: Pathophysiology cont	N. Shepard
2:30-3:00	Break and Exhibit Hall	
3:00-4:30	Lecture: Assessment of Balance and Gait	C. Hall
4:30-6:00	Practicum 1: Balance and Gait Assessment	All Faculty
<b>Day 2: Tuesday</b>		
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: Oculomotor Exam	All faculty
12:30-1:30	Lunch and Exhibit break	
1:30-3:00	Practicum 3: Oculomotor Videos	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/Shepard
5:30-6:00	Break	
6:00-8:30 PM	Competency testing – Balance & Gait Testing – scheduled times	All Faculty
<b>Day 3: Wednesday</b>		
8:00-9:30 AM	Lecture and demo: BPPV – management of PC BPPV	J. Christy
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	J. Hoder
5:00-5:15	Break	
5:15-8:30 PM	Competency testing – Oculomotor Exam – scheduled times	All Faculty
<b>Day 4: Thursday</b>		
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. Heusel-Gillig
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
<b>Day 5: Friday</b>		
8:30-9:30 AM	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 and Exhibit Hall	
11:00-12:00 PM	Lecture: Identification and Management of Vestibular Migraine	N. Shepard
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
<b>Day 6: Saturday</b>		
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; N. Shephard
2:00-3:30	Written Examination	All Faculty
3:30 PM	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): either the following year on the last day of the course, or on-line within 2 weeks of the date the exam is given at the course in 2021.
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:
  - 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 3<sup>rd</sup> time.

### Course Tuition & Fees

<b>APTA member <i>or</i> International Professional</b> (PT/OT/MD practicing outside US)*	
Single Room	\$4,275.00
Double Room	\$3,830.00
Day Rate	\$2,725.00
<b>APTA Non-members <i>or</i> National Non-PT Professional</b> (OT/MD practicing within US)*	
Single Room	\$4,375.00
Double Room	\$3,930.00
Day Rate	\$2,825.00

\*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:

- **Single:** Single room lodging (6 nights/7 days), 3 meals per day\*\*, daily snacks, course instruction, access to online course materials, 3-ring binder with lab sessions.
- **Double:** Shared lodging with another course participant (6 nights/7 days), 3 meals per day\*\*, daily snacks, course instruction, access to online course materials, 3-ring binder with lab sessions.
- **Day only:** 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 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. If you need to pay by check, you will need to contact Richard Clendaniel, PT, PhD, to arrange for this.
- Partial payments, "down payments," or pre-payments are not accepted.
- Cancellations **prior to July 1, 2020** 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 July 1, 2020** 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

### **Course Location and Accommodations:**

- Hotel accommodations at the Emory Conference Center Hotel are included within the price of a single or double tuition for 6 nights/7 days.  
**Check-in** is at 4:00 PM EST on the Sunday, August 16, 2020, prior to the first lecture on Monday morning.  
**Checkout** is between Noon – 2:00 PM EST on Saturday, August 22, 2020.
- The hotel reservation ***will be made for you by our office.***
- Your hotel confirmation will arrive via email directly from the Emory Conference Center Hotel at least 4 weeks prior to the course date
- If you need an additional night at the hotel either before or after the course, please contact the Conference Center directly to make these additional arrangements.  
Emory Conference Center and Hotel  
1615 Clifton Road, NE  
Atlanta, GA 30329  
T: (404) 712-6000  
F: (404) 712-6025  
<http://www.emoryconferencecenter.com/>

### **Flight Information:**

Flights into Atlanta will arrive at Hartsfield Jackson International Airport, which is located 25-30 minutes from the Conference Center. Please do not schedule a departure flight from Atlanta ***before 5:30 PM EST*** on the final day to ensure adequate time to arrive at the airport.

### **Ground Transportation:**

In addition to Uber and Lyft, there are shuttles from the airport to the Emory Conference Center Hotel. Atlanta Airport Superior Shuttle & Limo, is the recommended shuttle service to use between the Hartsfield Jackson International Airport and the hotel.

T: (770) 457-4794

[www.superiorshuttleandlimo.com](http://www.superiorshuttleandlimo.com)