

DIAGNOSIS AND MANAGEMENT OF CHRONIC DIZZINESS

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Disclosure slide:

- The lecture is based on the book below, including its copyrighted image and video contents:

“DIZZINESS – A practical approach to Diagnosis and Management”

By Adolfo Bronstein and Thomas Lempert

Cambridge University Press, Second Edition 2017

Learning objectives:

- Grasping the concept of central vestibular compensation – and multiple factors involved
- Understanding the key questions needed to elicit symptoms in chronically dizzy patients
- Learning the basics of the clinical examination and what special investigation may be required
- Review the frequent and less frequent diagnoses behind a complaint of chronic dizziness
- Weighing the importance of separating “organic from functional” in dizzy patients
- Consider the various treatment options for these syndromes

Key messages:

- Within the “chronic dizzy” umbrella term try to ascertain and differentiate
 - Presence of previous vestibular episodes and migraine
 - Gait disorder
 - Oscillopsia (=movement of visual images)
 - Visual Vertigo (=visually-induced dizziness)
 - Psychological factors
- Consider common possible diagnoses or contributory factors:
 - Previous vestibular disease (e.g. vestibular migraine, BPPV, vestibular neuritis)
 - Development of functional dizziness: PPPD
 - Differential of rarer conditions: bilateral vestibular failure, downbeat nystagmus, subclinical gait disorders
 - Problems interfering with vestibular compensation, including small vessel disease.
- Familiarize yourself with treatment options: vestibular and visual rehabilitation, counselling, antidepressants, migraine prophylaxis