

BPPV: A Comprehensive Approach to Diagnosis and Treatment

Kim Fox, PT, DPT

Faculty

Kim Fox, PT, DPT completed her Master of Physical Therapy Degree at the University of Maryland at Baltimore, with special recognitions for neurology and research, and received a Doctorate Degree in Physical Therapy from the University of Montana. She completed the competency based vestibular course through Emory University and holds several advanced vestibular coursework certificates. Dr. Fox served in active duty and as reservists for the U. S. Airforce. Her experience includes hospital in/out-patient, home health, skilled nursing, and private practice settings. She owns AVORA Physical Therapy and practices at The AVORA Balance & Dizzy Center specializing in diagnostics and treatment of balance and vestibular disorders. Dr. Fox sits on the Vestibular Disorders Association (VEDA) Editorial Review Board, is a published author for VEDA, implemented VestibularJobs.com in partnership with VEDA, is a member of the WNC Fall Prevention Coalition, and teaches balance and vestibular courses to physicians, rehab providers, and geriatric fellowship and community-based programs.

Financial: Ms. Fox receives a speaking fee from ERI for this course. Non-Financial: Ms. Fox is a volunteer unpaid consultant and receives free equipment for beta testing.

About this Course

Are you therapists seeking to improve your skills in diagnosing and treating BPPV without becoming a vestibular expert? If so, this course is for you. Many providers are working with BPPV patients that want a better understanding of typical and atypical forms of BPPV and how to treat them. Participants will dive into the depths of BPPV to effectively, efficiently, and properly diagnose and treat these patients, consistent with evidence-based medicine. Participants will also learn other vestibular and non-vestibular basics to understand when signs and symptoms are not consistent with BPPV. This course will include many videos of positional nystagmus and various abnormal eye movements from other peripheral and central sources, ensuring plenty of opportunities to learn how to identify abnormal eye movements first-hand. You will walk away with a commanding knowledge of BPPV and how to treat this common form of peripheral vertigo, even when the presentation is not as common.

Objectives

- 1 Understand anatomy and physiology for a commanding knowledge of various types of BPPV
- 2 Perform proper evaluations of vertiginous patients to identify or rule out BPPV
- 3 Identify typical and atypical BPPV
- 4 Treat typical and atypical BPPV

Audience

Physical Therapists, Occupational Therapists, and assistants working with vestibular, neuro, and geriatric patients in the clinical, home, and hospital settings.

Help your patients achieve better outcomes.

Schedule – Day 1

7:30-8:00	Registration/Continental Breakfast
8:00-8:45	Vestibular Anatomy & Physiology
8:45-9:30	BPPV etiology and biomechanics
9:30-10:00	Positional Testing – basics to advanced
10:00-10:15	Break
10:15-10:45	Positional Testing Lab
10:45-11:30	Analyzing abnormal results (video presentation)
11:30-12:00	Preparing patients for treatment: pre-treatment options & techniques to reduce anxiety and nausea
12:00-1:00	Lunch (on your own)
1:00-2:00	Maneuvers to treat BPPV – basics to advanced
2:00-2:45	Maneuvers Lab
2:45-3:00	Break
3:00-3:30	Treatment guidelines, efficacy, complications and common mistakes
3:30-4:00	Understanding concise but safe BPPV evaluations
4:00-5:00	Becoming the expert: Review of positional testing, treatments and interpreting abnormal results (Case studies)

Schedule – Day 2

7:30-8:00	Registration/Continental Breakfast
8:00-9:00	A look at concomitant conditions & their presentations
9:00-10:15	An in-depth evaluation of the vertiginous patient to know when to treat or when & where to refer
10:15-10:30	Break
10:30-11:30	Lab evaluation techniques: oculomotor, audiometrics, neuro, cervical
11:30-12:15	Identifying central vs peripheral vertigo & other red flags
12:15-1:15	Lunch (on your own)
1:15-2:00	A screening tool to identify central vs peripheral acute onset vertigo, better than an MRI
2:00-2:45	HINTS to INFARCT lab
2:45-3:00	Break
3:00-4:00	The big review: testing, interpreting, ruling in/out BPPV, treating & follow up care (Case Studies)

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). The **GA, IN** and **PA** Boards of Physical Therapy recognize other state board approvals. Application has been made to the **NJ** Board of Physical Therapy Examiners. Approved sponsor by the State of **IL** Dept. of Financial and Professional Regulation for Physical Therapy. This course satisfies CE Requirements in Alabama. This workshop meets accepted standards for continuing competence as outlined by the **CT** General Statutes.

Approved provider by the **NY** State Board of Physical Therapy for 16.8 contact hours



Approved provider of continuing education by the American Occupational Therapy #3043, for 14 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.



Education Resources, Inc. is approved by the Board of Certification to offer 14 continuing education units for Certified Athletic Trainers.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Locations and Dates - 2020

March 21-22	Atlanta, GA	Piedmont Atlanta Hospital
April 18-19	Chicago, IL	Advocate IL Masonic Medical Center
Oct 23-24	White Plains, NY	Burke Rehabilitation Hospital



\$435 fee. Group registration \$410 must be made together. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

BPPV/Fox

☐ March/GA ☐ April/IL ☐ Oct/NY

Course Registration Form

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Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

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How did you learn of this course _____

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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