Vestibular Patient Self-Triage Tool

**PHASE I: ACUTE**

- **Sudden Dizziness (Acute)**
  - Dizziness up to 1-2 minutes
    - Occurs with changes in head position
    - Nausea / Vomiting
  - BPPV
    - ENT / VESTIBULAR REHAB

- **Constant Dizziness**
  - Occurs with changes in head position
  - Spontaneous Dizziness
  - Recent Infection
  - Nausea / Vomiting
  - Vestibular Neuritis
    - ENT
    - VESTIBULAR REHAB

- **Fainting**
  - Loss of Consciousness
  - Palpitations
  - Difficulty in breathing
  - Low blood pressure with body positional change
  - CARDIOLOGY

- **Panic Attacks**
  - Anxiety
  - PSYCHIATRY

- **EMERGENCY ROOM URGENT CARE**
Vestibular Patient Self-Triage Tool

PHASE II: NON-EMERGENCY

After Emergency Care

Dizzy days to weeks

Dizziness up to 1-2 min.
- Occurs with changes in head position
- Nausea / Vomiting
- Uncontrollable eye movements

BPPV
- CANAL REPOSITIONING
- ENT
- VESTIBULAR REHAB

Dizziness – min. to hours
- Ringing in ear (tinnitus)
- Ear Fullness
- Decreased balance
- Sudden, spontaneous, frequent

Ménière’s Disease
- MEDICAL MANAGEMENT
- VESTIBULAR REHAB
- COMPLIMENTARY CARE

Dizziness – seconds to min.
- Increased with eye focus and head movement
- Unsteadiness, decreased balance
- ↑ in busy backgrounds

Vestibular Neuritis
- Labyrinthitis
- Vestibular Hypofunction
- MEDICAL MANAGEMENT
- VESTIBULAR REHABILITATION

Dizziness – constant to hours
- ↓ Visual tracking of moving targets
- Blurred vision
- Uncontrollable eye movements in one

Neurology
- MEDICAL MANAGEMENT
- VESTIBULAR REHABILITATION

Dizziness – constant, hours to days
- Headache/neck stiffness
- Unsteadiness
- Motion sickness
- Sensitive to noise & light

Migraine
- MEDICAL MANAGEMENT
- COMPLIMENTARY CARE
- VESTIBULAR REHAB
- AVOID TRIGGERS

Dizziness
- Visual changes
- Difficulty focusing

Ophtalmology
- VISION THERAPY
- CORRECTIVE LENS
Vestibular Patient Self-Triage Tool

PHASE III: CHRONIC

Dizziness for Months

- Refer to Flow charts 1 and 2

Assess for misdiagnosis

Avoid long term use of Antivert / Meclizine (vestibular suppressant)

- Neck pain / stiffness
- Restricted neck movement
- Dizziness / imbalance

Assess for multi-factorial conditions

- Rule out other causes

Cervicogenic Dizziness

- Neck pain / stiffness
- Restricted neck movement
- Muscle weakness / deconditioning
- Anxiety/panic attacks/stress
- Activity avoidance due to fear of symptoms

Integrated Approach

- Persistent Perceptual Postural Dizziness (PPPD)
- Motion sensitivity due to long term avoidance of movements

Secondary Complications

SEEK APPROPRIATE SPECIALIST / TREATMENT

VESTIBULAR REHABILITATION

- Neurologist
- Medical Management
- Manual Therapy
- Vestibular Rehabilitation

- Medical Management
- Psychiatry
- Vestibular Rehab
- Strengthening / Manual Therapy
- Alternative Medicine
- Relaxation, Meditation, Yoga