

IN BALANCE

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VESTIBULAR INVESTIGATION UNIT

A collaborative service provided by the Royal Victorian Eye & Ear Hospital and University of Melbourne Department of Otolaryngology
<http://www.medoto.unimelb.edu.au/oto/vestibular.html>

EDITORS NOTE

This edition has the spotlight shining brightly on Electrocochleography and we are offering FREE Vestibular Rehabilitation!

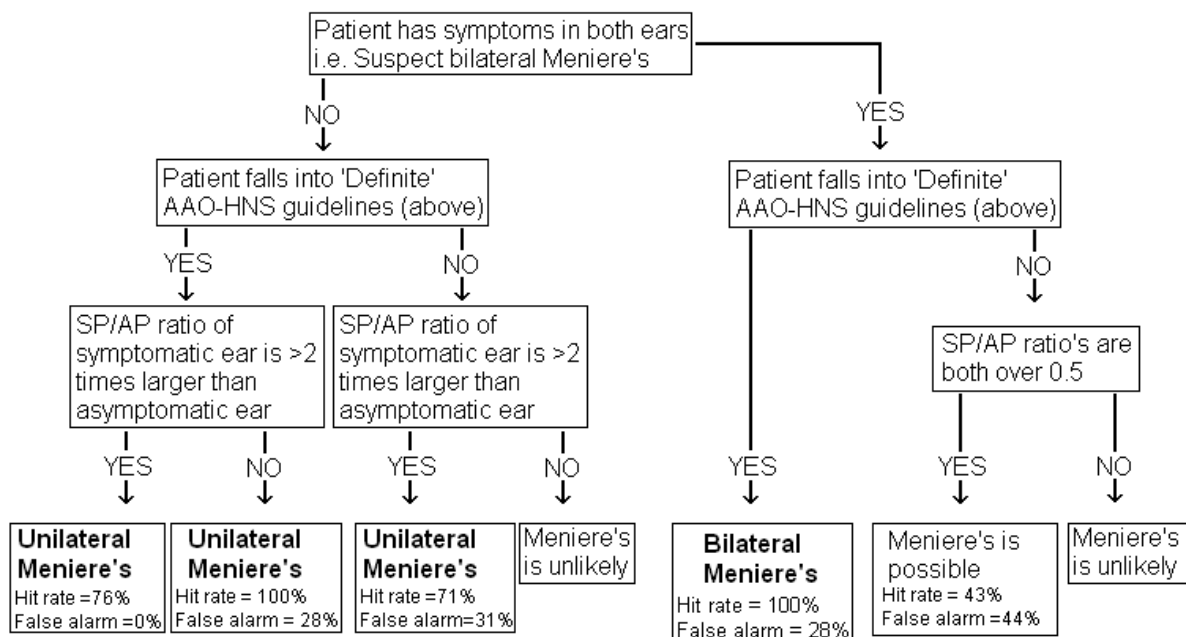
On the clinic front, we welcomed Alasdair Grenness to our team. We said goodbye to a vestibular audiologist, Katie Dale as she is pursuing her career in the State government's Department of Public Health as an intern. We welcome Kimberley Gordon who is our newest staff addition and Nichola Baker has left for maternity leave for bub # 2! Our regular feature of research progress within the department will help update our referrers and as always, we are looking for research participants. -Rebecca Verhoef

ELECTROCOCHLEOGRAPHY (ECoG) – A change in interpretation and reporting of results for use in Meniere's syndrome

A four year prospective study has come to an end, the results of which have been interesting to say the least! Past reporting of the ECoG was based only on the SP/AP ratio of each ear. Our clinical decision analysis derived from 166 patient data sets (332 ears) shows that comparing the SP/AP ratio from the two ears is more powerful. American Academy of Head and Neck surgery (AAO-HNS) guidelines for classifying Meniere's are also used. AAO-HNS criteria for 'Definite' Meniere's syndrome are:

- Two or more definitive spontaneous episodes of vertigo of 20 mins or longer
- Audiometrically documented hearing loss on one occasion
- Tinnitus or aural fullness in the symptomatic ear
- Other causes excluded e.g. vestibular migraine, acoustic neuroma

How has our reporting changed? You will now be given the clinical decision analysis outcome for your patient. This will tell you both the hit rate and false alarm rate of Meniere's syndrome, which is obtained by following the 'partial' flowchart below (complete picture will follow).



False alarm rates are very important because they represent the percentage of patients without Meniere's syndrome, who give a result which is positive for Meniere's syndrome

WAITING LIST UPDATE...

After hours clinics are currently being trialed for a short term measure aimed to reduce our ever growing waiting list. Two Saturday 'full-day' clinics, have run to date, which have been very successful, with all scheduled patients turning up! After hours clinics running from 4-6pm are also in the works. These after hours clinics will run until the waiting time for an appointment is again at an appropriate length.

VESTIBULAR MIGRAINE

We require vestibular miganineurs to participate in a study investigating the affects of motion sickness history, anxiety and central habituation on vestibular physiotherapy outcomes. **Patients will receive free vestibular physiotherapy.** For more information or to refer any interested volunteers to Jessica Vitkovic, 9929 8235 or jessicav@unimelb.edu.au

TINNITUS

The RVEEH audiology department is running tinnitus sessions for patients with tinnitus as their primary concern. These sessions provide a comprehensive 'tutorial' about the aspects of tinnitus and community resources are discussed. It also provides patients with an opportunity to meet with others with the same problem and discuss what helps them to reduce the impact of their condition. ***If you would like to refer a patient for this study, please contact Brooke Paisley on 9929-8270.***

WANTED: AUDIOLOGIST

Audiologists in the VIU form part of a multidisciplinary team along with physiotherapists, medical consultants, hearing aid audiologists and cochlear implant clinicians. Don't miss out on this fantastic opportunity to join our team in this diverse and challenging role. For more information contact Paula Casas *tel.* 03 9667-7535 *email.* pcasas@unimelb.edu.au

FREE Vestibular Rehabilitation!

We are currently looking for 40 volunteers to participate in a study. This study examines patient outcomes from two groups:

Group 1 (Vestibular exercises)

Verses

Group 2 (Vestibular exercises plus otolith exercises)

All participants receive a 9 week program of FREE vestibular physiotherapy with our team of expert VIU physiotherapists. Vestibular exercises are individually designed for participants. Exercise sets take approximately 15 minutes per day.

Participant suitability criteria:

- Must be aged 18 – 70 years old
- Reports of substantial limitations in activities of daily living.
- Must have VFT before commencing study.

Participants **MUST** commit to a series of appointments:

- Initial appointment – 90 minutes. Exercises given.
- 1 week appointment – 30 minutes.
- 5 week appointment – 30 minutes.
- 9 week appointment – 60 minutes. Exercises can stop.
- 6-month appointment – 60 minutes.

Please feel free to refer suitable patients into this study.

For more information contact Joanne Enticott

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