

# COMPREHENSIVE EVALUATION

# A GUIDE TO OUR PROTOCOL

## National Dizzy and Balance Center's

Comprehensive patient case management protocol is designed for physicians who have patients with generalized dizziness or balance problems and would like NDBC to evaluate and treat per our recommended protocols.

The final recommended treatment plan for a patient will depend on the initial medical evaluation, the results of the diagnostic tests performed in the balance testing lab, and the patients physical therapy evaluation.



### **APPROPRIATE** PATIENT REFERRALS

### **Dizziness/Vertigo Due To:**

- Complex, multi-factorial conditions
- Diseases, infections, and surgeries - Ear infections/surgeries, Parkinson's, Menieres, MS
- Head related traumatic injuries & strokes

#### **Balance Problems Due To:**

- Undiagnosed general balance problems
- Orthopedic and other functional deficits
- Progressive rigidity or plasticity
- Diabetes or other neuropathies
- Patient with a history of falling

## MEDICAL DEPT. **Doctor Consultation**

- Six page medical history form (specific to balance disorders)
- Dizziness Handicap Index (DHI) (self-assessment questionnaire)

#### **EXAMINATION:**

- · Review of medical history form
- Review of medications
- Neurological based physical exam
- Treatment plan establishment

### INITIAL CONSULTATION REPORT:

- 1. Dictated medical history form
- 2. Summary and impressions
- 3. Treatment plan establishment

## PATIENTS NOT APPROPRIATE FOR **OUR COMPREHENSIVE EVALUATION**

## **Patients Not Appropriate Due To:**

- Conditions beyond the scope of NDBC
- Extreme high/low blood pressure
- Strong neurological symptoms
- Patients in need of assistive services
- Patients with psychological problems
- Patients in need of a specialty provider

## **Referral To Another Physician:**

- Referral back to referring physician
- Primary care physician
- Neurology physician
- Ear, Nose & Throat physician



# **AUDIOLOGY DEPT. Balance Testing Lab**

#### TESTS PERFORMED BASED ON NDBC PROTOCOLS AND Dx TESTING RESULTS

- Rotational chair testing
- Videonystagmography (ENG/VNG)
- Audiometric (hearing) evaluation
- Auditory Evoked Potential testing

## REHABILITATION DEPT. **Physical Therapy Evaluation**

- · Review of medical history/symptoms
- Functional balance evaluation
- Computerized Dynamic Posturography (CDP) - testing to establish baseline for Tx
- Benign Paroxysmal Positional Vertigo (BPPV) Treatment - (if ordered or indicated)

## MEDICAL DEPT. **Report of Findings Visit**

- Review of Balance Testing Lab results
- Review of Physical Therapy **Evaluation and treatment plan**
- New treatment plan is established based on results of evaluations



## REPORT OF FINDINGS REPORT:

2. Summary of therapy evaluation



#### 1. Summary of Balance lab results

- 3. New treatment plan is established

# **Patient Discharged from NDBC:**

- Referral back to referring physician
- Referral to primary care physician
- Referral to another specialist Patient discharged to home exercises



#### PATIENT DISCHARGE REPORT:

- 1. Summary of patient progress
- 2. Summary of patient visits/attendance
- 3. Final discharge treatment plan



## MEDICAL DEPT. **Follow-up Visit**

- Follow-up visit every 30 days if ordered
- · Review of pertinent medical history
- Review monthly treatment plan
- New treatment plan is established every 30 days until discharge



## **FOLLOW-UP VISIT REPORT:**

- 1. Review of medical history
- 2. Summary physical therapy progress 3. Treatment plan update/discharge



# REHABILITATION DEPT. **Physical Therapy Tx Sessions**

#### **Typical Therapy Program:**

- 12-24, 60 min therapy sessions
- 2 visits week for first month
- 1 visit week for the second month
- Individualized treatment plan is developed for each patient at 1st visit

