

Pediatric Vestibular Rehabilitation: A Competency-Based Course

Sponsored by The University of Alabama at Birmingham
Department of Physical Therapy &
The American Physical Therapy Association

August 7-10, 2024

UAB School of Health Professions
1716 9th Ave South
Birmingham, AL 35243

Course Description

This intense, evidence-based, four-day course is designed for physical therapists, occupational therapists and MDs with experience treating pediatric patients/clients. The course consists of lecture and laboratory sessions with additional self-study sessions. All participants will be expected to demonstrate a variety of skills to the faculty including 1) the oculomotor examination with emphasis on the identification of nystagmus and canal involvement, 2) balance, gait, gross motor development assessments, 3) appropriate treatment procedures for BPPV affecting posterior, anterior and horizontal canals for both cupulolithiasis and canalithiasis, 4) treatment procedures for unilateral and bilateral peripheral vestibular disorders, and 5) treatment procedures for central vestibular disorders including concussion. Emphasis will be on utilizing assessment results to develop an effective treatment plan. The course will include written, and practical examinations.

Two certificates may be given in this course – one for attendance (37 CEUs) and one for achievement (+3 CEUs for a total of 40). It is our intent that the certificate of achievement signifies that, at the time the course was given, the student demonstrated proper performance of certain skills (based on practical exams) and understood basic information (based on the written exam) related to vestibular rehabilitation for children. The granting of the certificate of achievement in no way certifies that the student retains those skills and knowledge or applies them appropriately in the future.

Audience: This course was designed specifically for physical therapy and occupational therapy professionals. Other medical professionals may participate; however, *we do give preference to physical and occupational therapists and MDs. We reserve the right to cancel a non-PT, non-OT or non-MD healthcare professionals' registration* if we have a lengthy waitlist or over-booked course.

This course is **not appropriate** for physical therapy assistants, occupational therapy assistants, speech therapists, or athletic trainers.

For all registrants, especially if you are not a PT, OT, or MD and you gain placement in the current year's course, you are advised to delay arranging air travel until you have received separate, written confirmation from our staff that your placement has been confirmed and approved by our course director.

Level of Learner: Intermediate.



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Course Prerequisites: The course director will provide prerequisite reading material (3 articles and a podcast). It is strongly recommended that participants have a working knowledge of the anatomy, physiology, and pathophysiology of the vestibular system. If participants would like to review vestibular rehabilitation prior to attendance, the textbook *Vestibular Rehabilitation, 4th Edition* by Dr. Susan Herdman and Dr. Richard Clendaniel is available through multiple online bookstores and sites.

Course Objectives

Upon completion of this course, participants will be able to:

1. **Describe** developmental anatomical components and physiology of the peripheral and central vestibular system.
2. **Explain** the physiology of normal and abnormal nystagmus.
3. **Examine** and **interpret** results of tests for vestibular deficits & related impairments.
4. **Identify** pathologies known to affect vestibular function in children
5. **Identify** impairments and rehab potential for children, based on vestibular diagnostic testing.
6. **Diagnose** conditions affecting vestibular function in pediatric clients.
7. **Describe** vestibular-related impairments in children.
8. **Discuss & demonstrate** appropriate interventions for vestibular-ocular reflex (**VOR**) and vestibulospinal (**Vsp**) impairments in children.
9. **Identify** the mechanisms underlying recovery of vestibular function.
10. **Demonstrate** basic skill in evaluation and treatment of vestibular function and related impairments

Faculty

Jennifer B. Christy, PT, PhD, FAPTA
The University of Alabama at Birmingham
Birmingham, AL

Rose M. Rine, PT, PhD
Jacksonville, FL

Bree Corbin, PT, DPT
Anacortes, WA


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Day 1: Wednesday 08/07/2024		
7:30-8:00 AM	Check in and light breakfast provided	
8:00-8:30	Introduction and Orientation	J. Christy
8:30-9:30	Lecture: Anatomy & Physiology of the Vestibular System	J. Christy
9:30-10:30	Lecture: Development of the Vestibular System and Function	R. Rine
10:30-10:45	Break	
10:45-12:00 PM	Type and Incidence of Vestibular Diagnoses in Children	R. Rine
12:00-1:15	Lunch Provided	
1:15-2:30	Lecture: Clinical Examination – history and oculomotor exam	J. Christy
2:30-4:30	Practicum 1: Clinical Examination (oculomotor)	J. Christy
4:30-4:45	Break	
4:45-6:00	Lecture: Clinical Exam: Gross Motor Development, Balance, and Gait Assessment	R. Rine
Day 2: Thursday 08/08/2024		
7:30-8:00	Light Breakfast Provided	
8:00-9:30 AM	Practicum 2: Clinical Exam: Gross Motor Development, Balance, and Gait.	All Faculty
9:30-10:00	Lecture: Vestibular Function Tests	J. Christy
10:00-10:15	Break	All Faculty
10:15-12:00	Demonstration: Vestibular Function Tests	All Faculty
12:00-1:00	Lunch Provided	
1:00-2:00	Lecture: BPPV Evaluation and Treatment	B. Corbin
2:00-3:45	Practicum 3: BPPV Evaluation and Treatment	All Faculty
3:45-5:00	Break and Practice	
5:00-7:00	Competency testing – Oculomotor Examination – scheduled times	All Faculty
Day 3: Friday 08/09/2024		
7:00-8:00	Open Practice and light breakfast provided	
8:00-9:00 AM	Lecture: Children with Central Vestibular Dysfunction	J. Christy
9:00-10:00	Lecture: Management of Concussion in Children	J. Christy
10:00-10:15	Break	
10:15-11:15	Lecture: Clinical Decision Making	R. Rine
11:15-12:15	Lecture: Treatment Theory, Goals, and Plan of Care Development	J. Christy
12:15-1:30	Lunch Provided	
1:30-2:30	Lecture: Intervention for gaze stability deficits	J. Christy
2:30-3:30	Lecture: Intervention for balance and gross motor impairments	R. Rine
3:30-3:45	Break	
3:45-5:45	Practicum 4: Treatment for Vestibular Related Impairments	All Faculty
6:00-8:00	Competency Testing – Balance Exam and BPPV Exam and Treat	All Faculty
Day 4: Saturday 08/10/2024		
7:00-8:00	Practice and light breakfast provided	
8:00-9:00	Practicum 5: Examination and Treatment for concussion in children	All Faculty
9:00-10:00	Lecture: Optometry and Audiology Management for Children with Vestibular Dysfunction	UABSO and COA faculty
10:00-10:15	Break	
10:15-12:15	Cases and Patient Demos: application	All Faculty
12:15-1:15	Lunch Provided	

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1:15-2:15	Cases and Application	All Faculty
2:15-2:45	Q&A. Wrap Up.	All Faculty
3:00-5:00	Competency Testing: Interventions	All Faculty

Course Tuition, Fees & Policies

	Register <u>on or before</u> June 1, 2024	Register <u>after</u> June 1, 2024
APTA member <u>or</u> International Professional (PT/OT/MD practicing outside US)*	\$2,500	\$2,650
APTA Non-members <u>or</u> National Non-PT Professional (OT/MD practicing within US)*	\$2,600	\$2,750

**Medical Physicians & OTs: MDs, please note that CMEs are not given for this course. OTs, please note that you must receive accreditation through your professional accreditation agency.*

Included in the price of tuition:

- Light Breakfast (e.g., fruit, muffins, coffee, yogurt)
- Break Snacks
- Lunch each day (order the week before the course)
- Dinner is not provided. A list of restaurants close to the course location will be provided.

Course Materials

- Lecture notes will **not** be printed for participants.
- Materials required for laboratory (practicum) sessions will be printed and provided in a binder.
- The week prior to the course, you will receive electronic access to course lectures & readings through an online platform provided by UAB.
- During the course, Wi-Fi will be provided to access the week's lectures and materials. You are encouraged to bring a personal laptop or tablet to view materials.
- Participants who prefer a hard-copy of the lecture notes should print these prior to the course and bring them to the course.

Course Registration & Payment

Instructions and Policies

- **All** registration must occur using the online registration/payment portal. Paper registration will not be accepted.
- Full payment is due at time of online registration and may be made by credit card or check.
- Partial payments, “down payments,” or pre-payments are not accepted.
- Cancellations **prior to July 1, 2024** will result in a full refund, less \$350.00 per person/cancellation. Refunds will be issued within 30 days of the course’s end date.
- Cancellations **on or after July 1, 2024** will result in loss of full tuition. (Exceptions will be made for positive COVID tests)
- Cancelled or bounced checks will result in a \$250.00 charge.
- **Checks** must be **received** within 10 business days of your registration, or your spot within the course will be forfeited.

Travel and Accommodations

ALL REGISTRANTS ARE ADVISED TO DELAY ARRANGING AIR TRAVEL UNTIL YOU HAVE RECEIVED A SEPARATE, EMAIL CONFIRMATION FROM JENNIFER CHRISTY THAT YOUR PLACEMENT HAS BEEN CONFIRMED.

Course Location and Accommodations:

- The course location is: 1716 9th Ave. South. Birmingham, AL, 35243.
- Course participants must make their own hotel arrangements. Two hotels within 0.2 mile walking distance of the course location include:
 - Hilton Birmingham Downtown at UAB: [Website Link](#)
 - Residence Inn by Marriott Birmingham Downtown at UAB: [Website Link](#)
 - There are many other hotels within walking distance of the course location. Search and find one that you like!

Flight Information:

Flights into Birmingham, AL will arrive at Birmingham Shuttlesworth International Airport (BHM), which is located 5 miles from the UAB School of Health Professions (course location).

Ground Transportation:

In addition to Uber, Lyft and taxis, there are shuttles from the hotels to the School of Health Professions.