

VERTIGO

- Illusion of movement due to an imbalance of tonic vestibular activity within central or peripheral vestibular pathways (need to differentiate from light headedness)
- Commonly associated with nystagmus, postural imbalance and autonomic symptoms (sweating, nausea, vomiting)

Differential Diagnosis:

- **Peripheral Causes** – Benign Positional Vertigo, viral or ischaemic labyrinthitis, trauma, toxins, Meniere's Disease
- **Central Causes** – TIA posterior circulation (rare as only sign), migrainous vertigo, demyelination, seizures, space occupying lesions (eg cerebellopontine angle tumours)

Information Required

- Presence of Red flags
- Careful history including drug history – alcohol, benzodiazepines, barbiturates, phenothiazines, aminoglycoside antibiotics, anticonvulsants
- Associated other neurological signs – eg diplopia, nystagmus, gait ataxia, limb weakness, sensory disturbances or incoordination
- Hearing loss
- Precipitating factors – coughing, head movements
- Duration – eg BPV – last seconds, brought on by certain head movements
- Whether it is episodic
- Acute/subacute/chronic onset




Investigations Required

- FBE, EUC, LFTs
- CT head.

Fax Referrals to Neurology

- Flinders Medical Centre Fax: 8204 6932

Red Flags

-  Associated other neurological signs (sensory facial changes, diplopia, dysarthria, dysphagia, extremity weakness or numbness or incoordination) – consider central aetiology
-  Gait disturbance (ataxia)
-  CT head abnormality

Suggested GP Management

1. Careful neurological exam
2. Provocative testing – Hallpike manoeuvre: – if positive, refer to a neurophysiotherapist for vestibular exercises
3. Refer to ENT if associated hearing impairment

Clinical Resources

- Medlink Neurology – www.medlink.com

Version	Date from	Date to	Amendment
1.0	September 2014	September 2016	Original
2.0	September 2016	October 2018	Removal of RGH details
3.0	October 2019	October 2021	Red Flag Box updated

General Information to assist with referrals and the and Referral templates are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

