

00567 Dizziness, Balance and Psychological Outcomes Following Repositioning Manoeuvres in Adults With Benign Paroxysmal Positional Vertigo - Is It All That Rosy?

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Aims: Benign Paroxysmal Positional Vertigo (BPPV) is a common cause of peripheral vertigo. Repositioning manoeuvres are the gold standard treatment for BPPV and their efficacies are largely well proven. However, outcomes are often based on positional test results and subjective vertigo ratings. Functional and psycho-emotional impacts are considerably less explored. Some may experience residual dizziness and balance impairment despite resolution of BPPV while others endure persistent BPPV. The aim of this systematic review was to methodically review the available evidence on poor treatment outcomes after repositioning manoeuvre treatments in adults with BPPV.

Methodology: Six databases were systematically searched for articles, from 1997 to May 2017. Studies were included if they were prospective experimental or observational studies with a minimal follow-up of one month; involved subjects ≤ 18 years old, had BPPV and were treated with repositioning manoeuvres. Studies were excluded if they were not available in English full-text and if the outcomes used were confined to positional test and subjective vertigo rating. Methodological quality was assessed using the Joanna Briggs Institute Critical Appraisal Checklists. A standardised form was used for data extraction.

Data was synthesized in a narrative format.

Result: Twenty-eight studies were selected. The methodological quality was poor in above 60% of the studies. Treatment efficacy, based on positional test results and symptom resolution, and recurrence were the most common outcomes. Balance and quality of life measures improved after BPPV treatment but were not always normalised. Residual symptoms and psycho-emotional consequences persisted in some patients, despite resolution of BPPV. Falls were not investigated.

Conclusion: Although repositioning manoeuvres were effective in BPPV management, some patients experienced residual dizziness, postural instability, recurrences and psycho-emotional consequences. This review highlights the need for future studies to improve on methodological quality and address the issues of residual symptoms, mental health impact and falls in patients with BPPV.