

Welcome Message from Congress President

Dear friends and colleagues,

It is my great pleasure to warmly welcome all of you to Odense for the

18th International Congress in Audiovestibular Medicine – IAPA 2016

The meeting is organized in co-operation with the Danish Medical Audiological Society (DMAS) and the Danish Society for Vestibular Medicine (DSIV).

We have gathered experts in the fields of audiological medicine, vestibular medicine and hearing enhancing oto-surgery representing 19 different countries.

We hope to create a forum for great discussions and exchanging ideas and experiences for the benefit of our patients.

We hope the scientific program will spread new knowledge and initiate the exchange of ideas and strengthen networks among colleagues around the world.

Best Regards,

Rikke Schnack-Petersen



11.15-11.30

(37) Importance of Vestibular Rehabilitation in the Treatment of Unilateral Vestibular Dysfunction

Presenter: Katerina Stambolieva (Bulgaria)

Authors: Dorina Petrova, Maria Irikeva, Katerina Stambolieva

The vestibular rehabilitation therapy is increasingly used recently to relieve the symptoms of disequilibrium and vertigo. The purpose of this study was to investigate the effects of new home exercise program applied together with symptomatic treatment with vestibular suppressants. Forty-five patients with vestibular neuritis due to a viral infection (aged from 27 to 43 yrs. 16 females) were studied. All patients showed symptoms of disease in the previous 5 days. The diagnosis was based on the detailed anamnesis without previous vestibular symptoms and clinical examination, including audiometry, vestibular tests and static posturography. The patients were randomly divided in two groups: control group (20 patients) and experimental group (25 patients). The control group was treated with vestibular suppressants only while the experimental group was treated with a vestibular rehabilitation added. The studies were made before and on the tenth and twenty first day after the therapy. The postural stability was evaluated by static posturography during eyes-open and eyes-closed on firm and foam supports. The Dizziness Handicap Inventory (DHI) questionnaire was applied to evaluate severity of the dizziness and/or vertigo and the visual analogue scale (VAS) - for the intensity of vertigo attacks. On the 10th day of therapy experimental group showed significantly better than control group improvement of symptoms and postural stability documented by reduction of vertigo attacks, overall subjective score of the state of dizziness and the length of center-of-foot-pressure displacements during stance with eyes-closed on a firm support. The same trend was observed during the 21th day for VAS and postural stability while the effect of added rehabilitation increased shown by DHI results. Conclusions: The results suggest that patients benefited from the added vestibular rehabilitation. The effects of treatment were best evaluated when the balance depends on the vestibular and proprioceptive information during stance on the firm support with eyes-closed.