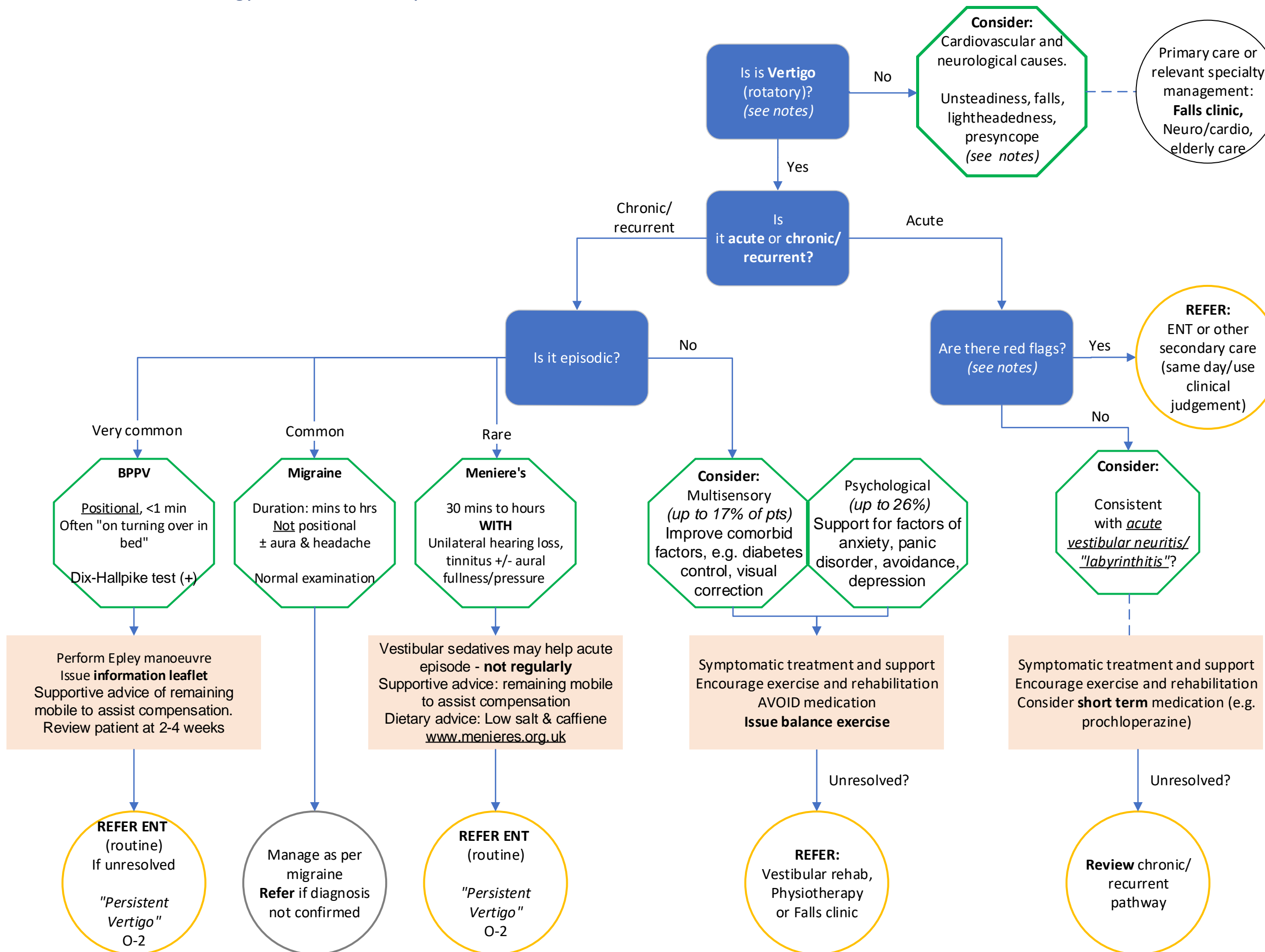


**ENT & Audiology referral Pathway: VERTIGO**



**RED FLAGS:**

**ENT:**

- \* Sudden hearing loss: Refer to ENT SHO on call (same day)
- \* Facial weakness: Refer ENT or acute med/stroke (same day)
- \* Previous ear surgery (e.g. mastoidectomy) or other associated ear symptoms (infection, hearing loss)

**Other:**

- \* Is a brainstem stroke or central cause
- \* Facial weakness
- \* HINTS: If negative
- \* Other significant neurological symptoms and signs, e.g posterior circulation symptoms, impaired consciousness, headache, visual symptoms, optic disc swelling: Refer to acute medicine
- \* Arrhythmias or blackouts: Refer cardiology/neurology as indicated

**COMMON CONSIDERATIONS:**

- Postural hypotension
- Pre-syncope/Syncope
- Arrhythmias
- Polypharmacy
- Multiple comorbidity
- Multisensory deficit

**History & Meds review**

- \* Polypharmacy leads to falls!! Especially if >4 medications
- \* Drugs causing falls: TCAs (amitriptyline), antipsychotics (prochlorperazine), benzodiazepines, anticholinergics (oxybutynin), opiates
- \* Drugs causing orthostatic hypotension - Diuretics, CCBs, ACEi, A2RBs, alpha blockers

**Investigations**

- Lying/Standing BP
- Bloods: FBC (anaemia), U&Es, HbA1c
- ECG, 24-hr ECG, ECHO

**HINTS test (acute):**

Head Impulse - positive  
Nystagmus - always horizontal & repeatable  
Test of Skew - no skew deviation

*If all present then likely acute peripheral cause (i.e. neuritis not stroke)*

**Vertigo or dizziness:**  
Vertigo feels like you or everything around you is **spinning** – enough to affect your balance. It's more than just feeling dizzy. "Did you just feel lightheaded or did you see the world spin round as through you had just got off a playground roundabout?" Patients with 'dizziness' but not vertigo, need history and examination, including cardiovascular and neurological examination. Some may need further investigation (eg, Falls clinic, cardiology)

**Positional or movement provoked:**  
Positional - induced by specific positions or change of positions  
Movement provoked - induced by movement of body (or world around)