

**COMPETENCY TRAINING**

**COMPETENCY TRAINING: BPPV Examination and Treatment**

**Candidate Name (please print) …………………………………………**

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| **Training Record:** | **Assessors Initials** | **Time and Date** |
| * Complete learning needs analysis for BPPV
* 4 hours BPPV Theory: Assessment and Treatment of BPPV
* 1.5 hours Practical: Assessment and Treatment techniques
* Self-directed practice with patients over 6 months
* 4 hours observation in Balance Clinic with Vestibular Specialist
* Portfolio evidence: 1 Written Case Study & 4 short case reflections
* 10-minute case presentation e.g. with mentor or colleagues
* OSCE or observed clinical practice in assessment and treatment techniques for BPPV by suitably qualified mentor
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| **Competency Training:** **Scope of Practice- BPPV Assessment and Treatment** | **Assessor Initials and evidence e.g. observed, examined etc.** | **Date** |
| Theoretical components and procedures:* Understands the scope of practice to include assessment of ocular motor testing, positional testing, canal repositioning manoeuvres and falls risk.

Through observed assessment and portfolio evidence the therapist should demonstrate a basic theoretical understanding of:* Anatomy and physiology of the peripheral vestibular, visual and somatosensory balance systems, specifically semi-circular canals, otoliths, receptor organs and link to central and peripheral neuro-muscular, visual and movement systems.
* Theories of BPPV
* Epidemiology and prognosis of BPPV
* Precautions and modifications to tests
* Evidence base for assessment and treatment approaches
* Prioritise and justify the physical assessment order
* Show basic awareness of other common differential diagnoses (Vestibular and Non-Vestibular) for dizziness and balance dysfunction e.g. Stroke, PPPD, Vestibular Migraine, Orthostatic BPPV etc.
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| Referral to specialist services:* Understands the use of local criteria for referral to specialist services following examination and that the criteria may vary depending on the purpose of intervention required.
* Understands when to refer to onwards e.g. Neurology, Frailty, Falls, GP, ENT or ENT dressing clinic/ Specialist ENT Nurse Practitioner for further treatment of investigation e.g. wax removal or otoscopy prior to Vestibular Function Tests if necessary, MRI, Bloods etc.
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| Equipment and environment:* Understands the equipment must be clean and is able to assess it is fit for purpose.
* Follows appropriate infection control procedures e.g. hand washing, PPE, clean clinic space
* Ensures the area is well lit, comfortable and safe from trip hazards.
* Ensures comfortable and appropriate seating for patient and practitioner.
* Ensures the appropriate equipment used if available e.g. Frenzel goggles etc.
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| **Competency:** **Training- Knowledge and Understanding** | **Assessors initials and evidence e.g. observed** | **Date** |
| Knowledge and Understanding:* Demonstrates relevant health and safety issues including hygiene and infection control.
* Demonstrates knowledge of anatomy and physiology of the outer, middle and inner ear.
* Demonstrates basic knowledge of BPPV.
* Demonstrates an awareness of the effect dizziness can have on individuals.
* Demonstrates and understanding of relevant specialist services locally.
* Demonstrates an understanding of the communication needs of individuals e.g. hearing impaired.
* Demonstrates an understanding of professional and medical ethics including informed consent and confidentiality
* Demonstrates understanding of the importance of good record keeping in line with local and professional standards.
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| **Competency Training:** **Skills- BPPV Examination and Treatment** | **Assessors initials and evidence e.g. observed**  | **Date** |
| The practitioner is able to:* Introduce self to patient and confirm ID.
* Explain procedure and gain consent.
* Washes hands and ensures patient is comfortable and in the correct position for examination.
* Maintains dignity and communicates with patient.
* Ask relevant questions about ear related symptoms e.g. onset, aggravating and easing factors, timing of symptoms (SOCRATES).
* Give clear instructions and information to subjects (including those with hearing impairment), ensuring they are understood for informed consent.
* Conduct oculomotor assessment, specifically spontaneous and gaze holding nystagmus, smooth pursuit, saccades, VOR cancellation and vergence testing.
* Safely and effectively perform the Positional Tests: Dix Hallpike, Side Lying Test and Roll Test
* Interpret effectively any observed nystagmus
* Identify the appropriate management of BPPV
* Safely and effectively perform the Canalith Repositioning Techniques (CRT) of the Epley and BBQ Roll or Gufoni
* Recognise alternative forms of BPPV and seek support from Vestibular colleagues to treat
* Advise the patient of post CRT advice and agree appropriate review
* Assess static and dynamic balance and falls risk
* Safely and appropriately use outcome measures e.g. Dizziness Handicap Inventory, Timed Up and Go, x5 Sit to stand etc.
* Maintain and manage appropriate records Complete a risk assessment as part of POMR and SOAP notes
* Communicate effectively to the patient the test procedure and treatment plan
* Communicate and educate the patient effectively regarding the diagnosis
* Document accurately assessment findings and treatment intervention
* Ensure timely reporting to medical staff of outcome and intervention
* Manage adverse incidences and complete Datix if indicated
* Effectively communicate information to other professionals.
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