

VERTIGO IN PRIMARY CARE



1. What is it?

Vertigo is a sensation of spinning or motion that can cause feelings of dizziness, unsteadiness, and loss of balance.

2. Common types



- Benign Paroxysmal Positional Vertigo (BPPV)
- Menieres Disease
- Vestibular neuritis & Labyrinthitis
- Vestibular Migraine

3. How they present

- **BPPV:** Triggered by movement/change of position. Short bouts of vertigo usually only lasting from 5- 30seconds.
- **Meniere's:** Progressive vestibular syndrome. Unpredictable attacks that can last few mins to 24hours. May report hearing loss, tinnitus, or feeling of fullness in the ear.
- **Vestibular neuritis:** Type of inner ear infection. Acute onset and symptoms typically constant. May be associated with an illness.
- **Labyrinthitis:** Similar to vestibular neuritis but will also have auditory symptom e.g. unilateral hearing loss
- **Vestibular migraine:** Can mimic Meniere's. Variable attacks, commonly lasts minutes-hours. May occur with headaches and/or visual changes. May have episodes of photophobia and phonophobia.

5. Management

- Ensure you have assessed/ruled out other central causes such as cervical arterial dissection or stroke (consider risk factors and other symptoms e.g. 5Ds 3Ns)
- If trained, consider Epleys maneuver or Brandt-Daroff exercises for BPPV
- Liaise with GP colleagues with your suggestions on diagnosis, and arrange further assessment and management

