

VERTIGO CDU PROTOCOL

INCLUSION CRITERIA

- Likely peripheral vertigo
- Normal cerebellar exam (heel – shin or finger to nose testing)
- Normal cranial nerve exam (corneal reflex, EOM intact)

EXCLUSION CRITERIA

- Acute hearing loss, double vision, neuro deficits
- Severe headache or head trauma associated with vertigo (see head injury/concussion protocol)
- High clinical suspicion of central vertigo or stroke

CDU INTERVENTIONS AS INDICATED

- Medication – Benzodiazepines
- Anticholinergics (e.g. antivert, Benadryl)
- Antiemetic (e.g. Phenergan, Compazine)
- Appropriate IV hydration
- Further testing when indicated, e.g. blood work, head CT, brain MRI
- Consultation as indicated (e.g. ENT, Physical therapy for vestibular rehab)
- Advance diet and ambulate as tolerated

CDU DISPOSITION

Home

- Acceptable vital signs
- Able to ambulate and care for self safely in home environment
- Able to take po medications
- Outpatient referral for vestibular rehab at NERH as appropriate

Admit

- Unacceptable vital signs or clinical condition (eg stroke)
- Significant lab or imaging abnormalities
- Unable to take PO meds or care for self in home environment
- Fails PT assessment if having difficulty with ambulating safely