

Presented: September 24th, 2008. AAO-HNS

DizzyFIX - A new dynamic visual device for the treatment of Benign Paroxysmal Positional Vertigo.

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Abstract:

Objective: To prospectively test a completely new dynamic visual device for the home treatment of Benign Paroxysmal Positional Vertigo (BPPV). **Design:** Prospective controlled cohort study. **Methods:** Patients with active BPPV used a new device (The DizzyFIX) as their primary treatment modality and were then compared with retrospective physician guided controls. **Main outcome measures:** The Dix-Hallpike maneuver at one week post treatment. **Results:** Patients using the DizzyFIX had no evidence of nystagmus in post treatment Dix-Hallpike maneuvers at one week in 88% of cases (n=40). This rate was comparable to that of the retrospective standard treatment group (83%, n=40). This difference was not significant (p=0.308). There were no significant complications from the DizzyFIX **Conclusions:** The use of this new device enables patients to safely conduct an effective particle repositioning maneuver on their own and achieve success rates similar to those of an otolaryngologist. **Keywords:** BPPV, Self treatment, Randomized, Device, Prospective trial