



The Value of Audiologists in the Assessment and Treatment of Balance and Dizziness



Vestibular Testing and Treatment by an Audiologist Promotes Efficient Patient Care and Improves Outcomes.



adults in the United States report a balance or dizziness problem in the past 12 months. ¹




of patients in balance/dizziness clinics have BPPV with a lifetime prevalence of 2.4%. ^{2,3,4}



Many patients with balance or dizziness problems receive inefficient and/or unnecessary services leading to a costly care pathway.

- These patients are often seen by **three or more** health professionals. ^{5,6}
- Patients with diagnosed BPPV undergo unnecessary imaging (**19%**) and are prescribed ineffective medication (**19%-50%**). ^{5,7}
- Treating BPPV costs approximately **\$8,247** per year per patient. ⁸
- Unnecessary care (e.g., excessive appointments, unwarranted imaging tests, inappropriate treatments) costs an average of **\$2,009.63**. ⁶
- Although nearly **90%** of primary care physicians agree that assessing balance is important when patients report symptoms, approximately **55%** indicate that they do not have time to include a balance screening during routine care. ⁹

The Audiologist's Role

- Assess vestibular and balance function, 
- Provide differential diagnosis, including for BPPV,
- Treat BPPV with canalith repositioning maneuvers, &
- Refer patients to other providers as needed. ^{10,11}



Audiologist involvement in vestibular testing and treatment improves patient outcomes, referral pathways, and interdisciplinary care.

- **100%** of patients report reduction or complete resolution of BPPV symptoms with audiological care. ^{*12}
- **63.9%-94.2%** of BPPV patients experience symptom resolution after canalith repositioning maneuvers and are **17.3%-55%** less likely to experience relapse of symptoms than those who do not receive treatment. ^{13,14,15,16}
- Patients are seen an average of **23** days sooner with triage through an audiologist. ¹⁷
- **93%** of patients receive a definitive diagnosis after a single appointment in a multidisciplinary care clinic with an audiologist. ^{*18}
- The diagnostic accuracy of BPPV increases **59%** when the initial examination includes an audiologist. ^{*19}
- **51%** of patients are treated and discharged after the first visit when care is triaged through an audiologist. ^{*20}
- Secondary referrals decrease **36%**, with **78%** of patients managed without a referral to an otolaryngologist. ^{*7,20}

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