

Your Dizzy Examination via a video phone and/or computer

I would like you take you through this examination. I hope it not too difficult to do by video smartphone or computer.

General Instructions

Using your phone please concentrate on looking at the camera lens and **NOT** either my face or your face on the phone screen

I would like you to hold your telephone fairly close to your face so that I can see **both of your eyes and upper part of your nose – I will tell you when you are in the correct position.**

It is very important for you to keep your head straight and **your eyes looking into the camera lens only.**

Again, please do not get distracted by my face or your face.

The 1st part of the examination

In this part, I want you to **always have your head facing straight forward** and **always have your eyes always looking into the camera lens.**

I will be asking you to move the camera lens and track the camera lens with your eyes whilst your head is fixed in a straight-ahead position.

Task 1

Move the camera lens to the right by 20° then to the left by 20° slowly back and forth.

This task is to check your cranial nerves, smooth pursuit and for any nystagmus.

Task 2

Move the camera lens up by 20° then down by 20° slowly up and down.

This task is again to check your cranial nerves, smooth pursuit and for any nystagmus.

When looking up I may ask you to lift your right eyelid. When looking down I may ask you to lift your right eyelid.

Task 3

Bring the camera lens quite close to your face, between your eyes, and focus on the camera lens.

This is to check for convergence and nystagmus.

Task 4

Hold the phone in front of your nose and eyes with your left hand and look into the camera lens.

Raise your right index finger so it is 20° to the right

I will count down “3-2-1” and on “1”, I would like you to quickly look at your right finger and stay fixed on it. I may ask you to do this again.

THEN THE OTHER SIDE

Hold the phone in front of your nose and eyes with your right hand and look into the camera lens.

Raise your left index finger so it is 20° to the left

I will count down “3-2-1” and on “1”, I would like you to quickly look at your left finger and stay fixed on it. I may ask you to do this again.

This is to check for targeting.

Task 5

Hold the phone in front of your nose and eyes with your left hand and look into the camera lens.

Repeatedly cover and uncover your right eye with your right hand.

THEN THE OTHER SIDE

Hold the phone in front of your nose and eyes with your right hand and look into the camera lens.

Repeatedly cover and uncover your left eye with your left hand.

This is to check for skew deviation.

The 2nd part of the examination

In this part, I want you to **always have your eyes always looking into the camera lens** whilst **you turn your head towards the straight-ahead position.**

Task 6

Hold the phone in front of your nose and eyes with your left hand and look into the camera lens.

Turn your head 20° to the right but still looking at the phone lens out of the corner of your eye.

I will count down “3-2-1” and on “1”, I would like you to quickly turn your head, so it is facing forward whilst you continue to keep your eyes fixed on the camera lens.

THEN THE OTHER SIDE

Turn your head 20° to the left but still looking at the phone lens out of the corner of your eye.

I will count down “3-2-1” and on “1”, I would like you to quickly turn your head, so it is facing forward whilst you continue to keep your eyes fixed on the camera lens.

This task is to check for how the inner ears are working – it is called the head thrust test.

The 3rd part of the examination

Task 7

The next task as important is may show you have loose crystals in the inner ear.

Sit on the end of your bed in the middle.

Make sure there is a pillow behind you so that when you lean back it will go underneath your shoulders and not your head.

I will count down “3-2-1” and on “1”, I would like you to you to lie back quite quickly with you pillow between your shoulders and turn your head about 45° **the right** and keep looking into the camera lens. If you feel dizzy keep your eyes open and keep looking into the camera lens.

THEN THE OTHER SIDE

I will count down “3-2-1” and on “1”, I would like you to you to lie back quite quickly with you pillow between your shoulders and turn your head about 45° **the left** and keep looking into the camera lens. If you feel dizzy keep your eyes open and keep looking into the camera lens.

If you have a positive result, then I will send you exercises and advice sheet on how to treat crystals and the inner ear.

The 4th part of the examination

Task 8

Make sure you do not feel unsteady from the 3rd part of the examination could you ask somebody to use your phone whilst you are walking up and down to the door in your room so I can see how you walk and turn and come back to the camera.

This is to check your walking and turning patterns.

The 5th part of the examination

Task 9

If you feel faint when you stand up quickly then I will send you instructions on how to test your heart rate and blood pressure over the next few days using a blood pressure measuring device which you can obtain from any chemist.

This is to check for low blood pressure on standing.