



## FREE PAPER FORM

- SUBMITTING AUTHOR'S (FIRST NAME and LAST NAME):  
Tania Stadsbader
- AUTHOR'S E-MAIL:  
info@house4balance.org
- COMPLETE LIST OF AUTHORS (All authors contributing to this abstract should be listed here, first name last name)  
*EXAMPLE: Nicolas Perez-Fernandez <sup>1</sup>, Eduardo Martin-Sanz <sup>2</sup>, Jose A. Lopez-Escamez <sup>3</sup>*  
Tania Stadsbader 1, Floris Wuyts 2, Alexandre Bisdorff 3
- ACADEMIC/HOSPITAL AFFILIATION (Use superscripts in case of multiple affiliation for each author or multiple institutions):  
Tania stadsbader: Founding President House4balance, Author 'Dizzy Me. Light on balance' and ex BPPV/VP patient - Belgium, Floris Wuyts: Head of LEIA - Lab for Equilibrium Investigations and Aerospace - University of Antwerp - Belgium, Alexandre Bisdorff: Barany Society - Department of Neurology, Centre Hospitalier Emile Mayrisch - Luxemburg
- Are you eligible and do you want to apply for the WON-SANG LEE AWARD?  
 Yes  No
- ABSTRACT TITLE:  
How worldwide disclosure of a clear helicopter guideline & protocol - including +15 (neuro)vestibular disorders for primary & secondary care physicians - can turn a lack of in-depth understanding of balance disorders TODAY into early diagnostic evaluation & effective management of vestibular disorders TOMORROW.
- **A BRIEF (<400 WORDS) DESCRIPTION OF THE THEME AND TARGET AUDIENCE:**  
Tania Stadsbader is an ex patient with 15 years of dizziness & misdiagnosis. Cured in 2008, she became Founding president of 'House4balance'. Medical insights are changing very fast but patient stories don't follow this trend. Balance disorders were overlooked in medicine for years. Most physicians have limited ability to diagnose & treat them & may not even be aware of them. The search for proper diagnosis & effective treatment can be long & frustrating for both patients and their doctors. The Barany society has enabled to define the criteria of a whole series of vestibular disorders & continues to work on several ones & to update existing criteria. These are separate papers, published in JVR. But does the outcome reach those confronted with the patient? In most cases their first consult is at the GP or ED, where clinicians aren't aware of the complexity of balance disorders, although these professionals are crucial for differential diagnosis & the decision on which tests to be done & treatment to start. A HELICOPTER PROTOCOL - Tania Stadsbader & Floris Wuyts started BSGVesD. The aim of this Belgian working group on vestibular disorders is to create a set of guidelines for the GP & ER clinicians so that patients with vestibular disorders won't have to wait months before they get an appropriate diagnose or worse, are treated for incorrect diseases. They will present this Belgian example at Barany2020 as a working model for other countries. TRAINING - Dealing with vestibular disorders also requires knowledge & skills which cross the traditional boundaries of medical specialties. This

constitutes a problem because of the way training of doctors is organized. Research into the diagnostic accuracy in patients with vestibular disorders unfortunately reveals that in a majority of cases there will be an inadequate diagnosis, which may entail unwarranted investigations or failing to do adequate testing & result in bad management. Vestibular science, both basic & clinical, have made great advances in the last decades, & the Bárány Society, which brings together basic scientists & clinicians across the spectrum of professions dealing with vestibular disorders has contributed greatly to the development of vestibular medicine. In 2009, the Bárány Society started the International Classification of Vestibular Disorders (ICVD); this made the field more visible & is the basis for harmonizing diagnostic approaches worldwide. As spin offs of the ICVD, teaching & updating doctors' & other professionals' knowledge on vestibular disorders should improve. Outreach to patients could help to promote the ICVD & lay versions of the definitions & general information on vestibular disorders should help anybody to know better what should be expected from professionals dealing with these disorders. OUTCOME - Shorten time towards appropriate diagnosis & regain their family lives & career, resulting in a smaller socio-economic cost.

[Click here to write](#)