

Dizziness and Vertigo Care Flowchart_V1.2

General Presentation

- Spinning or falling sensation
- Feeling of lightheadedness or faintness
- Loss of balance
- Accompanied with blurred vision
- Accompanied with nausea, vomiting
- Hearing loss

DIZZINESS & VERTIGO

Look for alarm features

- Severe headache, nausea and vomiting
- Hearing or visual loss
- Problems with speech
- Weakness/numbness of arms or legs
- Collapse or periods of unconsciousness
- Chest pain
- An abnormally slow or fast pulse or irregular pulse
- Very sudden onset of vertigo; Recurrent or persistent vertigo
- Seizures

Dizziness

Sensation of feeling faint / light headed/
weak or unsteady

Vertigo

Sensation of spinning of surroundings
or self

Refer to vertigo
care flow chart

Clinical assessment through
history and physical examination

Hypoglycemic dizziness

- Give 1 tbsp of sugar/honey or 15 gm of glucose gel.
- Wait 15 min and check blood sugar; repeat treatment until blood sugar comes to 70 mg/dl or above.

Dizziness due to dehydration

**Give ORS but
if severe
dehydration;
then refer to
hospital**

History S/o cardiovascular disease

**Refer to
hospital**

Presyncope due to orthostatic hypotension

Advise patient to:

- Slowly get up from sitting/lying down and avoid standing in the same position for long.
- Maintain adequate fluid intake; avoid alcohol.
- Compression stockings

Presyncope due to vasovagal attack

- Advise to avoid triggers.
- Fruity drink such as lemonade.
- Ask to lay down with legs raised with pillow.
- Exercise-ask to make muscles of body, arms, and legs tense.

Dizziness due to Panic anxiety

Relaxation techniques;
anxiolytic agents;
referral for counseling services

High blood pressure

**Refer to
hypertensi
on care
flowchart**

Principles of management:

- Explanation & reassurance
- Drug therapy for underlying pathology and other symptomatic treatment
- Epley manoeuvre and other vestibular rehabilitation exercises
- Referral management to an ENT specialist if condition worsens or in presence of alarm features

