

Web-based system works well for diagnosis, treatment of recurrent vertigo

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A web-based system is efficacious for the diagnosis and treatment of

recurrent benign paroxysmal positional vertigo (BPPV), according to a study published online Jan. 17 in *JAMA Neurology*.

Hyo-Jung Kim, Ph.D., from the Seoul National University Bundang Hospital in South Korea, and colleagues examined the efficacy of web-based diagnosis and treatment of BPPV when it recurs in a [cohort](#) of 585 patients with diagnosed and treated BPPV. Patients were randomly assigned to the treatment group or control group in a 1:1 ratio (292 and 293 participants, respectively).

The treatment group completed a questionnaire for diagnosis and received a video clip for self-administration of the canalith repositioning maneuver (CRM) when they experienced positional vertigo again, according to the type of BPPV diagnosed. Patients in the [control group](#) received a video clip for CRM self-administration based on the type of BPPV diagnosed on enrollment.

The researchers found that 128 patients (21.9 percent) had recurrence (58 and 70 in the treatment and control groups, respectively); 109 successfully used the web-based system. In the intention-to-treat analysis, 72.4 and 42.9 percent of participants in the treatment and control groups, respectively, reported vertigo resolution.

"This randomized multicenter controlled trial demonstrated the efficacy of a web-based [diagnosis](#) and treatment system for recurrent BPPV," the authors write. "Furthermore, most [patients](#) were able to use this system without difficulty when they had a presumed recurrence of BPPV."

Several authors disclosed financial ties to DZMED.

More information: Hyo-Jung Kim et al, Effect of Self-treatment of Recurrent Benign Paroxysmal Positional Vertigo, *JAMA Neurology* (2023). [DOI: 10.1001/jamaneurol.2022.4944](https://doi.org/10.1001/jamaneurol.2022.4944)

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