



Clinical Trial: Tele-nystagmography

Redefining the diagnosis and treatment of episodic vertigo

This trial uses tele-nystagmography (TNG), a new method of recording time-of-attack eye movements allowing direct diagnosis of vestibular pathologies causing vertigo or imbalance.

Patients are given TNG goggles which are robust, lightweight and portable, and asked to self-apply the device whenever an episode of vertigo or imbalance occurs.

The device digitally records involuntary movements of the eyeball (nystagmus) during vertigo or imbalance episodes for subsequent display and analysis by a clinician.

New patients referred with episodic vertigo or dizziness will be prospectively recruited for this study through the Vertigo Clinic at the Fremantle Hospital Ear, Nose and Throat Department. After randomisation into two groups, the control group will undergo the current management pathway and the interventional group (TNG group) will use the TNG goggles for up to a month to record their episodes of dizziness.

Inclusion criteria

Eligible participants will:

- experience episodic vertigo or dizziness with at least one episode every two weeks.
- have regular episodic vertigo or dizziness as a major symptom.
- be able to physically handle and take home pair of goggles or have someone who is nearly always available to help them administer the device.

Exclusion criteria

Ineligible patients are those who:

- experience vertigo or dizziness due to known cardiac or blood pressure-related conditions
- physically cannot handle the goggles due other medical reasons.
- are already undergoing workup for their vertigo/dizziness problem.

Recruitment process

Participants must be referred by a doctor to the Fremantle ENT Outpatients Department. The referral letter must clearly indicate that the patient is to be considered for the TNG trial.

Alternatively, referral letters can be emailed to FH.ENTTNGTrial@health.wa.gov.au.

More information

For any queries please contact us at FH.ENTTNGTrial@health.wa.gov.au or via telephone on (08) 93869487 (email preferred).