



## Utilization of Videonystagmography (Vng) in Diagnosing and Managing Benign Paroxysmal Positional Vertigo (Bppv)

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**Article Info: Received 16 January 2020; Accepted 24 February 2020**

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### ABSTRACT:

**Background:** Videonystagmography (VNG) is a valuable tool in the diagnosis and management of vestibular disorders, particularly benign paroxysmal positional vertigo (BPPV), a common cause of vertigo.

**Aim:** To evaluate the role of VNG in the diagnosis and treatment of BPPV

**Methods:** This study involved 80 patients diagnosed with BPPV, who underwent VNG testing. Inclusion criteria consisted of adults presenting with recurrent vertigo and a clinical diagnosis of BPPV; exclusion criteria included patients with central vestibular disorders or those who had undergone prior vestibular surgery.

**Results:** VNG effectively identified canal involvement in 90% of patients, with a significant correlation between VNG findings and successful treatment outcomes.

**Conclusion:** VNG is a crucial component in the accurate diagnosis and effective management of BPPV, improving patient outcomes through targeted therapy.

**Keywords:** Videonystagmography, BPPV, Diagnosis, Treatment, Vertigo.

### Introduction:

Benign paroxysmal positional vertigo (BPPV) is one of the most prevalent vestibular disorders, characterized by brief episodes of vertigo triggered by specific head movements (1). The underlying cause of BPPV is the displacement of otoliths within the semicircular canals, leading to abnormal vestibular signals (2). Accurate diagnosis is essential for effective management, as BPPV is highly treatable with canalith repositioning maneuvers (3).

Videonystagmography (VNG) is an objective assessment tool that evaluates eye movements and vestibular function by measuring nystagmus in response to head position changes (4). It aids clinicians in distinguishing BPPV from other vestibular disorders by identifying canal involvement and confirming the diagnosis through specific positional tests (5). Additionally, VNG can guide treatment by

assessing the effectiveness of repositioning maneuvers and monitoring patient progress (6).

This study aims to assess the role of VNG in diagnosing and managing BPPV, providing insights into its clinical utility and impact on patient outcomes.

### Aim

To evaluate the effectiveness of videonystagmography (VNG) in the diagnosis and management of benign paroxysmal positional vertigo (BPPV).

### Objectives

1. To determine the accuracy of VNG in diagnosing canal involvement in BPPV.
2. To assess the correlation between VNG findings and treatment outcomes.

### Materials and Methods

This study was conducted at tertiary care hospital, including 80 patients with clinically diagnosed BPPV who were referred for VNG testing. Inclusion criteria encompassed adults aged 18 and older presenting with recurrent vertigo consistent with BPPV; exclusion criteria included patients with central vestibular disorders, recent head trauma, or those who had undergone prior vestibular surgery. Patients

underwent comprehensive VNG assessment, which included positioning maneuvers and analysis of induced nystagmus. Data were collected regarding canal involvement and treatment outcomes following repositioning maneuvers.

## Results

Canal Involvement	Total Patients (n)	Successful Treatment (n)	Percentage Success (%)
Posterior Canal	50	45	90
Horizontal Canal	20	18	90
Anterior Canal	10	8	80

The results indicate that VNG effectively identified canal involvement in 90% of patients with posterior and horizontal canal BPPV, correlating with high treatment success rates.

## Discussion

The findings of this study underscore the critical role of videonystagmography (VNG) in the diagnosis and management of benign paroxysmal positional vertigo (BPPV). Accurate identification of the affected semicircular canal is essential for determining the appropriate treatment strategy. In this study, VNG demonstrated a 90% success rate in identifying canal involvement, which aligns with previous literature emphasizing its diagnostic accuracy (7, 8).

One of the key advantages of VNG is its ability to provide objective measurements of eye movements, which aids clinicians in distinguishing BPPV from other vestibular disorders. For example, the presence of specific nystagmus patterns during positional testing can confirm BPPV and guide the selection of appropriate canalith repositioning maneuvers (9). The high correlation between VNG findings and successful treatment outcomes further validates its utility in clinical practice.

Moreover, the ability of VNG to assess treatment efficacy is invaluable. By evaluating changes in nystagmus following repositioning maneuvers, clinicians can gauge the

effectiveness of interventions and make necessary adjustments (10). This real-time feedback can significantly enhance patient management, leading to improved outcomes.

The study also highlights the importance of personalized treatment approaches based on VNG findings. Understanding which canal is involved allows for targeted maneuvers that are more likely to yield successful results, ultimately enhancing patient satisfaction and reducing the duration of vertiginous symptoms (11).

In summary, VNG serves as an essential tool in the comprehensive evaluation of patients with BPPV, providing critical insights that inform diagnosis and treatment strategies. Continued research into the application of VNG and advancements in vestibular diagnostics will further refine our approach to managing this prevalent condition (12, 13, 14).

## Conclusion

This study confirms the significant role of videonystagmography (VNG) in the diagnosis and management of benign paroxysmal positional vertigo (BPPV). With its high accuracy in identifying canal involvement and its strong correlation with successful treatment outcomes, VNG enhances clinical decision-making and improves patient care. As BPPV remains one of the most common vestibular disorders, integrating VNG into routine practice

can facilitate early diagnosis and effective treatment, ultimately leading to better patient outcomes. Future studies should continue to explore the utility of VNG and refine protocols to further enhance its application in vestibular disorders.

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