

UCSF BALANCE CENTER
2380 Sutter Street, First Floor
San Francisco, CA 94115

Please read the following packet of information. **You will be scheduled for a balance assessment once we have received and reviewed the completed paperwork.** You can mail or fax the paperwork to our clinic. Please **allow two hours for test completion.** Please do your best to arrive at your scheduled appointment on time, so we are able to complete the entire test.

An audiologic examination (hearing test) is an important part of the balance assessment. If you have had an audiologic examination within past 6 months, please fax/mail a copy of your latest test results. If you have not had an audiologic exam within past 6 months, we will need to schedule an appointment for an audiologic evaluation prior to the balance assessment. Balance testing cannot be completed without receipt of audiologic assessment results.

BALANCE ASSESSMENT OVERVIEW

Balance assessment protocol at UCSF is made up of a number of subtests that examine the effectiveness and interaction of your vestibular system (the inner ear), and screens the somatosensory (flex and pressure sensors in your feet), and vision system contribution to your overall stability and balance. The assessment will help us determine which system may be contributing to your specific symptoms, and give direction for treatment.

The assessment includes a videonystagmography (VNG) or electronystagmography (ENG) test. The VNG/ENG evaluation is separated into three subtests.

Oculomotor: The first subtest assesses the visual system for balance, called the oculomotor system. In this test, measurements of the various voluntary or controlled eye movements are taken. This is achieved by completing a series of exercises while visually following a dot on a light bar.

Positional/Positioning: The second subtest is called the positional/positioning test, focusing on the vestibular system, which is the balance structure of the inner ear. During this part of the test, movement of the head and/or head and body is executed in order to monitor how the vestibular system reacts to these movements and to changes in gravity.

Calorics: The final subtest is called the caloric test. This measurement determines how well the vestibular system responds by applying warm and cool air into each ear canal separately. Comparisons are then made of the vestibular system’s performance from one side to the other, and whether a possible weakness or hyper-response may exist within the inner ear. During the caloric test, it is not unusual to experience a sensation of movement which goes away immediately following the completion of the caloric test.

There are no long-term effects from the test battery, though it is not unusual to feel fatigued or slightly unsteady following completion of the test. As a result, it is recommended, but not required, to have someone available to escort you home.

Check-list of items required:

	Completed	Not completed
Case history form		
Dizziness handicap inventory		

	Completed Results Attached	Not completed Appointment Scheduled	Not completed Schedule Appointment
Audiologic Exam			

I have received and read the patient instructions for balance assessment including the restrictions for medications. I understand that compliance with these instructions is very important for successful testing.

Patient Name (printed)

Phone Number

Patient Signature

Date

If you have any questions, please feel free to contact Audiology Clinic at (415) 353–2101.