



HMDP Visiting Experts FY25

OFFICIAL PROGRAMME

Note:
The programme is accurate at the time of publication, and is subject to change at any time without prior notice.

EXPERT NAME
Richard Edward Gans

START DATE
23 Feb 2026

END DATE
7 Mar 2026

SPECIALTY/TITLE OF PROGRAMME
Vestibular Rehabilitation

HOSTING INSTITUTION
Changi General Hospital

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
23 Feb 2026 (Monday)	9.00am – 1.00pm (Inclusive of 30 min tea break at 10.00am)	<u>Lecture/Self-directed Study</u> Anatomy and Physiology of the Vestibular System Welcome and Introduction - Statement of need and demographics - Historical perspective Anatomy and Physiology of the Vestibular System - Peripheral - Central Central Vestibular Compensation: How and Why VRT works Understanding Sensory Integration of Equilibrium - Eye movements - Modified CTSIB (evidence to use or not the use) - Pendular Pursuit - Saccades - Optokinetic - Corrective Saccades - Nystagmus (Normal versus abnormal) - Vestibular Reflex systems Vestibulo-ocular (VOR) Vestibulo-collic (VCR) Vestibulo-spinal (VSR) Common Disorders Affecting Vestibular and Balance Function - Benign Paroxysmal Positional Vertigo (BPPV) - Migraine - Psychological Considerations/PPPD - Concussion - Otologic - Trauma - Toxicity - Neurologic	• To provide comprehensive understanding of vestibular system anatomy, physiology, and rehabilitation principles. • To identify and understand the various medical conditions and disorders that can cause vestibular dysfunction and balance problems.	NO	CGH IB-L3-4 and 5 (50 pax)	

		- Rheumatology/Autoimmune - Cervicogenic - Other				
	1.00pm – 2.00pm	Lunch				
	2.00pm – 5.00pm (Inclusive of 30 min tea break at 330pm)	Lecture/ Self-directed Study Introduction to concussion management Vestibular trajectory of concussion - Review of the role of Vestibular System and Concussion - BPPV-Incident and Prevalence with Concussion - Vestibular Hypofunction-review of Labyrinthine Concussion - Building a Concussion Management Strategy	To understand and manage patients with concussion.			

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24 Feb 2026 (Tuesday)	9.00am – 11.00am	Lecture Evaluation & assessment protocols - Acute versus Sub-acute - Episodic Spontaneous vestibular syndrome - Chronic vestibulopathy - Compensated vs. Non-compensated - Goals and plan of care - ICD-10 and CPT codes Evaluation – Interview - Clinical Pathways Pertinent medical history Selecting appropriate vestibular evaluation tests Clinometric Evaluation - Postural Stability - Gans SOP Evaluation - Oculomotor & VOR - Bedside gaze assessment - Head Thrust/Impulse Test - Dynamic Visual Acuity	How to evaluate and assess vestibular disorders using clinical tests and diagnostic protocols.	NO	CGH IB-L3-4 and 5 (50 pax)	

		- Post headshake nystagmus - Optokinetic test - Motion Sensitivity Index Cervicogenic considerations - Vertebral artery compromise - Cervical Dizziness and Joint Position Sense Test				
	11.30am – 1.00pm	<u>Case Discussion</u> Discussion of public hospital VNG protocols and case studies - Building the most sensitive test battery	• To develop and implement optimal VNG test protocols in public hospital settings through case-based learning.			
	1.00pm – 2.00pm	<u>Lunch</u>				
	2.00pm – 3.30pm	<u>Demonstration/Hands-on session by Interacoustics</u> - Oculomotor subtests - Gaze subtests - High frequency headshake - Positional tests Supine. Head vs Body positional. Lateral body high frequency headshake - Positioning tests Traditional vs. fully supported vs. side-lying - Calorics	• Hands-on training in performing VNG testing techniques and protocols.			
	4.00pm – 5.00pm	<u>Lecture/Case Discussion</u> Administration, result interpretation, cross check principle of VNG test battery	• To develop skills in VNG testing procedures, data analysis, and result verification using cross-check validation methods.			

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25 Feb 2026 (Wednesday)	9.00am – 1.00pm	<u>Lecture</u> - Rotatory Chair training SHA, VOR Suppression, Velocity Step Rotation - vHIT Lateral, RALP, LARP, interpretation and considerations - Vestibular Evoked Myogenic Potentials (VEMP) cVEMP, oVEMP, clinical applications	• To develop proficiency in advanced vestibular testing techniques including rotatory chair, vHIT, and VEMP assessments, with integrated case-based interpretation skills.	NO	CGH IB-L3-4 and 5 (50 pax)	

		- Integration of test findings - Putting in together: case studies				
	11.30am – 1.00pm	<u>Demonstration/Hands-on session by Interacoustics</u> Rotatory Chair vHIT Vestibular Evoked Myogenic Potentials (VEMP)	• To provide hands-on training in operating advanced vestibular testing equipment.			
	1.00pm – 2.00pm	<u>Lunch</u>				
	2.00pm – 5.00pm (Inclusive of 30 min tea break at 330pm)	<u>Lecture</u> Paediatric vestibular assessment Pediatric Vestibular Disorders and Syndromes Advances in Pediatric Vestibular Assessment Behavioral and electrophysiologic testing e.g., VEMP, vHIT.	• To develop expertise in assessing vestibular disorders in paediatric patients using age-appropriate behavioural and electrophysiologic testing methods.			
	4.00pm – 5.00pm	<u>Case Discussion</u> Paediatric case studies	• To develop clinical reasoning skills in paediatric vestibular assessment through case-based analysis and discussion.			

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26 Feb 2026 (Thursday)	9.00am – 1.00pm (Inclusive of 30 min tea break at 11.00am)	<u>Lecture</u> Vestibular Rehabilitation Therapy (VRT) - Diagnosis Based Strategies - Theories of Adaptation, Habituation, and Substitution - Role of Attention and Cognition - Evidence-based Clinical Pathways: Using VRT protocols and creating patient-centered therapy Identification of functional impairment by categories - Oscillopsia - Vestibular Recruitment - Vestibular visual integration-vision/surface dependence Building and Implementing VRT Protocols: Dual Tasking Precautions to VRT Summary and Concluding Remark	To develop competency in designing and implementing evidence-based vestibular rehabilitation therapy protocols using diagnosis-specific strategies and patient-centred approaches.	NO	CGH IB-L3-4 and 5 (50 pax)	
	1.00pm – 2.00pm	<u>Lunch</u>				
	2.00pm – 5.00pm (Inclusive of 30 min tea break at 330pm)	<u>Lecture</u> Self-directed Case Studies - Vestibular Evaluation and Clinical Forms - Balance and Equilibrium Outcome Measurement Tools - Patient Education Forms - Self-directed Vestibular Rehabilitation Program and Protocols - Clinician-directed Vestibular Rehabilitation Program and Protocols	To develop independent clinical skills through self-directed practice using vestibular evaluation forms, outcome measures, and rehabilitation protocols.			

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27 Feb 2026 (Friday)	9.00am – 1.00pm (Inclusive of 30 min tea break at 10.00am)	<u>Bedside Evaluation Demonstration and Practice</u> Vestibular Assessment and Management - Gans SOP - Bedside gaze assessment - Head Thrust/Impulse Test - Dynamic Visual Acuity (DVA) (needs AIB DVA or must use Snellen chart) - Post-Headshake Nystagmus Test - Optokinetic Test - Motion Sensitivity Index - Cervicogenic Testing Vertebral Artery Screen Cervical Dizziness Test(s) Joint Position Sense Test	To develop practical skills in performing bedside vestibular assessments and cervicogenic testing through hands-on demonstration and practice.	NO	CGH IB-L3-4 and 5 (50 pax)	
	1.00pm – 2.00pm	<u>Lunch</u>				
	2.00pm – 3.00pm	<u>Lecture</u> Vestibular Rehabilitation Therapy (VRT) - Review of Evidence-based Clinical Pathways: Using VRT protocols and creating patient-centered therapy - Identification of functional impairment by categories Oscillopsia Vestibular Recruitment Vestibular visual integration-vision/surface dependence Building and Implementing VRT Protocols	To build skills in implementing evidence-based vestibular rehabilitation therapy protocols tailored to specific functional impairments and patient needs.			
	3.30pm – 5.00pm	<u>Case study/Manual practice/Hands-on by vendor</u> Vestibular Rehabilitation Therapy (VRT)	To provide hands-on experience in applying vestibular rehabilitation therapy techniques through case-based practice and vendor-guided instruction.			

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2 Mar 2026 (Monday)	9.00am – 1.00pm (Inclusive of 30 min tea break at 10.00am)	<u>Lecture</u> Demonstration of Canalith Repositioning Maneuvers (CRM) Manual practice hands-on – CRMs - Posterior Canal Modified Canalith Re-positioning (CRM Epley/Herdman style) Semont Liberatory Maneuver (SLM) Gans Repositioning Maneuver (GRM) - Horizontal Canal Appiani Casani Horizontal Hybrid Maneuver Barbeque Roll - Anterior Canal Yacovino/Modified Yacovino Performing Vertebral artery test before Dix Hallpike test: how to perform and what are the things to look out for	To build practical skills in performing canalith repositioning maneuvers for all semicircular canals and conducting safe vertebral artery screening procedures.	NO	CGH IB-L3-4 and 5 (50 pax)	
	11.30am – 1.00pm	<u>Lecture</u> - Complex case studies/Mixed canal/Multi-canal BPPV	To develop clinical reasoning skills for managing complex and multi-canal BPPV cases through case study analysis.			
	1.00pm – 2.00pm	<u>Lunch</u>				
	2.00pm – 3.30pm	<u>Demonstration/Hands-on session:</u> Canalith Repositioning Maneuvers (CRM)	To provide hands-on practice in performing canalith repositioning maneuvers.			
	4.00pm – 5.00pm	<u>Lecture and Q&A</u> - Questions and Answers - Summary and Concluding Remarks	To consolidate learning through interactive discussion and provide comprehensive course summary and conclusions.			
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3 Mar 2026 (Tuesday)	9.00am – 11.00pm	<u>Clinical Visit to Changi General Hospital Audiology Clinic</u>	- To evaluate current clinical setup and clinical protocols. - Facilitate knowledge exchange and sharing on how to set up a vestibular service that is tailored to each hospital's unique needs.	NO	CGH Clinic 2B room 23 (15 pax)	
	11.00am – 12.00pm	<u>Clinical Visit to Changi General Hospital Physiotherapist Clinic</u>	To evaluate current clinical setup and clinical protocols.		CGH ARTC	
	12.00pm – 2.00pm	<u>Lunch and travelling to SGH</u>				
	2.00pm – 3.00pm	<u>Equipment & Demonstration Setup at SGH</u> - Adult vestibular assessment setup requirements - Paediatric assessment modifications and adaptations (for oculomotor testing, rotatory chair) - Key differences in setup between age groups - Safety considerations for each population	To evaluate current clinical setup and clinical protocols.		SGH	
	3.00pm – 4.00pm	<u>Lecture on Gans Sensory Organisation Performance (SOP) Testing Protocol</u> - Standardised Gans SOP test procedure demonstration - Patient positioning techniques - Paediatric modifications and adaptations - Result interpretation for both age groups	To develop competency in administering the Gans SOP test			
	4.00pm – 5.00pm	<u>Clinical Visit to Singapore General Hospital (Combined with KK Hospital)</u> - Examination of current adult assessment protocols - Review of paediatric assessment procedures - Collaborative discussion on potential improvements - Strategies to increase efficiency, accuracy, and patient comfort - Evidence-based modifications from recent literature - Best practices sharing - Interpretation of paediatric vestibular results without local normative data	Facilitate knowledge exchange and sharing on how to set up a vestibular service that is tailored to each hospital's unique needs.			

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4 Mar 2026 (Wednesday)	9.00am – 11.00am	Hybrid Lecture at Tan Tock Seng Hospital From Diagnostic Testing to Vestibular Rehabilitation in Complex Dizziness (PPPD, VM) - Multi-disciplinary care approach - Conduct vestibular diagnostic assessments to evaluate complex dizziness presentations. - Interpret findings to guide medical management and plan patient-centred vestibular rehabilitation strategies	To develop multidisciplinary skills in diagnosing and managing complex dizziness disorders.	NO	CHI Level 9 (30 pax)	
	11.00am to 12.30pm	Case-based Roundtable: Multi-disciplinary management of complex dizziness Multi-disciplinary discussion (Otologists, Neurologists, Psychiatrists, Audiologists, Physio Therapists) - Apply multidisciplinary clinical reasoning to assess complex dizziness and guide patient-centred management	To enhance multidisciplinary clinical reasoning skills for complex dizziness management through collaborative case-based discussion.		CHI Level 9 (30 pax)	
	12.30pm – 2.00pm	Lunch and networking				
	2.00pm – 3.30pm	Discussion on Practical Tips for Tan Tock Seng Hospital VHIT, VEMP, atypical BPPV positioning skill	Facilitate knowledge exchange and sharing on how to set up a vestibular service that is tailored to each hospital's unique needs.		CHI Level 9, Co-creation (20 pax)	
	3.30pm – 5.00pm	Clinical Visit to Tan Tock Seng Hospital Audiology Clinic	To evaluate current MDT Balance clinical setup and clinical protocols, recommendations for future directions e.g., community clinic, direct referrals, advanced practice.		TTSH Clinic 1B, room 30	

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5 Mar 2026 (Thursday)	9.00am – 11.00pm	<u>Lecture at National University Hospital</u> Management of patients with PPPD, somatoform disorders and migraine Target: ENT, Audio and Physio (NUH, NTFGH, Alexandria, NUH Community Audiologists)	To develop skills in managing patients with PPPD, somatoform disorders and migraine.	NO	NUHMC Level 15 and Rehab	
	11.00am – 12.00pm	<u>Clinical Visit to National University Hospital Audiology Clinic</u>	To evaluate current clinical setup and clinical protocols.			
	12.00pm – 2.00pm	<u>Lunch and networking</u>				
	2.00pm – 5.00pm	<u>Vestibular Combined Clinic (Complex cases)</u> Case Discussion	Facilitate knowledge exchange and sharing on how to set up a vestibular service that is tailored to each hospital's unique needs.			

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7 Mar 2026 (Saturday)	8.30am – 5.00pm	<u>Conference:</u> <u>Singapore Transdisciplinary Academic meet on Balance and Equilibrium (STABLE)</u> Speakers to invite: - Dr Gans - Physiotherapist involved in vestibular rehab - Audiologist - ENT - ED physicians - Neurologist - GP/primary care physician/Family medicine specialist - Pharmacists	1st Singapore Dizziness Conference Healthcare professionals from across the country who participate in the care of patients with dizziness—including physiotherapists, audiologists, neurologists, ear-nose-throat specialists, advanced practitioners and primary care providers—will come together to share expertise and cultivate interprofessional learning. This educational forum offers valuable opportunities for		CGH Auditorium (100 Pax)	

			medical professionals, researchers and academic experts to connect and stay current with the newest developments in balance and vestibular medicine.			
	2.00pm	Report writing for Dr Gans (0.5 days)				