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**Session title: Vestibular Telemedicine – a new sharp diagnostic window
with much more vestibular data**

X Oral O Poster

**Outsourcing vestibular examinations to the patient himself - 7 years of
telemedicine experience for added diagnostics and control-creating
treatment**

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Abstract

Vestibular disorders often manifest as a variety of symptoms that may be unique to the individual affected. The causes of dizziness tend to evolve over time, and central vestibular disorders can mimic peripheral ones.

Tools available for understanding the condition include the patient's medical history, an understanding of the clinical context, and examination of eye movements. Since medical history can be unreliable, the timing of examinations is the crucial tool for unraveling the complexity and determining the patient's actual condition. Without this knowledge, it is not possible to determine an accurate and effective treatment.

Through a standardized five-minute self-examination performed using a mobile phone, the patient can record diagnostic nystagmus during a symptomatic episode - regardless of the time or location. The collected information can then be transmitted, analyzed, and commented on by a dizziness specialist on the same day.

This presentation outlines the development of the dizziness clinic Yrselcenter Stockholm providing a cost-effective, scalable telemedicine value chain for vestibular diagnostics, communication, and treatment. Seven years of refining the value chain's technology, logistics, and support functions, leading to the current method, which incorporates the Nystagmocatcher® mobile adapter and the Vertigocatcher® communication cloud are described. This telemedicine solution is now an integral part of the clinic's daily operations.

Conclusion Vestibular telemedicine will be an important method in diagnostics and treatment of vestibular diseases with faster access to specialists, better repeat follow up, reduction of travel burden and costs, while creating a sense of control for those who have lost it.