ABSTRACT

Early Start of Rehabilitation Program in Acute Vestibular Function Loss

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Two patients with acoustic tumor were reviewed for starting time of vestibular rehabilitation program and recovery period. Each evaluation was conducted and documented to analyze the outcomes. Data showed that the early start of rehabilitation was important for the effective rehabilitation program and short recovery period. Together with this, it was recommended that education and counselling for rehabilitation programs and possible outcomes should be made well before the start of the vestibular rehabilitation program.

KEY WORDS: Vestibular rehabilitation therapy (VRT) · Korean dizziness handicap inventory (KDHI) · Somatosensory organic test (SOT).

INTRODUCTION

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METHODS AND RESULTS

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5. Acoustic tumor patients who had acute vestibular function loss were reviewed for starting time of rehabilitation program and recovery period. Each evaluation was conducted and documented to analyze the outcomes. Data showed that an early start of rehabilitation was important for the effective rehabilitation program and short recovery period. Together with this, it was recommended that education and counselling for rehabilitation programs and possible outcomes should be made well before the start of the vestibular rehabilitation program.
completed compensation 상태에서 전정재활훈련을 시행하였다. KDHI는 재활기간에 따라 서서히 감소하였으며, 특히 3개월을 기점으로 score의 많은 감소를 보였다. SOT의 vestibular function score도 마찬가지로 급격한 개선을 보이진 않았지만 서서히 개선이 되었고 3개월 이후에 score가 안정되는 양상을 보였다. 이 환자의 전정재활훈련은 정기적 KDHI와 SOT의 결과 및 환자의 이지림보고를 통해 재활시작점에서부터 5개월경과 후 종결되었다(Fig. 2).

DISCUSSIONS AND CONCLUSIONS

위의 두 사례를 통해 비록 재활이후 환자들의 최종 vestibular function score는 유사하긴, 전정재활을 조기에 시행한 환자가 어지럼 호전시점이 보다 더 빨라 재활총결 기기가 3개월 이내로 단축되며, 시간이 경과하여도 개선양 상도 안정되게 유지됨을 확인하였다.

이러한 사례들은 통하여 전정재활과정을 계획할 때 각 환자의 재활시행기에 따른 이상재활기간을 예측해 들 필요가 있다. 전정재활훈련을 조기시행을 하더라도 전정재활의 특성상 장기적인 재활기간과 환자의 꾸준하고 적극적인 협조 없이는 효과적인 재활을 이끌 수 없기 때문이다. 그러므로 효과적이고 성공적인 재활을 이끌기 위해서선 우선적으로 재활의 필요성과 목적에 대한 환자와 보호자 교육이 필수적이며, 재활기간동안 환자의 적극적 참여를 최대화시키기 위한 동기부여가 매우 중요하다. 따라서 전정재활훈련(VRT)의 조기시행과 각 환자에게 맞는 최적화된 재활훈련을 통해 치료받는 환자들의 질개선 및 효율적인 재활에 긍정적인 효과를 줄 수 있을 것이라 사료된다.

REFERENCE