

## PREVALENCE OF VESTIBULAR PROBLEMS IN PPUKM NEUROLOGY CLINIC

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Dizziness and balance problems are commonly reported problems in neurological practice. Usually, these problems stem from vestibular problem. However, the prevalence of vestibular problem in clinical setting in Malaysia is still unknown. This cross-sectional study was conducted to review medical records of patients attending Neurology Clinic of the Universiti Kebangsaan Malaysia Medical Center (UKMMC) in order to establish an epidemiological data bank for the prevalence of vestibular problem from early November 2010 to end of January 2011. A total of 1283 medical records of patients between 6 to 92 years old (mean age 53.29 years, standard deviation 18.66 years) were reviewed and investigated. This sample included 648 males (50.5%) and 635 females (49.5%). The majority of patients were Chinese (45.6%), followed by Malay (45.4%), Indian (6.6%) and other ethnics (2.4%). The prevalence of vestibular problem in the Neurology Clinic, UKMMC was found to be 7.4% (95 patients). Among the peripheral vestibular disorder or vestibular problem due to otological factor (32.63%) are BPPV (64.5%), *Meniere's disease* (12.9%) and *vestibular neuritis* (3.23%). Vestibular problems due to non-otological factors (67.37%) include vascular (20.3%), neurological (43.8%), metabolic (10.9%), central nervous system (CNS) abnormalities (10.9%), miscellaneous (10.9%) and auto-immune disease (3.1%). Vestibular problem was significantly related to age categories, etiological factors which are otological and CNS abnormalities factors ( $p < 0.05$ ). Prevalence of vestibular problem was highest in the elderly ( $\geq 60$  years old) which was 3.4% and was seen higher in females (4.1%) than males (3.4%). The symptoms that were usually reported by patients were dizziness (78.9%), vertigo (71.6%), imbalance (50.5%), vegetative symptoms (50.5%), ear symptoms (43.2%) and gait/ataxia problems (17.9%). There are significant relationship between otological factor and vertigo symptom, between vascular factor and ear symptoms and between neurological factor and imbalance ( $p < 0.05$ ). From this study, it is hope that the data obtained will act as a benchmark towards the knowledge on the occurrence of vestibular problem in Neurology Clinic, UKMMC and this will lead towards enhancing the service quality of professional management in vestibular areas in our country.

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