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Reflection and Evidence-Based Practice in Action: A Case Based Application

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been living with her son since she became widowed five years ago. They lived in a cluttered two-bedroom, single-story house owned by the son, who worked as a cook in the local high school. Since school was off during the summer, the son was present during the physical therapy evaluation of the patient. Both the patient and her son supplied subjective information during the evaluation session.

During evaluation, the patient reported that she felt very dizzy and that her head would spin whenever she got up out of bed, stood up from sitting, or made any sudden movements or changes in posture. Because of this, she would first have to "get her bearings" for about a minute, after which time the symptoms would diminish but not resolve. The son added that this dizzy spell was not an isolated event; he reported that the patient had similar spells during the summer of last year, but that the dizziness resolved spontaneously after a couple of weeks. The son also stated that the patient had experienced a transient ischemic attack four years ago, but that the doctors saw no permanent deficits from this.

On examination, the patient did not manifest any overt neurological or musculoskeletal deficits other than nystagmus with changes in posture and position. Her upper extremity and lower extremity joint ranges were within functional limits, and her muscle strength was grossly graded fair to good. Tests and measures were performed in initially supine, then sitting, and finally standing, with adequate time allowed for the patient to "get her bearings" before each test.

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higher negative results for the Dix-Hallpike test compared with the sham procedure. The major strengths of the study included the randomized assignment of patients into experimental and sham groups and the blinded assessment during follow-up. Its limitation revolved around the inconsistency of follow-up time and how the length of time between treatment and follow up affected the results of both groups.

A post hoc PubMed Clinical Queries search using "therapy" as category and "narrow, specific search" as scope yielded 13 randomized controlled trials, seven of which were eliminated after the exclusion criteria outlined earlier were imposed. Of the remaining articles, two were duplicates from the previous search, and four were unduplicated articles. Of the four articles, three¹³⁻¹⁵ found the Epley maneuver effective and one¹⁶ did not see the benefit of the procedure for the treatment of BPPV.

Critical Reflection After Searching for Research Evidence

The aphorism about hindsight being 20/20 accurately describes the sentiment I feel in relation to the care developed for and provided to the patient. On a personal level, as a health care provider, my *raison d'etre* is to help and heal, not to harm or hurt. U4 Tc (e) i84 Tc (h) Tj-0.18816 Tcos Tc (m) Tj-0.2376 T hi

