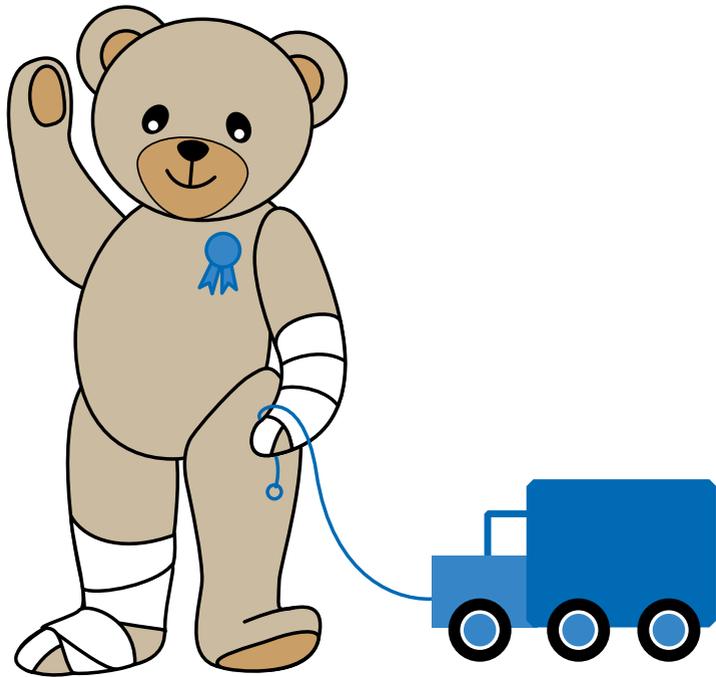


# Children's balance function tests

Audiology Department



Patient information leaflet

This leaflet aims to provide parents with information about what will happen in their child's balance assessment appointment. It describes the different tests that may be performed, along with information about further treatments.

## **Why has my child been referred for balance tests?**

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Balance tests give doctors/clinicians more information about your child's balance function. They also help them to find out what might be causing any problems. They can then decide on the best possible treatment.

## **What does the appointment involve?**

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The tests are usually completed over one to two appointments, each lasting between one hour and one and a half hours. Please allow plenty of time to get to the department and park before testing. It is fine for your child to eat and drink before the tests. However, a light meal would be better than a heavy meal. You will be seen by a friendly, highly trained Audiologist specialising in balance testing. You will receive some questionnaires before your appointment and it is important that you complete these before you attend. Please bring these with you on the day. The Audiologist will then spend some time going through the questionnaires with you and your child and talk about their experiences.

## **What are the balance tests?**

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Some or all of the following tests may be conducted in your child's appointment. Parts of the testing are done in the dark. You will be able to stay with your child throughout. At some point your child might experience some feelings of dizziness. This will be for seconds, but we are happy to take breaks and aim to make the appointments as relaxed and friendly as possible.

## **Caloric Testing**

This is one of the most important tests to be completed. We will ask your child to lie on a couch as we gently flow a small amount of warm or cool water (or air) into their ear for a short period of time. We will ask your child to wear some special video goggles for this test and we will watch their eye movements. These give us information about how well their balance system is working.

## **Vestibular Evoked Myogenic Potentials**

This test looks at another part of the inner ear. We will put five small sticky skin pads on your child's forehead and the sides of their neck. We will then ask them to listen to some clicking sounds through some small earplugs. We may also put some sticky pads on the skin under your child's eyes and ask them to look up while listening to some clicking sounds.

## **Video Nystagmography**

We will ask your child to wear video goggles and follow a beam of light with their eyes. We will watch their eye movements as they do this through the goggles.

## **Clinical Test of Sensory Interaction and Balance**

We will ask your child to stand on a platform which will measure how much they sway when they are standing. We will ask them to do this with their eyes open and then with their eyes closed. We will then ask them to repeat this whilst standing on a foam cushion.

## **Are there any risks?**

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Your child may be tired after testing. Any other risks of testing are dependent on your child's personal history so please contact the department if you have any further questions.

## What happens after the testing is finished?

The Audiologist will briefly explain the results, but detailed results will be explained to you by the doctor who referred your child to us. The tests may show that balance exercises may be helpful for your child. If so, this therapy might be discussed with you and your child may be referred to the Vestibular Rehabilitation Clinic. Therapy is optional and you also have the right to decline therapy for your child.

## What if I have questions about my child's appointment?

If you have any questions about the appointment please contact the Audiology department on **01483 464108** and one of our administration clerks will be able to help you.

## Reference source

Balance Function Assessment and Management (2007) Jacobson, G & Shepard, N. Plural Publishing Inc.

## Further information

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Further information about balance disorders and balance testing can be found on our website at [www.royalsurrey.nhs.uk/surrey-dizziness-service](http://www.royalsurrey.nhs.uk/surrey-dizziness-service). The following organisations also provide information.

### **The Ménière's Society**

The Rookery  
Surrey Hills Business Park  
Wooton  
Dorking Surrey  
RH5 6QT

**Helpline:** 0845 120 2975

**Website:** [www.menieres.org.uk](http://www.menieres.org.uk)

### **Brain and Spine Foundation**

3.36 Canterbury Court  
Kennington Park  
1-3 Brixton Road  
London SW9 6DE

**Telephone:** 020 7793 5900

**Email:** [info@brainandspine.org.uk](mailto:info@brainandspine.org.uk)





## Contact details

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### Audiology Department

**Telephone:** 01483 464108

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### PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Future review date: February 2021

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