



What is vHIT & Why Should I Have It?

vHIT, or video Head Impulse Test, is a quick test used to evaluate people with vertigo and/or dizziness.

vHIT tests the vestibulo-ocular reflex (VOR). The VOR allows us to keep our balance when moving. Specifically, there's a network of fluid filled canals in our inner ear and the fluid in these canals move when we move our body, which is picked up by sensors in the brain and adjusts our eye muscles to stabilize our gaze during movements. Patients with a working VOR should be able to keep their eyes focused on a target, even if their head is in motion. vHIT allows us to quantitatively measure the VOR and aid in the diagnosis of dizziness, especially since the signs of inner ear disease and brain causes of dizziness are often indistinguishable other than by a few subtle eye movements often impossible to see with the naked eye.

What to Expect During vHIT?

First, your neck range of motion will be assessed by slowly rotating your head. You will wear a pair of tight fitting goggles with a disposable foam insert. You will be instructed to look at a target about four feet in front of you and the audiologist will quickly move your head in small, high acceleration movements (<15 degrees). The goggles have sensors to measure the head movements and a video camera to record the eye movements. The test takes approximately 30 minutes to complete. This test is different from an ENG/VNG/Calorics.

I Have Read This Document & Do NOT Have Any of the Above Conditions & Can Undergo vHIT:

Patient Name: _____

Signature: _____

Date: _____

When Should You NOT Have vHIT Completed?

- Significantly poor vision or right eye prosthesis
- Moderate to severe CERVICAL spinal stenosis OR CERVICAL spinal fusion (Mild cervical stenosis & stenosis/fusion of other parts of spine is okay)
- Presence of cervical spinal cage or vertebral artery dissection
- Recent head or neck injury in the past six months (MVA, etc.)
- Severe dementia or cognitive delay that would preclude you from test participation
- Unstable cardiac status (only one case of slower heart rate with vHIT, but no other complications to our knowledge)

****Please contact our office as soon as possible if you meet any of the above criteria****

What are Possible Side Effects of vHIT?

While most patients easily tolerate multiple head impulses, you may experience brief exacerbation of dizziness, nausea, and unsteadiness during and for a few seconds to minutes after completion of testing, just as with any head movement. You may also experience brief, mild transient increase in neck pain if you have neck arthritis or baseline neck pain or headache.

Why Doesn't My Insurance Cover vHIT?

vHIT is not covered by ANY insurance. There is no billable code that exists for vHIT testing and therefore incurs a self-pay fee. You will be advised of the self-pay fee for vHIT at the time of scheduling and again during appointment confirmation calls.