San Mateo County Emergency Medical Services

Dizziness/Vertigo
For lightheadedness or vertigo without syncope

History
• Age
• Duration of symptoms
• Severity of symptoms
• Past medical history
• Medications/changes in medications
• History of head or recent trauma
• Headache
• Tinnitus or hearing loss

Signs and Symptoms
• Warm
• Flushed
• Sweaty
• Chills/rigors
• Tinnitus
• Nystagmus

Associated Symptoms (helpful to localize source)
• Malaise, cough, chest pain, headache, dysuria, abdominal pain, mental status changes, rash

Differential
• Infection/sepsis
• Cancer/tumors/lymphomas
• Medication or drug reaction
• Migraine
• Labyrinthitis
• Vestibular neuronitis
• Stroke
• Hypoglycemia/Hyperglycemia
• ACS
• Aspirin overdose

E
Place patient in position of comfort
Blood glucose analysis
Consider, IV
Cardiac monitor
Consider, Ondansetron
May repeat x1 in 15 minutes
If age < 50, normal mental status, SBP > 90 and no focal neuro deficits, Consider, Midazolam
Notify receiving facility. Consider Base Hospital for medical direction

Pearls
• Some strokes may present with dizziness/vertigo. If a stroke is suspected, exit to the Stroke protocol.