

### **EP03.07**

#### **Dizziness and vertigo in primary care: prevalence, aetiology and prognosis – a systematic review**

*Stefan Bösner, S Schwarm, P Grevenrath, L Schmidt, D Beidatsch, A Becker, M Bergmann, K Hörner, A Viniol, J Haasenritter*

*Philipps University Marburg, Department of Family Medicine, Marburg, Germany*

*Corresponding author: Dr Stefan Bösner, University of Marburg, Department of Family Medicine, Marburg, Germany. E-mail: boesner@staff.uni-marburg.de*

**Background and Aim:** Dizziness and vertigo are common reasons for consulting a general practitioner and there is a broad range of possible underlying aetiologies. There are few evidence based data in regard to prevalence, aetiology and prognosis in primary care. We aimed to conduct a systematic review of symptom-evaluating studies on prevalence, aetiology or prognosis of dizziness and vertigo in primary care.

**Method:** We systematically searched MEDLINE and EMBASE. Two independent researchers screened titles and abstracts according to predefined criteria. We included all studies evaluating the symptoms ‘dizziness’ or ‘vertigo’ as a reason for consultation in primary care. We extracted data about study population and methodology and prevalence, aetiology and prognosis. Two raters independently judged study quality and risk of bias.

**Results:** We identified 32 studies (22 on prevalence, 14 on aetiology and 9 on prognosis). Consultation prevalence differs between 1,0 to 15,5. The most common aetiologies are vestibular/peripheral (5,4-42,1%), benign peripheral positional vertigo (4,3-39,5%), vestibular neuritis (0,6-24,0%), Menière’s disease (1,4-2,7%), cardiovascular disease (3,8-56,8%), neurological disease (1,4-11,4%), psychogenic (1,8-21,6%), no clear diagnosis (0,0-80,2%).

**Conclusions:** There is a broad variety of possible underlying diseases for the symptom dizziness/vertigo. There exist only few methodologically sound studies in regard to aetiology and prognosis of dizziness/vertigo.