



OSCE Checklist: Dix-Hallpike test & Epley Manoeuvre

Introduction	
1	Wash your hands and don PPE if appropriate
2	Introduce yourself to the patient including your name and role
3	Confirm the patient's name and date of birth
4	Ask if the patient has noticed whether turning to one particular side seems to trigger the symptoms
5	Briefly explain what the examination will involve using patient-friendly language
6	Check if the patient has any back or neck problems that would contraindicate performing the assessments
7	Check the patient has someone who can help them get home safely, as they may be dizzy after the procedure
8	Gain consent to proceed with the examination
Dix-Hallpike test	
9	Ask the patient to sit upright on the examination couch
10	Adjust the patient's position so that when supine, their head will hang over the edge of the bed, allowing for head extension below the horizontal plane
11	Position yourself standing behind the patient
12	Turn the patient's head 45° to one side (if the side that is affected is already suspected, this should be the direction trialled first)
13	Whilst supporting the neck, move the patient from their sitting position to a supine position in one brisk smooth motion, ensuring their head hangs over the bed 30° below the horizontal plane. Ask the patient to keep their eyes open throughout this process.
14	Inspect the patient's eyes carefully for evidence of nystagmus for at least 30 seconds
15	If no nystagmus is observed, the test is then complete for that side and you should carefully help the patient sit back up
16	In the case of a negative Dix-Hallpike test on the first side, after a short break, the test should be repeated on the other side, turning the patient's head in the opposite direction
Epley manoeuvre	
<i>The Epley manoeuvre typically follows on from a positive Dix-Hallpike test, so we will assume the patient is still positioned lying flat, with the head hanging over the end of the bed, turned 45° away from the midline towards the affected side.</i>	
17	Turn the patient's head 90° to the contralateral side, approximately 45° past the midline, still maintaining neck extension over the bed. Keep the patient in this position for 30 seconds.
18	Whilst maintaining the position of the patient's head, ask the patient to roll onto their shoulder (on the side their head is currently turned towards)
19	Once the patient is on their side, rotate the patient's head so that they are looking directly towards the floor. Maintain this position for 30 seconds to a minute.
20	Sit the patient up sideways, whilst maintaining head rotation
21	Once the patient is sitting upright, the head can be re-aligned to the midline and the neck can be flexed so that the patient is facing downwards (chin to chest). Maintain this position for 30 seconds.

To complete the examination...

22	Explain to the patient that the examination is now finished	
23	Thank the patient for their time	
24	Dispose of PPE appropriately and wash your hands	
25	Summarise your findings	
26	Suggest further assessments and investigations (e.g. cerebellar examination, hearing assessment and otoscopy)	

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