

1. Hypothesis:
BPPV, because there is a sudden onset of symptoms. It is associated with head movements.
2. physical exam and treatment:
First dix-hallpike test for posterior BPPV, if positive treatment with epley manoeuvre
If negative: Supine roll test, if positive treatment with Gufoni manoeuvre for canalolithiasis
If Supine roll test is negative: further examination
3. untypical symptom:
out of balance during walking, fast heart beat
Possible explanation is the catastrophizing of the symptoms, the fear of head movement. I should start with explaining BPPV and reassuring the patient that movement won't make her condition worse.
4. evaluation of treatment strategy
I expect quick resolution of the symptoms after 1 to 3 sessions.