

Vestibular Physiotherapy Prescribing Research Trial

Information for Pharmacists

This factsheet provides information for pharmacists regarding prescriptions issued under Queensland Health Vestibular Physiotherapy Prescribing Research Trial. The Office of the Chief Allied Health Officer is facilitating the Vestibular Physiotherapy Prescribing Research Trial to evaluate the safety, effectiveness, efficiency, sustainability and acceptability of physiotherapist prescribing within vestibular physiotherapy outpatient services.

Who can prescribe under the Vestibular Physiotherapy Prescribing Research Trial?

Credentialed physiotherapists who have completed approved prescribing education and hold a Prescribing Approval under the *Medicines and Poisons Act 2019* may prescribe medicines included within the approved trial formulary for eligible patients receiving care through participating Queensland Health Vestibular Physiotherapy Outpatient Services.

Approved Trial Formulary

Medicine(s)	Indications	Restrictions/requirements
Betahistine	Meniere's disease	Nil
Cinnarizine/dimenhydrinate	Meniere's disease, vestibular migraine, migraine-associated dizziness, peripheral vestibular disorders	Nil
Amitriptyline, nortriptyline, pizotifen, propranolol, candesartan, aspirin, paracetamol, ibuprofen, naproxen, diclofenac, naratriptan, rizatriptan, sumatriptan, zolmitriptan, magnesium, riboflavin and co-enzyme Q10	Vestibular migraine and migraine-associated dizziness	Amitriptyline maximum dose 50 mg daily. Propranolol maximum dose 40 mg twice daily. Propranolol and candesartan require consultation with a medical practitioner prior to prescribing.
Metoclopramide, ondansetron, prochlorperazine and promethazine	Symptomatic treatment of dizziness, vertigo, nausea and vomiting associated with vestibular conditions.	Nil
Diazepam and temazepam	Procedural anxiety associated with Benign Paroxysmal Positional Vertigo assessment or treatment.	Restricted to a single dose that may be self-administered immediately prior to a physiotherapy appointment.

Vestibular Physiotherapist Prescribing Requirements

- Vestibular physiotherapy prescribing is restricted to adult patients (18 years and older) receiving care through a Queensland Health Vestibular Physiotherapy Outpatient Service.
- Eligible patients must have a diagnosed vestibular disorder or vestibular presentation consistent with a condition that can be managed within the prescribing physiotherapist's scope of practice.
- Patients are excluded from the prescribing pathway and referred for medical review if they have symptoms requiring urgent medical assessment, are pregnant or breastfeeding, are unable to provide informed consent, or have a condition that cannot be safely managed within the physiotherapist's scope of practice.
- Prescribing decisions will be informed by recognised evidence-based prescribing resources, including Therapeutic Guidelines, the Australian Medicines Handbook (AMH) and approved product information.
- Patients prescribed medicines are monitored by the prescribing physiotherapist, who will arrange for follow-up review, communication with the patient's general practitioner (including any changes to medicines), and other relevant clinical information.
- Diazepam and temazepam are monitored medicines under Queensland legislation. As physiotherapists participating in the trial do not have access to QScript, single-dose restrictions have been applied within the trial formulary to support safe use.
- Prescriptions issued under this trial are authorised through a Prescribing Approval granted under the *Medicines and Poisons Act 2019* and must meet all Queensland requirements for lawful prescribing as per the [Writing lawful prescriptions Factsheet](#).

Dispensing Requirements for Pharmacists

To support timely dispensing of medicines, the physiotherapist should include their Prescribing Approval number on any prescription issued and provide a copy of their Prescribing Approval with the prescription. If the Prescribing Approval is not provided, pharmacists may request a copy to verify the physiotherapist's prescribing authority.

Community pharmacists are legally required to undertake a QScript check when dispensing a monitored medicine, including medicines prescribed by physiotherapists as part of this trial.

Pharmacists are encouraged to contact the prescribing physiotherapist if clarification or amendment is required regarding a prescribed medicine, or if there are questions about the patient's management plan, Prescribing Approval or any other therapeutic issue.

Medicines prescribed by physiotherapists are not eligible for Pharmaceutical Benefits Scheme (PBS) subsidy. Patients will be advised of any cost implications and may choose to have the medicine supplied through a hospital pharmacy, community pharmacy, or obtain a PBS prescription from their general practitioner where clinically appropriate.

Further Information

Trial details – *A multi-site evaluation of physiotherapy autonomous prescribing in vestibular outpatient physiotherapy services in Queensland public hospitals* (HREC/2025/QMS/119552) - Metro South Human Research Ethics Committee – Phone: (07) 3443 8049 – Email: MSH-Ethics@health.qld.gov.au

Office of the Chief Allied Health Officer – Website: <https://www.health.qld.gov.au/ahwac> - Phone: (07) 3328 9298 – Email: allied_health_advisory@health.qld.gov.au