First, a few rules to live by...

1. Be observant and curious
2. Never panic before you examine
3. Don’t be afraid to tackle new things
4. Always explain VA loss less than 20/20 or have a plan to do so

Rule 1: Be Observant!

Rule 2: Don’t Panic!

Even if others before you missed the dx doesn’t mean you will
Calmly assess the eye, one medical finding at a time

Let’s just get it out of the office!
Rule 3: Don’t Be Afraid to Tackle New Things

- Glaucoma is still an area of untapped potential for optometrists!
- Lacrimal procedures
- If you are referring, always ask “what are they going to do that I cannot”

Rule 4: Explain VA Not 20/20

- 54 WF -11.00 her entire life
- Now -12.00, VA 20/50 best OU
- Sent in for early cats but told that “didn’t explain” the vision loss, needs second opinion

Rule 5: Don’t Be Distracted by Red Herrings!

- Always get the big picture and look beyond what patient is telling you

Milky NS

- Continues to stump MDs and ODs alike
- Myopic shift
- Looks innocuous as if it can’t cause the VA that is noted
- Bowing of beam

A closer look!

Let’s Dive In!

The Devil is in the Diagnosis
Warm Up Cases

• 61 WM seen for “routine exam”
• Complaining of reduced vision right eye
• No family history of glaucoma
• IOP 18/18
• “Arcuate” superior visual field loss OD noted by OD, sent for Gl Eval

Can’t Put this Plaque on his Wall

Workup

• Vascular consult/endarterectomy

Play Ball!

• 76 yo Braves Shortstop
• Best VA 20/60 ou from dense NS
• Sent in for “same day” cataract evaluation

Yes, 3+ NS but don’t forget the fundus!

• IOP 19/20
• Significant cupping, inferior arcuate defects
Moral of the Story

• NEVER NEVER miss a cupped disc!
• Patients can have more than one problem with their eye!

“Every Patient You Examine Has Glaucoma Until Proven Otherwise”

Have we gotten any better over the years at diagnosing OAG?

➢ Many undiagnosed OAG cases found at Johns Hopkins medical clinic
➢ Many of those had an eye exam by optometrist or ophthalmologist within the last year
➢ More of the undiagnosed cases had normal IOP

And beyond that....

• Because we are no longer forced to draw discs, we are losing our skills at assessing cup to disc ratio and nuances of rim asymmetry/thinning

OAG frequently occurs at normal IOP: get over it!

• Population surveys show 50% of OAG patients rarely have IOP >21
• The risk factor is not “elevated” IOP
• It’s the level of IOP that matters
• The higher the IOP, the greater the risk whatever the baseline IOP is
• Dump the magic number

Don't separate "Low Tension" and "High Tension"

- Disc and field findings are very similar
- Treatment is the same. Target IOP concept
- MRIs on "low tension" are worthless and scare patients needlessly


Lee Study: less than 40% of MD's (non glaucoma specialists) examined or documented optic nerve head within two years of last exam
- While photos and drawings are the standard of care, less than 30% of charts audited in study had one or the other performed
- His conclusion: "We need to do a better job of examining the nerve, drawing the nerve and doing more fields in eyes with suspicious discs"

Paul P. Lee, MD JD  Ophthalmology Times May 2005

The Case of the Sticky Situation

- 53 WF
- Itchy eyes for a few days
- Reaches into the bathroom closet for an "allergy drop"

*60 wf
*Putting "artificial tears" into her dry eyes
What to do?

1. Calmly assess prior to punting
2. Use force to pry lids open
3. If #2 does not work, use more
4. Use acetone to open lid
5. Warm soaks for three days, then see patient back

3 y/o girl exploring Mommy’s handbag!

Superglue on the cornea...no problem!

Take Home Point

• Don't be afraid to remove superglue from the eye and lids
A Real Shock!!

- 10 WM
  - Helping Dad run some wires in the attic
  - Live wire strikes him in the right eye!
  - Mother calls their family eye doctor because son is in so much pain
  - They are told by phone “we better send you to Omni right away, that’s probably not something we can handle here”

Management

- Antibiotic q2h after debriding the loose epithelium
- Topical NSAID to take the edge off the pain
- He returns to his OD the next day…almost totally healed!

“I Have Pink Eye”!

67 WM

- s/p Symfony Toric IOL OS 9/26/16
- Day 1: 20/20 J1
- Day 14: Comes in for second eye surgery OS: still 20/20 J1

Your tentative diagnosis?

- Episcleritis?
- Scleritis?
- Rebound iritis?
More history?
• Nothing unusual
• "Oh, maybe I felt something Sunday working in the yard"
• "Oh, wait, I was walking the dog and ducked through some bushes and a branch hit my eye!"

Lessons learned
• Have to be curious and dig deep
• Episcleritis is rare, scleritis is rarer
• Conjunctival abrasions are common and even more commonly misdiagnosed!
• Antibiotics, not steroid therapy

Anyone Seen the Metal?
• 23 yo non-English speaking Hispanic Male
• Roofer by trade
• c/o slight foreign body sensation OD for 1 week
• Was hammering and "something flew into eye and did not come out"

Lesson Learned
• Must get the "big picture", and evernt lids on every patient
• "Look up, down, right, "left"

Uncle Armen from the Old Country
Corneal Foreign Bodies

- Types: Metal, plastic, organic, and unknown
- They often want to know what it is that you took out... be prepared!

Reasons not to take it out?

- “Deep”
- “On Visual Axis”
- Patient is pain
- Don’t know what it is

Limbal FB’s the toughest!

Although this might be even better...

- 76 yo WM
- “abrasions off and on for years”
- “My drops help”
- ???What drops.......
- “The ones I got “a few years back”"
Corneal Foreign Bodies

- Follow-up visits
- Check rust
- Bill appropriately: office visit, FB removal (cornea 05222 conjunctiva 05210)
- Drugs and supplies if used: code 99070

Pearls on Foreign Bodies

- Be ready to take out even if you have never seen anything quite like it!
- Act with confidence and charge for your time
- Make sure they know how much skill was involved and what could happen if they try and remove it "at home"

The Case of the Running Eye
• 41 WF
  • Breast cancer survivor
  • Worried about itching and “tearing” OS > OD, worse when “out of contacts”

Before and after

AND HERE IS THE CULPRIT!!

Pearl

• Always ask about tearing...“do the tears run down your face?”

Yes  Tears Down Cheeks?  No

Check for punctal apposition & patency, blockage of canaliculus

Dry eye workup

True epiphora

* examine punctal openings (size and apposition to globe), then dilate/irrigate to determine site of blockage
Irrigating Cannulas/Dilators

- Shahinian Lacrimal Cannula, straight (bullet tip 23 ga)
- $50

Amblersurgical.com or
BauschInstruments.com or
Katena.com

Burnstine cannula

- Combination dilator/irrigator
- Katena.com

In a nutshell………

- Be a good observer
- Stay on the cutting edge
- Give yourself a chance by seeing patients first
- Know when to refer and to whom

Functional Vision Loss

- Tubular fields
- VA initially not 20/20
- May be problems in child’s life, but also may be overachiever

The Troubled Teen

- 14 WF
- Blurred distance vision OU x 1 year
- Given low plus lenses for accommodative problem with no improvement

Irrigation

- Always ask about tearing… “do the tears run down your face?”
- Think about adding lacrimal procedures to your practice!
VA 20/200 best corrected OD/OS

Exam findings
- Confrontation fields full to finger count but....
- Restricted to Hand Presentation at two distances
- Pupils normal
- Scopes plano to 20/200

More history perhaps?
- Father just left home
- Younger sister bipolar
- Grandmother died
- Has changed schools 4 times in a year
- Straight A student, avid reader, artist, writes poetry, etc etc etc.

And another from the Omni Files 2 months ago..........  
- 18 BF  
- Poor vision, 20/40 best, scopes plano, normal fundus  
- Tubular fields and magic drop refraction gets  
- Talk with the Dad reveals "all is great" until I get the Mom on the phone!

Conquer Your Fears

The complaint I fear most

22 HM with "swollen lid"
Motility Restriction

• MG may mimic any EOM palsy
• 75% of pts have ocular symptoms initially
• This is a neurological disease
• Treatment with anticholinesterase agents may not be effective; switch to steroids
• Consider thymus gland

The Case of the Hurting Face

73 BF
1 week hx of severe mucopurulent drainage OS and a red eye
Began noting "raw, irritated" skin above and below eye with itching

• Woke applying frequent hot soaks to area around OS
• Awoke the morning we saw her with swelling below RLL

Your diagnosis?

Atopic Dermatitis

• Think of it as a form of eczema triggered by a variety of irritants
• Soap, harsh chemicals, heat, Staph Aureus, and certain infections such as

Staph Aureus a frequent cause of this condition with skin response in periorbital region
Management

- Ofloxacin drops QD QID
- Tobradex ointment for eczema
- Benadryl OTC 25mg tabs QD
- Total resolution 4 days later with photos to prove it!