

Retinal Conditions - When to Watch, When to Refer and OCT Applications for the Private Optometrist

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Course Description:

The goal of this course is to further educate the audience on a variety of retinal conditions and how their role as optometrists is important in directing the patient when a referral to a retinal specialist is appropriate. It will help the audience to understand when to refer as well as gain a better understanding in what the patient experience and what the treatment process will involve. It will also indicate appropriate follow-up care and the clinical findings to look for once the patient returns to care with the referring OD.

Course Objectives:

1. To identify/diagnose certain retinal conditions.
2. To understand the testing involved in the evaluation of risk of these conditions when applicable.
3. To determine when it is appropriate to monitor these conditions versus when a retinal consult is necessary for further evaluation.
4. Review how to interpret the OCT in various conditions in effort to assist in diagnosis and risk.
5. To understand what treatment would be recommended for certain conditions, including injections, laser, surgical, etc. and the frequency of treatment involved.
6. To understand the role of the optometrist in follow-up care and the importance of communication between specialities.

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1. Retinal Vein Occlusion
 - a. Symptoms
 - b. Retinal exam findings
 - c. Associated Systemic Factors
 - d. OCT evaluation if macular edema
 - e. Disease progression and Visual Prognosis
 - f. Need to refer or can it be followed in the optometric office?
 - g. If referred, treatment options
2. Retinal Artery Occlusion
 - a. Branch vs Central
 - b. Diagnosis
 - c. Associated systemic findings
 - d. Lab work?
 - e. Timing - Urgency v Emergency?
 - f. Visual expectations
 - i. The cilioretinal friend
 - g. Acute vs Chronic
 - i. Neovascularization risks
 - ii. Glaucoma
 - h. Management and follow-up (including gonio)
 - i. Treatment options
3. Diabetic Macular Edema
 - a. Exam findings and ETDRS guidelines and the latest studies
 - b. OCT indications and when to refer
 - c. Treatment options
 - d. Implications and management in a patient where cataract surgery is desired

4. Retinal tears, detachments and retinoschisis
 - a. Identification and diagnosis of the condition(s), how to differentiate
 - b. Urgent vs. Emergent
 - c. Treatment options
 - i. Laser
 - ii. Retinopexy
 - iii. Surgery
 - d. Post op instructions and follow-up care
5. AMD
 - a. Dry vs Wet
 - i. Diagnosis and the OCT advantage
 - ii. How long to watch in the office if dry and when to refer
 - iii. Treatment options and frequency
 - iv. Prognosis and visual expectations with treatment
6. Plaquenil Toxicity
 - a. Latest screening guidelines
 - b. OCT testing
 - c. When discontinuation of the medication is warranted
7. Choroidal Nevus
 - a. Normal vs Suspicious/High-risk
 - b. Guidelines for Referral
 - c. Treatment options when indicated
 - d. Follow-up
8. PVD with Hemorrhage
 - a. Source of hemorrhage?
 - b. When to refer
 - c. Follow-up care
9. Vitreous Floaters
 - a. Monitor
 - b. Laser
 - c. Surgical

10. VMT

- a. Symptoms
- b. Diagnosis and the OCT
- c. Treatment options
- d. Cataract surgery issues - okay to proceed?

11. ERM

- a. OCT
- b. Vision recommendations for referral
- c. Treatment options and vision expectations
- d. Cataract surgery or Membrane peel first

12. Macular Hole

- a. Diagnosis, including stages
- b. Treatment/Repair
- c. Visual expectations