

Retinal Disease, Depression & Vision Loss: Conversations To Make A Difference

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COPE COURSE : 47718-LV 1 HOUR

Who is this Palmer guy?

ICO	1994
Private, commercial and contract practice	1994-present
LOW VISION EXPERIENCE	
Independent study with Richard Shuldiner, OD, FAAO-Low Vision Diplomate and founder of International Academy of Low Vision Specialists (IALVS)	2008
Founded, Low Vision Restoration, LLC	2008-present
Average 5 Low Vision Exams per month	
No Third Party payments	
No Office	
No Employees	
Fellow, International Academy of Low Vision Specialists (IALVS)	2008-present

- Retinal Disease Causes Vision Loss
- Vision Loss Causes Anxiety & Depression
- Anxiety & Depression Reduces Quality of Life

**YOU CAN MAKE A DIFFERENCE IN THE
QUALITY OF LIFE
FOR A VISION LOSS PATIENT.**

What Causes Upset?

1. UNFULFILLED EXPECTATIONS
2. THWARTED INTENTIONS
3. UNDELIVERED COMMUNICATIONS

Reactions when Upset

1. SHIFT IN REALITY
2. DECREASE IN AFFINITY
3. DECREASE IN COMMUNICATION

Retinal Disease Causes Vision Loss

The Retinal Disease we will be focusing on today is
Macular Degeneration

Macular Degeneration:

- The number 1 cause of vision loss among seniors.
- Affects approximately 9% of global population.
- Affects 8% of those over 75 years old.
- Projected by 2020 over 196 million/ by 2040 over 288 million.
- There is no cure for macular degeneration.
- The most common negative side effect of the vision loss is functional disability.

Retinal Disease Causes Vision Loss

The Retinal Disease we will be focusing on today is
Macular Degeneration

Macular Degeneration:

It's appearance is usually SUDDEN!

What Do Patients Expect:

New Glasses. They always worked before!

What Do Patients Hear from the Doctor:

You're going blind.

There is no cure.

New glasses won't make a difference.

There's nothing more that can be done!

We cannot predict when or if you will lose vision!



Vision Loss causes Anxiety & Depression,



Clinical Ophthalmology. 2016. 10:55-63

Vision Loss causes Anxiety & Depression,

THE FACTS ACCORDING TO THIS LANDMARK STUDY

Among older adults with visual impairment, those with AMD seem to be particularly at risk for depression compared to those with other eye diseases.

Clinically significant sub-threshold symptoms of depression have been found in approximately 33% of visually impaired older adults, which is approximately twice as high as the lifetime prevalence rates in the normally sighted general older population.

Clinical Ophthalmology. 2016. 10:55-63

Vision Loss causes Anxiety & Depression,

THE FACTS ACCORDING TO THIS LANDMARK STUDY

Agoraphobia* (4.2%) and social phobia (2.4%) were particularly prevalent among those with visual impairment. Thus, as the authors conclude, visually impaired older adults are more prone to develop anxiety disorders related to specific places or social situations such as being on a bus or eating at a restaurant.

Among those with AMD, prevalence of anxiety is from 10-30%

*Fear of places and situations that might cause panic, helplessness, or embarrassment.

Clinical Ophthalmology. 2016. 10:55-63

Vision Loss causes Anxiety & Depression,

THE FACTS ACCORDING TO THIS LANDMARK STUDY

Because significant numbers of older adults with AMD experience depression and anxiety, both constitute major public health problems in this population.

Clinical Ophthalmology. 2016. 10:55-63

Vision Loss causes Anxiety & Depression,

ANXIETY

noun

a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

desire to do something, typically accompanied by unease.

PSYCHIATRY

a nervous disorder characterized by a state of excessive uneasiness and apprehension, typically with compulsive behavior or panic attacks.

Clinical Ophthalmology. 2016. 10:55-63

Vision Loss causes Anxiety & Depression,

DEPRESSION

Noun

feelings of severe despondency and dejection.

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. People with depression have trouble doing normal day-to-day activities, and sometimes feel as if life isn't worth living.

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Vision Loss causes Anxiety & Depression,**MECHANISMS FOR DEVELOPMENT OF ANXIETY & DEPRESSION**

A strong relationship exists between a loss of functional capacity and depression. A vicious cycle develops as depression lowers function, which in turn, increases depression.

A strong relationship also exists between basic problem solving skills and depression. The well tested repertoire of skills no longer works.

A poor future outlook combined with the potential for sudden and/or unpredictable vision loss is difficult to deal with.

Clinical Ophthalmology. 2016. 10:55-63

Vision Loss causes Anxiety & Depression,**INTERVENTIONS DESIGNED TO ADDRESS ANXIETY AND DEPRESSION IN AMD PATIENTS**

Low vision rehabilitation aims to reduce vision related disability by maximizing residual vision through training in the use of optical and assistive devices, orientation and mobility skills, and general compensatory strategies.

To the extent that depression in AMD results from activity restrictions, and that low vision rehabilitation fosters activity reengagement, low vision rehabilitation might have an "antidepressant" effect. It may even ward off feelings of anxiety.

Clinical Ophthalmology. 2016. 10:55-63

Vision Loss causes Anxiety & Depression,**INTERVENTIONS DESIGNED TO ADDRESS ANXIETY AND DEPRESSION IN AMD PATIENTS**

In the case of depression, some studies show improvement in depression following standard low vision treatment, while others do not.

There are no studies investigating the effects of low vision rehabilitation in reducing anxiety in AMD patients.

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Vision Loss causes Anxiety & Depression,**INTERVENTIONS DESIGNED TO ADDRESS ANXIETY AND DEPRESSION IN AMD PATIENTS**

Mixed findings notwithstanding, it must be noted that patients with depression may be less likely to utilize low vision services.

THIS IS WHERE YOU CAN MAKE A DIFFERENCE!

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**YOU CAN MAKE A DIFFERENCE IN THE
QUALITY OF LIFE
FOR A VISION LOSS PATIENT.**

**Most Vision Loss Patients can lead
independent lives
with the right care.**

**YOU CAN MAKE A DIFFERENCE IN THE
QUALITY OF LIFE
FOR A VISION LOSS PATIENT.**

**The Right Care is
LOW VISION CARE**

LOW VISION CARE & REHABILITATION

The more you know, the more you can relieve the patient's anxiety/upset.

You do not have to offer Low Vision Care. You just have to tell patients that help is available. THERE IS LIFE AFTER VISION LOSS!

There is life after vision loss!

LOW VISION CARE & REHABILITATION

Understanding Low Vision Care Questions to consider

- What is Low Vision?
- What possibilities become available through a low vision service?
- When is referral a good option for the vision loss patient?
- Where are low vision resources in my community?
- How do I make a low vision referral without losing my patient?

LOW VISION CARE & REHABILITATION

Understanding Low Vision Care Questions to consider

- What is Low Vision?
- Is it 20/80 or worse?
- Is it 20/60 or worse?
- Does it depend upon acuity?
- Perhaps it depends on visual field?

LOW VISION CARE & REHABILITATION

Understanding Low Vision Care Questions to consider

Low Vision is fully corrected vision which is insufficient to do what YOU want to do.

A LOW VISION PATIENT IS SOMEONE WHO CANNOT DO WHAT THEY WANT TO DO WITH THE LEVEL OF VISION THEY HAVE.

A LOW VISION PATIENT IS SOMEONE WHO HAS LOST FUNCTION.

LOW VISION CARE & REHABILITATION

Understanding Low Vision Care Questions to consider

You have a low vision patient when they say they have difficulty with or cannot:

read - write - drive - sew - do crafts - see TV
recognize faces - work on computer
enjoy theater - play cards - and more.....

DUE TO VISION LOSS.

LOW VISION CARE & REHABILITATION

Understanding Low Vision Care Principles

1. Low Vision Care is about patients *Doing*.
2. Low Vision Devices are Task Specific.
3. Vision Measurement is critical.
 - a. Visual Acuity
 - b. Visual Field
 - c. Contrast Sensitivity

LOW VISION CARE & REHABILITATION

Understanding Low Vision Care

- HAND MAGNIFIERS (IGNORE THE X)

USEFUL FOR SPOTTING OF NEAR OBJECTS



LOW VISION CARE & REHABILITATION

Understanding Low Vision Care

- STAND MAGNIFIERS (IGNORE THE X)

USEFUL SPOTTING WHEN NEEDING BOTH HANDS
USEFUL IF HANDS TREMBLE



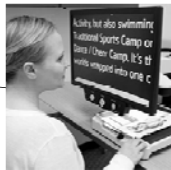
LOW VISION CARE & REHABILITATION

Understanding Low Vision Care

- ELECTRONIC MAGNIFIERS

HAND HELD / TABLE TOP / SPECTACLE MOUNTED

USEFUL FOR HIGHER AND VARIABLE MAGNIFICATION
USEFUL FOR READING AND WRITING
USEFUL FOR CONTRAST ENHANCEMENT



LOW VISION CARE & REHABILITATION

Understanding Low Vision Care

- LOW VISION GLASSES:
 - TELESCOPES

USEFUL FOR MAGNIFICATION AT A DISTANCE

BIOPTIC / FULL DIAMETER / SURGICAL

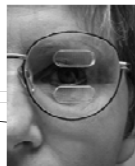


LOW VISION CARE & REHABILITATION

Understanding Low Vision Care

- LOW VISION GLASSES:
 - REVERSE TELESCOPES / FIELD EXPANDERS

USEFUL TO INCREASE FIELD OF VIEW ON TUNNEL VISION PATIENTS



LOW VISION CARE & REHABILITATION

Understanding Low Vision Care

- LOW VISION GLASSES:
 - MICROSCOPE & PRISMATIC GLASSES

USEFUL FOR READING AND NEAR TASKS



LOW VISION CARE & REHABILITATION

Understanding The Possibilities

GRAND ROUNDS

Patient 1: The Severe Complainer
Patient 2: "You Can't Drive Anymore"

LOW VISION CARE & REHABILITATION

Understanding The Possibilities

Patient 1: The Severe Complainer

Dx: ARMD
The 20/40 Club: Psychology & Conversation

The Low Vision Assessment

- Part A: gathering information
- Part B: the first "stop & talk" conversation
- Part C: helping the patient
 - a. Distance tasks
 - b. Intermediate tasks
 - c. near tasks
- Part D: the second "stop & talk" conversation

DISCUSSION OF THE CASE

LOW VISION CARE & REHABILITATION

Understanding The Possibilities

Patient 2: "Can't Drive Anymore"

Dx: ARMD
Vision & Driving Philosophy
DMV Rules & Regulations in this State:
interpretations & misinterpretations
Licensure & DMV
Currently licensed
Never licensed
Now unlicensed
Bioptic Driving Rules

LOW VISION CARE & REHABILITATION

Understanding The Possibilities

Patient 2: "Can't Drive Anymore"

The Low Vision Assessment

- Part A: gathering information
- Part B: the first "stop & talk" conversation
- Part C: helping the patient
 - a. Distance tasks
 - b. Intermediate tasks
 - c. near tasks
- Part D: the second "stop & talk" conversation

DISCUSSION OF THE CASE

LOW VISION CARE & REHABILITATION

Understanding Low Vision Care Referral Discussion

- When to refer for low vision services
- Where & how to refer for low vision services
- My suggestion is very simple:

Say to the patient:

"A LOW VISION DOCTOR MAY BE ABLE TO HELP.
I SUGGEST YOU GOOGLE LOW VISION DOCTOR."

LOW VISION CARE & REHABILITATION

Understanding Low Vision Care Some Referral Resources

- Google Search: **Low Vision Doctor**
- MN State Services for the Blind
- American Foundation for the Blind
- American Optometric Association, Low Vision Section
- American Academy of Optometry, Low Vision Section/Diplomate Program
- US Department of Veterans Affairs, Visual Impairment Centers
- Lighthouse/Guild for the Blind, New York
- American Council of the Blind
- National Library Service for the Blind and Physically Handicapped
- American Macular Degeneration Foundation
- International Academy of Low Vision Specialists

LOW VISION CARE & REHABILITATION

Understanding Low Vision Care
Discussion

BARRIERS TO REFERRING

- Identifying the low vision patient
- Explaining low vision care
- Losing the patient/family
- Cost of low vision care
- Other issues?

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