

Guidance in the Eye Clinic

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For outside the eye clinic...

- Duty as an ophthalmologist to highlight certain issues
- Occasional questions directly from patients

Sight Impairment

- Consultant ophthalmologist certified
- Certificate of Vision Impairment (CVI) in England and Wales; in Scotland it's called BP1; in Northern Ireland it's called A655
- Evaluation criteria:
 - visual acuity (the vision you use to see detail)
 - visual field (how much you can see around the edge of your vision, while looking straight ahead)

Categories of registration

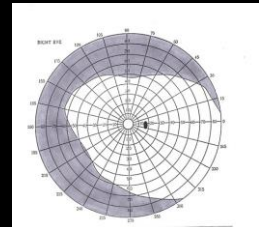
- Severely sight impaired (blind)
 - so blind as to be as to be unable to perform any work for which eye sight is essential (National Assistance Act 1948)
- Sight impaired (partially sighted)
 - substantially and permanently handicapped by defective vision caused by congenital defect or illness or injury

Snellen equivalent	LogMAR
6/12 (20/40)	0.3
6/18 (20/60)	0.5
6/24 (20/80)	0.6
6/36 (20/120)	0.8
6/48 (20/160)	0.9
6/60 (20/200)	1.0
6/72 (20/240)	1.1
6/90 (20/300)	1.2
6/120 (20/400)	1.3
6/150 (20/500)	1.4
6/180 (20/600)	1.5
6/240 (20/800)	1.6
6/360 (20/1200)	1.8
6/480 (20/1600)	1.9

Visual acuity scales			
Foot	Metre	Decimal	LogMAR
20/200	6/60	0.10	1.00
20/160	6/48	0.125	0.90
20/125	6/38	0.16	0.80
20/100	6/30	0.20	0.70
20/80	6/24	0.25	0.60
20/63	6/19	0.32	0.50
20/50	6/15	0.40	0.40
20/40	6/12	0.50	0.30
20/32	6/9.5	0.63	0.20
20/25	6/7.5	0.80	0.10
20/20	6/6	1.00	0.00
20/16	6/4.8	1.25	-0.10
20/12.5	6/3.8	1.60	-0.20
20/10	6/3	2.00	-0.30

Normal visual field

- 60 degrees nasally
- 60 degrees superiorly
- 110 degrees temporally
- 70 degrees inferiorly
- Blind spot at 15 degrees in temporal field



Severely sight impaired (blind)

- While wearing any glasses or contact lenses:
 - visual acuity of less than 3 / 60 with a full visual field
macular degeneration
 - visual acuity between 3 / 60 and 6 / 60 with a severe reduction of field of vision, such as tunnel vision
 - visual acuity of 6 / 60 or above but with a very reduced field of vision, especially if a lot of sight is missing in the lower part of the field
advanced retinitis pigmentosa

Sight impaired (partially sighted)

- While wearing any glasses or contact lenses:
 - visual acuity of 3 / 60 to 6 / 60 with a full field of vision
 - visual acuity of up to 6 / 24 with a moderate reduction of field of vision or with a central part of vision that is cloudy or blurry
opacities in media or aphakia
 - visual acuity of 6 / 18 or even better if a large part of your field of vision, for example a whole half of your vision, is missing or a lot of your peripheral vision is missing
retinitis pigmentosa or glaucoma

Sight impaired (partially sighted)

- homonymous or bitemporal hemianopia who still have central visual acuity 6/18 Snellen or better
- infants and young children who have congenital ocular abnormalities leading to visual defects (unless obviously severely sight impaired) using binocular corrected vision

Few points

- If there are different causes of visual loss in either eye, choose the cause in the last eye to become certifiably visually impaired.
- If there are different pathologies in the same eye, choose the cause that in your opinion contributes most to visual loss. If it is impossible to choose the main cause, indicate multiple pathologies
- Do not certify as severely sight impaired: people who have a visual defect for a long time and who do not have a very contracted field of vision. For example, people who have congenital nystagmus, albinism, myopia and other conditions like these

Consider

- **How recently the person's eyesight has failed**
 - A person whose eyesight has failed recently may find it more difficult to adapt than a person with same visual acuity whose eyesight failed a long time ago
- **How old the person was when their eyesight failed**
 - An older person whose eyesight has failed recently may find it more difficult to adapt than a younger person with the same defect

Rates of benefits

<p>Attendance Allowance</p> <ul style="list-style-type: none"> • Lower rate £55.10 • Higher rate £82.30 <p>Disability Living Allowance</p> <p>Care Component</p> <ul style="list-style-type: none"> • Low rate £21.80 • Middle rate £35.10 • High rate £62.30 <p>Mobility Component</p> <ul style="list-style-type: none"> • Low rate £21.80 • High rate £57.45 <p>Personal Independence Payment</p> <p>Daily Living Component</p> <ul style="list-style-type: none"> • Standard rate £55.10 • Enhanced rate £92.30 	<p>Pension Credit</p> <p>Standard pension guarantee:</p> <ul style="list-style-type: none"> • Single £101.00 • Couple £202.00 <p>For extra amounts for severe disability and carers see the "Premiums" section above.</p> <p>Carer's Allowance</p> <ul style="list-style-type: none"> • £60.10 <p>Contributory Employment and Support Allowance (ESA)</p> <p>Personal Allowance</p> <ul style="list-style-type: none"> • Under 25: £57.90 • 25 or over: £73.10 <p>Components</p> <ul style="list-style-type: none"> • Work-related £29.25 • Support group £26.30 <p>Job Seeker's Allowance (JSA) and Income-related ESA</p> <p>Personal allowance</p> <ul style="list-style-type: none"> • Single person under 25: £57.90 • Single person 25 or over, or lone parent 18 or over: £73.10 • Couple, both 18 or over: £114.80
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Working Age (16-64yrs)

- **Personal Independence Payment (PIP):** aimed at helping with the extra costs caused by illness or disability (replaces Disability Living Allowance - DLA) for people aged 16 to 64
- **Universal Credit:** replaces several means tested benefits. Low income
- **Employment and Support Allowance (ESA):** for people of working age who are unable to work because of disability or illness

Older Age (>65 years)

- **Attendance Allowance:** help with extra costs. You may need to use a taxi to get out and about, or perhaps you pay someone to come in to help with your personal care, or to read or reply to mail for you (cf PIP in < 65 year olds)
- **Pension Credit:** top up the money you earn if you have a relatively low income. You may even get it if you have some savings and a modest retirement income, and it can be paid on top of your state retirement pension

Other benefits

- Free NHS sight tests if you are aged 60 or over (or family history of glaucoma and aged over 40 years)
- Free TV Licence if you or someone you live with is 75 or over. 50 per cent reduction in TV Licence fee if you or someone you live with is registered blind (severely sight impaired).
- Carer's allowance
- Council tax
- TV license
- Cinema tickets!
- VAT exemption (items related to vision e.g. magnifiers)
- (Not automatically entitled to free prescriptions and glasses)

'Soft skills'

- How to deal with questions from a patient with sudden loss of vision in one eye

Monocular loss of vision

- Perfectly normal to need some time to adjust to losing the sight in one of your eyes – both emotionally and practically
- In terms of the effect on your sight, you will lose part of your field of view and you may have difficulty with depth perception (e.g. judging distance from objects, judging the width of objects such as door frames, people moving towards you but outside your field of vision, or pouring liquid into a cup)
- Eventually your brain, working with your remaining eye, will start to compensate and take over some of the work of the other eye

Practical tips

- In putting a drink down, place the other hand on the table or surface, then place the drink next to it
- It can be difficult to judge the last step on the staircase. Move cautiously, feel ahead with your foot and keep a hand on the banister
- You may find it useful when crossing the road, to stop at the kerb to gauge the depth before crossing
- Let friends and family know that it is easier for you if they walk on the side where you can see

Driving!

- With monocular visual loss, can still drive if
- the DVLA is satisfied that you have sufficient sight in your other eye (including a normal field of vision)
- ophthalmologist confirms to the DVLA that you have adjusted to the loss of sight in one eye. Many people take up to three months to adapt safely to driving with one eye
- Your ability to judge distances accurately may be affected and you may be less aware of objects on the side that has lost vision. To help, you will need to make more use of your wing mirrors

DVLA

- Some may ask; others may avoid the issue
- “I only drive locally”
- “I don't drive at night or on the motorway”
- “I need to be able to drive as I care for my wife”
- Notifiable conditions
- Also need to inform insurance!

VI online should be used for reporting medical conditions such as:

- blepharospasm
- branch retinal vein occlusion
- cataracts
- diplopia
- glaucoma
- hemianopia
- macular degeneration
- night blindness
- nystagmus
- optic atrophy
- optic neuritis
- reduced visual acuity
- retinal treatment
- retinopathy
- tunnel vision
- Usher syndrome
- visual field defects
- other related conditions.

VI ONLINE
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Do you have a condition or have you had a condition?
 If you are unsure of the answer, we will refer you to a doctor to discuss the issue with your doctor.

Please answer ALL questions:

1a. Can you read a number plate from 20 metres in good light with glasses or contact lenses if you wear them? Yes No

1b. Has your driver or optician advised you that your vision does not currently meet the minimum standard for driving? (A total score of 8/12 (0) has better than be achieved with the use of glasses or contact lenses (if necessary)) Yes No

2. Do you need to wear glasses or contact lenses when you are driving? Yes No

3. Do you have any of the following from questions 1a, 1b, 2 affecting either eye?
 If YES, please tick appropriate boxes below

a) Glaucoma b) Other hypermetropia

c) Cataract or any Corneal Dystrophy (e.g. Pseudo) d) Macular Degeneration or any other Macular Disease

e) Retinal Degeneration

4. Have you had cataract surgery?
 If you have ticked "Other" please specify: _____

5. Please give details of ALL medication taken by you including eye drops. If drops are used, please indicate for which eye.

Medication	When last taken	Both	Left	Right

6. Last treatment of eye infection (see both eyes for remaining eye) if you are unsure for driving you should tick "other" (do not include laser treatment for cataract or cataract laser treatment for long sight operations).
 If YES, please give the date of your last laser treatment. None Yes

NAME: _____ DOB: _____ REF: _____

NAME: _____ DOB: _____ REF: _____

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Visual standards for driving

- With glasses or contact lenses if needed, able to read a new car number plate from 20m away
- visual acuity 6/12 Snellen BEO (6/7.5 if lorry or bus driver)
- visual field 120° on the horizontal, with no significant defect in the binocular field which encroaches within 20° of fixation above or below the horizontal meridian (cluster of 3 missed points)
 - binocular Esterman field; false positive no greater than 20%
- If glaucoma only affects one eye (visual field full in fellow eye) do not need to inform DVLA

Prescription Prepayment Certificate

- Help patients who are likely to buy 4 or more prescriptions in 3 months, or 14 or more prescriptions in 12 months
- A 3 or 12 month PPC covers all your prescriptions for that period, no matter how many you need.
- A prescription costs £8.05 per item, but a PPC costs:
 - £29.10 for 3 months
 - £104 for 12 months
- Can also claim money back if kept NHS receipt (FP57)

Summary

- Think about patients and the general public outside of the hospital
- Safety
- Help/assistance with independence or financial