# **DIAGNOSTIC TESTING** WHAT OPTICIANS AND TECHNICIANS NEED TO KNOW TO GET THE BEST RESULTS

Shana Barrett Zeitlin, O.D. HomeSight Eye Care Rydal, PA

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Shana Barrett Zeitlin, O.D. has no financial interests to disclose. All images were taken from the Internet. I do not own any of the images.

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# OUTLINE

- ≻Basic ocular anatomy
- ➢Posterior and anterior segment OCT
- ≻Fundus photography
- ➤Visual field testing
- >Amsler, stereo, and color vision testing

#### ≻Goals:

- Understand the technology as it relates to anatomy and pathology
  Pick up tips for getting the best scans and
- test results View examples of ocular disease scans
- >Learn to explain rationale and importance of testing

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**OCT: OPTICAL COHERENCE TOMOGRAPHY**  Uses laser light to visualize and map the different layers of the retina, optic nerve, and anterior segment structures •A camera-like device directs the waves of light, which bounce back with a 2-D or 3-D picture •Non-invasive, not destructive to tissue •Multiple models and brands • Zeiss: Cirrus, Visante Optovue: iVue, iScan, Avanti Heidelberg: Spectralis

Anterior and posterior segment capability



#### COMMON OCT ABBREVIATIONS

A-Scan/B-Scan: Axial images allowing for 3D representation/line scan of longitudinal images Deviation Map: Graph comparing patients' deviation to normative age-matched database

EDTRS: Early Treatment Diabetic Retinopathy Study En face OCT: View of retina or optic nerve as a clinician would view during funduscopy GCL/GCA/GCC: Ganglion cell layer/ganglion cell andysis/ganglion.cell camplex

GCL-IPL: Ganglion cell layer-inner plexiform layer Line Scan: Scan through a tissue which can be adjusted to orientation

ONH: Optic nerve head

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Raster: Scan generally consisting of five lines that can have various spacing and orientation (customizable)

RNFL/pRNFL: Retinal nerve fiber layer/peripapillary retinal nerve fiber layer SD-OCT: Spectral-domain optical coherence tomography

Thickness Map: Graph comparing retinal thickness to normative age-matched database

Tomogram: A two-dimensional image of a slice through a tissue (i.e., retinal tissue) TSNIT: Linear graph of concentric nerve fiber layer thickness in respect to normative database

Volume Scan: 3D representation formed from the vertical & horizontal line scans, representing a block or cube of retinal tissue Personalizing Treatment for Patients with MS How OCT Works



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# OCT: GENERAL TIPS



Clean the lens thoroughly between patients.

"Dilation will often improve signal strength, image quality and the fundus image. "To improve patient fixation and reduce distraction, patch the fellow eye, particularly

in patients with poor vision or when scanning the optic nerve head or retinal nerve fiber layer.

 $^{\circ}$  Instruct patients to close eyes between each acquisition of scans to keep the corneal surface lubricated.

"Use artificial tears with dry eye patients.

Use an assistant to help with head fixation and support in cognitively impaired and physically disabled patients. Use the Fast Scan, if your machine has this capability.

# OCT: GENERAL TIPS



 $\ensuremath{^\circ}\ensuremath{\mathsf{Adjust}}$  table height for wheelchair patients and perform the scan with the patient in the wheelchair.

 $^\circ\text{When}$  focusing the scan, the patient should be instructed where to fixate and to "keep teeth together, chin down and head still."

Patients with nystagmus

• Try to time the acquisition to a null point in the nystagmus

• May have to use techniques like physically turning the patient in a particular direction

\*No matter how good you are.... You can't create clarity where there is none! \*Sometimes the image quality isn't good (ex. Dense cataract), but we can still see the presence or absence of Indings like macular fluid or draven

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# OCT ARTIFACTS

Centration: The image is not centered in the grid used to calculate thickness of tissue. • Especially important in monitoring thickness over time in response to therapy

**Blink:** When the patient blinks during scanning, blank areas are displayed by default in the en face images, and B-scans lose retinal data.

Shadow: A variety of factors such as floaters can cast a shadow and result in a low signal

Mirror: The OCT generates two images, one a mirror image of the other. - If the scan is not placed property within the box, or If the person being scanned is very myopic (and the retina is very curved), you'lise that mirror artifact.

The edge of the scan is cut off: In this situation the data is incomplete because the scan is incomplete, most likely because the patient moved during the scan. The problem is that the machine will give you a measurement for the rest of the scan anyway.



# OCT: MACULA

# OCT: MACULA USES

AMD: age-related macular degeneration CNV: choroidal neovascularization PED: pigment epithelilal detachment ERM: epiretinal membrane CSR: central serous retinopathy Macular hole: pseudo, lamellar, full-thickness VMT: vitreomacular traction CME: cystoid macular edema





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# MACULA TIPS

•For pathologies such as macular hole, pigment epithelial detachment or epiretinal membrane, a clinician might not be as concerned with thickness mapping as with obtaining a high-resolution image.

•The standard Macula Scan, Line Scan or Cross-Hair Scan can all be used to obtain high-resolution crosssectional images of the area of interest.



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•For some retinal conditions, the automated images are still valid and are critical for diagnosis and patient management. Macular holes (lamellar or full-thickness holes) • AMD

Subretinal fluid formation

•High refractive error px: use the corrective wheel or tab to input minus or plus into the machine to correct for the error • Obtain better focus more quickly.





\*To image macular holes, instruct the patient to look at the fixation point and "make it disoppear." The fixation point will seem to disoppear to the patient when it is projected into the macular hole. Obtain the image when the fixation point disoppears into the macular hole.

\*Use the Move Scan/Landmark function to image the fovea in patients with fixation problems and central scotoma (such as AMD patients). \* Optove has a flexible fixation stick outside the machine to get fellow eye fixation

"For patients with central scotoma, instruct patient to look "in the center" of the circular alignment scan. - Also "make the image disappear"

# MACULA PATHOLOGY



# MACULA PATHOLOGY



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# OCT: OPTIC NERVE USES

- •Glaucoma • Open angle, pre-perimetric, NTG
- Multiple sclerosis
  Acute neuropathy
- •Toxic optic neuropathy
- \*AION
- •Papilledema
- \*Optic nerve compression \*ONH drusen











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# **OPTIC NERVE TIPS**

The strength of the reflected light measured in OCT is dependent on small changes in the refractive index of the tissue, and the orientation of the structure under investigation relative to the incident beam

A poor signal is often responsible for underestimation of the RNFL thickness

Changes in the position of the head, and therefore in the orientation of the axis of the eye, can lead to variable results



OCT image of the RNFL, with correct head positioning.



OCT image from the same eye, with the head tilted I The apparent thickness of the RNFL is reduced.

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#### 1012/00/0 10/2/012 13.25 10.23 4005.8480 4000.6480 sprat 010 810 COMPUS CONTRACTOR 00 . 00 et ONH :On OCT image from a patient who was incorrectly positioned for examination of the right eye. 0 0 The left eye is correctly positioned and gives a clear picture. The image touches the upper part of the black frames, and all retina structures appear inverted.

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# **OPTIC NERVE TIPS: EYE MOVEMENT**

Changes in eye movements can contribute to poor quality images Can be detected by misalignment of retinal blood vessels

in the produced image The eye typically has five microsaccades per second, so unless there is image tracking, motion artifact is very likely even with the most cooperative patient

- Can be due to: Ocular saccades
- Change of head position
- Respiratory movements



Discontinuity of the image due to eye movement during examination. This can contribute to errors in the measurement of RNFL thickness.

# GANGLION CELL

Macular edema can falsely indicate "healthy" GCL

OCT images from a patient with bilateral glaucoma, with visual impairment skimming the central  $10^\circ$ . The right hand image shows damage to the ganglion cell complex (arrow), while the left hand image shows a macular hole. Traction at this level, and the resulting edema, are masking the thinning of the RNFL, which appears to be normal.



GLAUCOMA



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# PAPILLEDEMA VS. ONH DRUSEN



True papilledema: smooth inner contour Papilledema is swelling of the optic nerve head due to increased intracranial pressure.



Pseudopapilledema: "lumpy bumpy" internal contour Pseudopapilledema is a beniga condition in which elevation of the optic nerve head is observed in the absence of intracranial structural abnormalities.





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# OCT: ANTERIOR SEGMENT



Anterior segment angle
 Glaucoma

Narrow and closed angles
 Evaluation s/p iridotomy and cataract sx
 Iris abnormalities

•Cornea

Pachymetry
 Keratoconus\*
 LASIK

•Contact lenses

Scleral CL fits





#### **OCT: ANTERIOR SEGMENT**

•Visante vs. iVue

• Visante (TD-OCT) has the ability to image the ciliary body and pathology shadowed by the iris better than SD-OCTs

Uses a higher wavelength of light and so penetrates deeper the SD-OCTs •iVue (SD-OCT) has a stable mirror and allows

faster image capture and greater resolution, especially for corneal pathology

Image reliability is key, regardless of brand · Pay attention to reliability indices on the scans



#### **OCT: ANTERIOR SEGMENT TIPS**

•Check patient head position

When you make adjustments to the scanning beam, the chinrest moves automatically (Visante)

If the patient doesn't move along with the chinrest, you may not see the structure you wish to scan If you don't see any change in the scan window despite your adjustments, the reason is usually an issue of head

• Some patients will move their head to try to give you a better scan (all machines!) "Stay still, you don't need to move. Let the machine do the work."

Keep the image horizontal

"Usually, if the patient is looking straight ahead, the image will look tilted on the screen Adjust the fixation a little bit to the side = make the image more horizontal

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**OCT: ANTERIOR SEGMENT TIPS** 

•Look for the reflex saturation beam Corneal Reflex Artifact

When the cross-section of an AS-OCT image is on a corneal meridian, a vertical white beam (central vertical flare) appears in the anterior chamber and a small hyper reflective area appears on the corneal surface on both the Visante and hyper reflective SD-OCT images

If the scan beam is perpendicular to the eye, you'll see a bright line in the center of the image

An ideal image will be horizontal, with no blink or lid artifacts, and the bright reflex saturation line going through the middle of the scan

Corneal pachymetry: create this corneal reflex artifact on the vertex to get an accurate reading

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# OCT: ANTERIOR SEGMENT: IMPROVING COMMUNICATION

"Explaining to patients my reasoning for performing peripheral iridectomy for narrow-angle glaucoma is one of the most difficult tasks I face.

When patients present feeling asymptomatic, the last thing they want to or expect to hear is, "I have to put a little opening in your iris with a laser. It's not going to feel very good, you're going to need drops for a few days, and it's not going to improve your vision." They are often less than thrilled.

While diagrams are great, imaging the patient's anterior chamber angle and showing them your concern of potential angle closure is made much simpler by AS-OCT images. Utilizing AS-OCT images bolsters the patient's understanding and acceptance of peripheral iridectomy.<sup>4</sup>

- James S. Lewis, M.D.

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# **OCT: ANTERIOR SEGMENT PATHOLOGY**







#### OCT: ANTERIOR SEGMENT PATHOLOGY





FUNDUS PHOTOGRAPHY



# **GENERAL TIPS (LIKE OCT!)**



Adjust table height for wheelchair patients and perform the photo with the patient in the wheelchair.

"When focusing the camera, the patient should be instructed where to fixate and to "keep teeth together, chin down and head still."

Patients with nystagmus

• Try to time the photo to a null point in the nystagmus

May have to use techniques like physically turning the patient in a particular direction

•No matter how good you are.... You can't create clarity where there is none! Sometimes the image quality isn't good (ex. Dense cataract, poor dilation)
 With FP, cataract/dilation/cornea really matters- OCT has a better chance to get through to the retina

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Sectoral pallor

Papillitis





ONH pit Hypoplastic nerve ONH/retinal coloboma Melanocytoma Malinsertion

Optic atrophy

ONH druser

#### VISUAL FIELD TESTING

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# **TEST CHOICE**

Common threshold patterns are 10-2, 24-2, 30-2

Field analysis in glaucoma relies primarily on the 24-2 and 30-2 patterns The majority of ganglion cells lie within the central 30 degrees of fixation

Use of 24-2 has become increasingly prevalent as the test of choice in glaucoma due to its faster testing time and reduced trial lens and lid artifact errors

Macula tests (plaquenil) 10-2 - Also use for advanced glaucoma

ŵ		Main Menu		4
	A MAR MENU			
		C~40 Screening	Central 30-2	
2	NO.	C-76 Screening	Genteni 24-2	
5	PATIENT DATA	P-GD Screening	Central 10-2	
1	FILE FUNCTIONS	17-III Screening	Pergineral 60-4	
<i></i>	PRINT FUNCTIONS	FT-120 Screening	Macula	
8	SYSTEM SETUP	Show Test Library	Recall Last Test	

wofoptometry.com/article/10-tips-for-improving-visual-fields

# MODIFIED TESTING STRATEGY

Stimulus size III is standard

Use with patients with 20/200 or better

Increase size to V in patients with poorer vision Also applicable in some patients with advanced glaucoma

When altering the stimulus, keep in mind that the normative database, SITA test strategy, and **progression analysis** will no longer be available.

When severe field loss in advanced glaucoma is present, change to a 10-2 pattern to allow for more accurate assessment of the remaining visual field. In cases where vision is reduced due to macular disease or central scotoma, use a diamond fixation target

This displays four LEDs, allowing the patient to center their gaze between the targets.

### SITA-STANDARD VS. SITA-FAST

Swedish Interactive Thresholding Algorithm (SITA) Standard

 $24\mathchar`-24\$ 

Clinicians often have the misconception that SITA-Fast strategy is an easier test for patients who have difficulty taking a SITA-Standard or full threshold strategy test SITA-Fast does take 2-5 minutes per eye to perform (compared with 3-7 minutes per eye for SITA-Standard)

However, the algorithm it uses presents points requiring more discretion from the patient
 SITA-Fast is best used in experienced test takers or young patients

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#### explain it to patients Technicians should always be present during the testing period Provide re-education, as necessary

**TECHNICIAN RESPONSIBILITY** Take the tests yourself, so you can more effectively

 Provide feedback regarding testing reliability Explain brightness and size variability

Explain importance of fixation

"The machine will re-test points it thinks you should have seen, so don't worry too much about missing one or two."

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Nasal Step	-	
Paracentral	C	
Temporal Wedge	-0-	
Afritudinal	-	
Arcuate	0	
Advanced		

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ERM (CELLOPHANE MACULOPATHY/MACULAR PUCKER)





# MEGALOPAPILLAE WITH SEVERE GLAUCOMA





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#### LAMELLAR HOLE





# AMSLER GRID TESTING

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Chart 2: Two diagonal white lines to assist steady fixation in patients with a central scotoma.

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Chart 3: Uses a red grid.

Useful in toxic amblyopias and optic neuritis.



Chart 4: Used to distinguish scotoma from metamorphopsia, as there are no forms to be distorted.

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# VARIATIONS



Chart 5: can be rotated to change the orientation of the lines. Used to investigate metamorphopsia along specific meridians. Chart 6: black lines on a white Chart 7: similar to Chart 1 b

.

Chart 6: black lines on a white card with additional lines at 0.5\* above and below fixation. Chart 7: similar to Chart 1 but with additional smaller squares centrally. More sensitive, used for detection of subtle macular disease.

#### AMSLER: COMMON ERRORS

Not ensuring that the patient views the central fixation target throughout the test Using an incorrect working distance - 16in/40cm

Using an inappropriate near correction Using the patient's bifocals with a small reading area

Performing the test binocularly



# **STEREOPSIS**

 AKA Depth perception Driving, sports, hand-eye motor relationship

•Allows us to gauge spatial relationships

Binocular disparity

 Two forward-facing eyes separated by a small distance Gives slightly different vantage points that the brain puts together to see depth

"Need to have images of equal quality

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# **STEREOACUITY**

 Measurement of the stereoscopic threshold derived from the minimum disparity that results in the appreciation of depth Quantitatively test in seconds of arc

STEREOPSIS

Local stereopsis is detected with stereograms that have individual elements (monocular clues)

•Global stereopsis is detected using dot stereograms (complex visual task)





# **STEREO: TYPES OF TESTS**

\*Lang I: Uses random dot and cylindrical gratings, no filters • Cat, star, car

• 1200-550 sec \*Lang II: similar to Lang I

• Elephant, car, moon • 600-200 sec

•TNO: red/green filters for dissociation, identify hidden objects in a series of plates

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Titmus: cross-polarized filters, identify the elevated circle or animal
 Wirt fly @3700 sec

\* 800-100 sec

Randot: polarized vectographs are used to present different images to each eye
 Ught polarization is undetectable to human eye; use filters
 400-20 sec circles, 400-100 sec animals, 500-250 sec global





# **STEREO TESTING: RANDOT**

Always test using near vision correction

Impaired acuity will blur the patterns even in a normal ste

•Check for suppression: R+L box • Relative stability can indicate eye do

Hold the test upright, not tilted

"Use adequate lighting but avoid glare

•If the test is upside-down, the images will appear inside the page instead of above it "Some shifts in in the contours of the Randot circles are visible monocularly– even "one-eyed" patients can see this!



#### WHAT HAPPENS WITH AMBLYOPIA?

 Developmental disorder that degrades spatial vision and stereopsis

Unclear image is delivered to the brain from one or both eyes

\*Commonly known as "lazy eye" \* THIS DOES NOT MEAN THAT THE EYE TURNS!!!! That's strabismus

Amblyopia (lazy eye): reduced refractive power, deprivation, or strabismus causes a lack of visual stimulation that results in insufficient information being transmitted through the optic nerve to the brain. The affected eye will not develop properly.

Strabismus (crossed eyes): When a patient is unable to align both eyes. This lack of coordination prevents both eyes being able to focus on the same point in space.



#### WHAT ELSE CAN DEGRADE NORMAL STEREOACUITY?

\*Monocular patient \* Injury, insult, etc. \*Monovision \* Cataract sx \* LASIK sx \* Contact lenses \* "Natural" monovision



Anything that reduces the image quality of one eye relative to the other!

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# COLOR VISION: USES

Hereditary deficiencies

<sup>a</sup> Abnormality or absence of one of more of the 3 cone types (R, G, B) <sup>a</sup> Red and green are most commonly affected

Acquired deficiencies (afferent visual pathways) • Due to disease/trauma or drug toxicity

• Typically blue-yellow defects



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# ISHIHARA

VA must be 20/200 or better

Don't let px touch the plates- oil from hands can degrade the colors! " Use a clean, dry paintbrush to trace patterns

Tech holds the plates

Perpendicular to the line of sight for a maximum of 3 seconds

Tech turns the plates, not the patient

Monocular test (especially important for optic nerve disease) First plate is a test plate: EVERYONE should see the "12"



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COLOR VISION

## ISHIHARA

#2-7 Transformation: Normal reads one number, deficient reads another

#8-13 Vanishing design: Normal reads a number, deficient reads nothing

#14-15 Hidden digit design: Normal reads nothing, deficient may read "5" or "45" #16-17 Diagnostic plates - "red (protan) defective reads right side"





# EXTRA PATHOLOGY SLIDES

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# MACULA PATHOLOGY

Pseudohole vs. lamellar hole



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MACULA PATHOLOGY



# MACULA PATHOLOGY





If CWSs are outside the Macular Cube Scan, Zeiss Cirrus allows for the easy change of retinal scan location by dragging the "scan box" to the zone of interest

# MACULA PATHOLOGY



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# MACULA PATHOLOGY







THANK YOU! dr.barrettzeitlin@gmail.com