

Case presentation 3: RETINITIS PIGMENTOSA

Mr. abc, 48 year old male was referred to the Low vision clinic by retinal clinic for low vision evaluation and management. He was diagnosed to have OU: Retinitis Pigmentosa.

He was accompanied by his friend. By occupation he was sales person. Gross observation revealed he was not able to maintain eye contact.

Patient's chief complaint was gradual painless diminished vision for distance and near in both eyes since 4-5 years and he was unable to move around at night since the last 15years. Younger brother, elder sister and maternal grandfather had similar visual issue. No history of consanguinity was present. There was no record of glass wear or previous eye examination. No history of low vision evaluation or device usage. There was no other significant medical/ systemic history.

Low Vision Evaluation:

- **Task related history:** Patient had difficulty in non familiar places with independence. He could not identify bus numbers or sign boards and couldn't cross roads alone. He could not see television clearly or identify faces. He faced glare issues while working and navigation problem at night. Mobility test was positive. He was unable to read fine newspaper print. Otherwise there were no significant issues in currency identification, food on plate, or matching clothes.
- **Visual Acuity:**

Distance aided VA (LVRC Sloan letter chart): OD= 1.0 Log MAR, OS= 0.80 Log MAR, OU= 0.74 Log MAR.

Near aided VA: (LVRC English chart) OD= 1 M, OS=1.25 M, OU=1M at 30 cm.

- **Refraction:**

Net Retinoscopy: OD: -1.25Ds/-2.50Cyl x90 DS, OS: Plano/-2.00x 90

Acceptance: OD: -1.75Ds/-2.00Cyl x90, 0.3 Log MAR, Near VA 1M @ 25cm.

OS: Plano/-2.00Cyl x90, 0.7 Log MAR, Near VA 1.25M @ 25 cm.

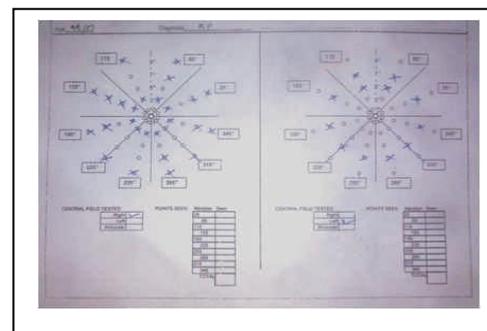
OU: 0.28 Log MAR

- **Colour vision: OU=** Basic colour discrimination present.
- **Visual field(Berkeley central field test): OD=**central 5 degree perseverence, **OS=** central 7 degree perseverence.
- **Amsler chart:** unable to test as patient was not fixating properly.
- **Contrast sensitivity function test: (Peli Robson contrast chart)): OD=** 0.75 Log units, **OS=** 0.75 Log units, **OU=** 0.90 Log units.
- **Glare test:** Patient was comfortable with amber tint sunlight.
- **Low vision device trial for Near vision:**

OU= +3.00 addition improved patients near vision binocularly to 0.63M with reading distance of 30cm with good speed in normal illumination.

Low vision Rehabilitation and Management:

- Patient was explained about the nature and progression of the disease.
- Bifocal Refractive error was prescribed with amber tint for distance viewing.
- Advised to use peak cap and umbrella to use when out in sun. use for bright conical beam torch at night
- Advised to take help of sighted people for mobility at night and to avoid travelling at night alone.
- Family members were advised for the eye exam to rule out RP.
- Genetic counselling was advised
- Referred to rehabilitation clinic.
- Follow up 6 monthly.



Berkely's Central Visual Field Documentation