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• We acknowledge and pay our respects to the Kaurna people, the traditional custodians whose ancestral lands we gather on. We acknowledge the deep feelings of attachment and relationship of the Kaurna people to country and we respect and value their past, present and ongoing connection to the land and cultural beliefs.





STROKE AND THE EYE





STROKES

- Leading cause of disability in Australia
- 27,428 people experienced a stroke for the first time in 2020
 - One stroke every 19 mins
 - Estimated to increases to 50,000 by 2050
- Rates of strokes have increased
 - 2012: 14% of people between 18-54
 - 2020: 24% of people between 18-54
- Rural and regional areas
 - 17% more likely to experience a stroke
- Aboriginal & Torres Strait Islanders are ~3x more likely





Impact of strokes

- 2020: 8,703 people died from a stroke
- 37% of people require support with everyday living following stroke
- Survivors lose 3.8 FT weeks of work/year





Risk Factors for strokes

- Hypertension
 - >140/80
- Diabetes
 - HbA1c >7.5%
- Hyperlipidaemia
 - Total >5.5mmol/L
- Obesity
 - BMI >25
- Physical inactivity
 - NO reported physical activity
- Smoking
 - Daily smoker
- Atrial fibrillation





Stroke REVISION

- A disruption of blood supply to the brain
- Three major types:
 - Ischaemic
 - Thrombotic
 - Embolic
 - Systemic hypoperfusion
 - Haemorrhagic
 - Intracerebral
 - Subarachnoid
 - Transient Ischaemic attack (TIA)





Ischaemic stroke

• Thrombotic

- Due to formation of thrombus in artery
- Thombus may block or reduce blood flow OR break off to block a distal vessel
- Usually small vessel disease

• Embolic

- Due to debris from another source accumulating and causing blockage
- Classified by the source of emboli
 - Definite cardiac source
 - Possible cardiac source
 - Arterial source
 - Unknown source
- Usually large vessel disease













Location of ischaemia and symptoms

CEREBRAL VESSEL	AREA OF BRAIN SUPPLIED	SYMPTOMS
Anterior Cerebral Artery (ACA)	Superior and medial area of parietal lobe & midline of frontal lobe MC	Contralateral leg > arm numbness or weakness
L Middle Cerebral Artery (L MCA)	Frontal, temporal and parietal lobe AND	L strabismus, R face and arm>leg weakness, sensory loss, R hemianopia, aphasia
R Middle Cerebral Artery (R MCA)	occipital lobe	R strabismus, L face and arm>leg weakness, sensory loss, R hemianopia, neglect
Posterior cerebral artery (PCA)	Medial temporal and occipital lobe, thalamus	Contralateral hemianopia, memory and sensory loss
Basilar artery	Cerebellum, brainstem, thalamus, occipital and medial temporal lobe	Coma/inattention, cortical blindness
Brainstem (superior/inferior cerebellar arteries)	Brainstem (cranial nerves)	Ataxia, vertigo, diplopia, contralateral weakness/sensory loss with ipsilateral CN deficits





Haemorrhagic Stroke

Intracranial haemorrhage

- Bleeding derived from smaller vessels
- Slower bleeding forms haematoma -> spreads along white matter of brain
- Symptoms may take minutes to hours to manifest
 - Headache
 - Nausea
 - Vomiting
- Early symptoms of ICH help determine site of brain that contains haemorrhage
 - Putamen and internal capsule regions = limb motor and/or sensory signs
 - Cerebellum = ataxia
 - L temporal lobe = aphasia





Haemorrhagic Stroke

• Subarachnoid haemorrhage

- Rupture of arterial aneurysm
- Blood spreads rapidly in CSF -> may result in death or deep coma
- Other causes: vascular malformation, illicit drug use, trauma
- Rapid onset of symptoms
 - Headache
 - Loss of consciousness
 - Seizures
 - Nausea
 - Vomiting
 - Stiff neck





Transient Ischaemic Attack (TIA)

- Temporary neurological symptoms (<24hrs)
- Traditionally thought to not cause permanent tissue injury (infarction)
- New definition:
 - Transient episode of neurological function caused by focal brain, spinal cord or retinal ischaemia *without* acute infarct
 - Use or neuroimaging to identify





Management of Strokes

• Minimise brain injury, treat medical complications, uncover pathophysiologic basis of symptoms

• Acute phase:

- Vital signs- stable airways, breathing and circulation
- History & physical examination- time of symptom onset, rule out other conditions that mimic stroke
- Neurological examination- facial paresis, arm/leg weakness, abnormal speech, VF
 - ROSIER scale \geq +1
 - NIHSS score
- Imaging and blood tests- CT and/or MRI, blood glucose, oxygen saturation





Acute therapy of Strokes

- Goal is to re-perfuse brain (ischaemic) or prevent haemorrhage expansion and monitoring CSF pressure (haemorrhagic)
- Rapid therapy is crucial
 - 18-24% of patients with SAH die *before* presenting to ED
- Treatment suitability is determined by onset of neurological symptoms or time last know to be well





Ischaemic stroke

- IV thrombolysis
 - Drug used to dissolve clot
 - Initiated within 4.5hrs or symptom onset or *time last know to be well*
 - Increases chance of 'good' stroke outcome defined by modified Rankin Score at 3 and 6 months
 - If given at 3 hours: 33% of patients in alteplase group achieve good outcome vs. 23% in control group
 - If given at 3-4.5hrs: 35% of patients in alteplase group achieve good outcome vs. 30% in control group
 - If given after 4.5hrs: 33% of patients in alteplase group achieve good outcome vs. 31% in control group





Ischaemic stroke

- Mechanical thrombectomy
 - Suitable for patients with onset of symptoms >4hrs but less than 24hrs OR stroke due to large artery occlusion
 - Catheterisation through femoral artery
 - Guide to internal carotid artery then to occlusion
 - Stent retriever used to reach clot and remove





Haemorrhagic stroke

- Goal is to stop bleeding by hemostatic pathways or vascular tamponade
- Anti-thrombotic medications and uncontrolled BP can inhibit hemostasis
- Haemorrhagic expansion needs to be managed
 - Increases likelihood of increased ICP
 - Surgical methods used
 - Craniotomy





Strokes and the eye

- Visual impairment following stroke significantly impacts quality of life
 - Leads to loss of independence and depression
- Visual impairment from strokes include:
 - Monocular vision loss
 - Visual field deficits
 - Cortical blindness
 - Ptosis
 - Diplopia/ocular dysmotility
 - Gaze deficits
 - Saccades
 - Smooth pursuit impairment
 - Nystagmus





	Site of stroke	Percentage
Eye movement deficit		
Cranial nerve palsy	Posterior fossa: cerebellum, brain stem, thalamus, occipital lobe	9
Saccadic		
Palsy	Cortical: parietal lobe, occipital lobe, lacunar, internal capsule, intraventricular	9
Dysmetria	Cortical: frontal lobe, parietal lobe, occipital lobe, thalamus, lacunar, basal ganglia, periventricular	50.5
	Brain stem, cerebellar	6
Smooth pursuit palsy	Cortical: parietal lobe	3
	Cerebellar	1.5
Gaze palsy	Cortical: frontal lobe, occipital lobe, parietal lobe, lacunar, basal ganglia, periventricular	4
	Brain stem	17
Visual field impairment		
Homonymous hemianopia	Occipital lobe, parietal lobe	56
Quadrantanopic defects	Occipital lobe, parietal lobe	20
Altitudinal, homonymous scotomas	Occipital lobe	6
Perceptual deficit	Cortical: parietal lobe, occipital lobe, temporal lobe, internal capsule, periventricular	100



Rowe et al, Visual impairment following stroke: do stroke patients require vision assessment?, *Age and Ageing*, Volume 38, Issue 2, March 2009, Pages 188–193, <u>https://doi.org/10.1093/ageing/afn230</u>



Impact of Quality of Life

- Reading
 - R sided hemianopia difficult to to read from L to R
 - L sided hemianopia- difficulty picking up start of line
 - Saccades- troubles tracking, especially in conjunction with VF defect
- Driving
 - VF defect- unable to pass legal standards
 - Fatigue and concentration reduced
 - Binocular vision- difficulty judging depth
- Risk of falls
 - Reduced VA and poor contrast





Visual fields

- 8-25% of patients develop VF loss following a stroke
 - 54% complete homonymous hemianopia
 - 19.5% incomplete homonymous hemianopia
 - 15.2% quadrantanopia
 - 9.2% constriction of VF
 - 5.1% scotoma
 - 1.7% cortical blindness
- Most patients do no realise they have a visual field impairment
 - Only 42% of patients with field loss reported objective impairment of vision









Assessing visual fields

- Computerised perimetry
 - Reproducible
 - Objective
 - Standardised
- Goldman Kinetic
 - Shorter
 - Can focus on suspected areas of deficits
- Tangent (Bjerrum) screen
 - Short





Assessing visual fields

- Computerised perimetry
 - 30-2 field preferable
 - Full field can take 15 mins/eye
 - Zeiss HFV
 - 30-2 SITA fast
 - Kinetic field
 - Medmont M700
 - Neurological test- fast threshold





Strokes and driving

- Impairments following stroke may temporarily impair patient's ability to drive
 - Minimum non-driving period applies:
 - 4 weeks for private drivers
 - 3 months for commercial drivers





Process for returning to driving after a stroke

- 1. Cleared medically for driving
- 2. Referred for optometric/ophthalmic assessment
 - 1. Visual acuity
 - 2. Visual fields
 - 3. Oculomotor deficits
- 3. Referred for on road driving test





Visual fields and driving

- Person is unfit to hold unconditional license:
 - If the binocular visual field does not have a horizontal extent of at least 110 degrees within 10 degrees above and below the horizontal midline; or
 - if there is any significant visual field loss (scotoma) within a central radius of 20 degrees of the foveal fixation or other scotoma likely to impede driving performance; or
 - if there is any significant visual field loss (scotoma) with more than four contiguous spots within a 20-degree radius from fixation.





Visual fields and driving

- Conditional licenses may be given by an optometrist or ophthalmologist if:
 - "...the horizontal extension of a person's visual fields are less than 110 degrees but greater or equal to 90 degrees...The extent is measured on the Esterman from the last seen point to the next seen point. There is no flexibility in this regard for commercial vehicle drivers"





Visual fields and driving

- Central field loss:
 - "A significant or unacceptable central field loss is defined as any of the following:
 - a cluster of four or more adjoining points that is either completely or partly within the central 20-degree area
 - loss consisting of both a single cluster of three adjoining missed points up to and including 20 degrees from fixation, and any additional separate missed point(s) within the central 20-degree area
 - any central loss that is an extension of a hemianopia or quadrantanopia of size greater than three missed points."













Visual field standards for driving

- Binocular Esterman
 - Roving or non-roving
 - Roving needs to be performed twice- results averaged
- Medmont Binocular Visual field
 - Must print in level map mode







Visual field recovery following stroke

- Up to 50% of patients with field loss can have spontaneous improvement within first 3-6 months
- Recovery may be dependent on retrograde damage
 - Damage to occipital lobe -> optic tract degeneration -> optic tract axonal injury -> retrograde degeneration of retinal ganglion cells





Oculomotor sequalae following stroke

• Most common:

- Deficits of saccades
- Convergence insufficiency
- Strabismus (distance)
- Accommodative infacility
- Cranial nerve palsy





Oculomotor palsies

- Diplopia and palsies common following strokes
- 54% of patients have ocular motor abnormalities following stroke
 - CN III or CN IV common after strokes
- Present with diplopia or blurred vision
- Occurs most commonly in brainstem and cerebellum strokes





Oculomotor palsies

• CN III

- CT: vertical deviation and exoT
- Convergence insufficiency common
- CNIV
 - CT: vertical deviation
 - May have convergence insufficiency
- CNVI
 - CT: esoT
 - Convergence insufficiency, nystagmus and saccadic abnormalities common





Management of binocular vision

- PRESCRIBE OPTIMAL PRESCRIPTION
- Poor evidence for interventions
- Prisms
 - Alleviate diplopia
- Vision exercises
 - Convergence insufficiency improved with training
- Occlusion
- Surgical





- M, 57 year old
- L posterior cerebral artery infarct Sept 2020
 - Atherosclerosis
- Smoker
- Meds:
 - Blood thinner
 - HTN
 - Lipids





What symptoms/ocular findings would you expect?





What symptoms/ocular findings would you expect?

- PCA supplies part of occipital lobe and thalamus
- Signs/symptoms
 - Contralateral homonymous hemianopia +/- macular sparing
 - CN palsy
 - Saccadic deficits
 - Sensory symptoms
 - Loss of touch
 - Ataxia





Case 1- examination

- Best corrected VA
 - RE: +1.75/-0.50x105 6/6+
 - LE: +1.00/-0.25x83 6/4.8
 - Add +2.00
- Pupils: PERRL, no RAPD
- EOMS: jerky but full movements





Technician: Operator, Cirrus

Signal Strength: 9/10

OD I OS ONH and RNFL OU Analysis:Optic Disc Cube 200x200

8/10



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Comments





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Flinders | College of Nursing • Seen 68/120 • Not Seen 52/120 • Mot Seen 52/120 • Blind Spot Esterman Efficiency Score: 55 Flinders Health2GO

- F, 52 years old
- 8/2019:
 - Presents to ED at 23:00
 - Sudden onset of headache
 - Vomiting
 - Agitation +/- altered memory
 - GH: good health, no meds





- Physical examination:
 - L sided facial droop
 - L sided hemiparesis
 - Dysphasia
 - NO right sided neurological deficits
- Differential diagnosis?
- What would you do if they presented in optometric setting?





- Differential diagnosis
 - Subarchanoid haemorrhage
 - Intracranial haemorrhage (MCA)
 - Iscahemic stroke (MCA)
- Optometric setting
 - VA +/- pinhole
 - Pupils
 - EOMs
 - Posterior assessment
 - Visual fields
 - Management- refer to ED





Case 2 examination

- CT Brain + perfusion performed:
 - Subarachnoid haemmorhage
 - Likely due to R middle cerebral artery bifurcation aneurysm
- Preceded to R pterional craniotomy, clipping of R MCA bifurcation aneurysm, ICH evacuation, EVD insertion, craniectomy





• BCVA:

- RE -0.25/-1.00x120 6/4.8
- LE -1.00 6/4.8
- ADD +1.25 N4
- Pupils: PERRL, no RAPD
- EOMs: nystagmus, full movements
- CDR RE 0.6, L 0.5, temporal pallor L>>R
- IOPs R 18 L 19mmHg





ID:	11469	Exam Date:	8/18/2021	8/18/2021	Flinders Vision	
DOB:	8/10/1967	Exam Time:	1:47 PM	1:49 PM		
Gender:	Female	Serial Number:	5000-4019	5000-4019		

ONH and RNFL OU Analysis:Optic Disc Cube 200x200 OD OS





Page 1 of 1

11469 8/18/202 Flinders Visior 8/10/1967 Exam Time: 1:45 PM 1:49 PM Serial Number: 5000-4019 5000-4019 Gender: Female





Fovea: 256, 66

OD Deviation Map

OD Sectors







Doctor's Signature

Comments

DOB:

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GHT

VFI 53%

Outside Normal Limits

MD -16.71 dB P < 0.5%

PSD 15.48 dB P < 0.5%

54

Date: 18-08-2021

Time: 2:05 PM

Age: 54

- M, 65 yo
- L cerebellar stroke 9/2022
 - Lateral medullary syndrome
- Smoker- 1 pack/day for 45 years
- GH: HTN, lipids, type 2 diabetes
 - Lung Cancer- mets in spine and adrenal gland





- BCVA
 - RE: +1.00/-0.75x75 6/9.5++
 - LE: +0.50 6.9.5
 - Add +2.50 N6
- Nystagmus
- Pupils: Anisocoria R>L 1mm, greater in dark
- No RAPD- HORNERS
- CDR 0.2 ou, mac healthy
- Lens; mod cortical cataracts
- NO 3.0 NC 3.0 C 4.0 P 1.0





Central 30-2	Threshold Test			Central 30-2 Threshold Test		
Fixation Moni Fixation Targ Fixation Loss False POS Er	tor: Gaze/Blind Spot Stin et: Central Bac es: 3/14 xx Stra rors: 0 %	nulus: III, White Pupil Diameter: kground: 31.5 ASB Visual Acuity: ategy: SITA-Fast RX: +4.00 DS	5.5 mm Date: 25-01-2023 Time: 2:37 PM DC X Age: 59	Fixation Monitor: Gaze/Blind Spot Fixation Target: Central Fixation Losses: 3/12 xx False POS Errors: 6 %	Stimulus: III, White Background: 31.5 ASB Strategy: SITA-Fast	Pupil Diameter: 5.0 mm Date: 25-01-202: Visual Acuity: Time: 2:43 PM RX: +3.75 DS DC X Age: 69
False NEG Er Test Duration Fovea: OFF	rors: 6 % : 04:59 21 24 : 14 25 27 - 24 25 27 29	17 22 26 26 22 29 28 27 27		False NEG Errors: 10 % Test Duration: 04:59 13 Fovea: OFF 19 20 26	15 24 24 21 - 24 27 25 26 27 27 26 25	
	8 18 27 29 29 30 10 22 28 31 30 11 21 25 27 30 12 18 23 22 27 16 7 31 55	30 27 29 29 27 32 31, 30 70 27 28 27 1 24 27 28 28 27 28 27 28 28 27 28 27	α +	18 26 29 27 30 + 29 26 24 31 28 26 0 29 25 25 24 26	29 31 31 29 28 23 32 30 30 31 39 27 31 31 31 30 29 28 30 30 28 28 28 28 30 30 28 28 28 22 30 30 28 28 20 22	
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-18 -10 -16 -7 -16 -8		-18 -10 -3 -2 -2 0 -3 0 0 -1 -16 -7 -3 -1 -2 1 0 0 -2 -16 -8 -6 -5 -3 -4 -4 -5 -2	GHT Outside Normal Limits	-10-3 0 -3 -1 0 0 -1 -1 -3 0 -3 0 0 -1 -2 0 0 1 -3 -3 -2 -1 -1 -1 -1 1	-10 -3 0 -3 -1 0 -3 0 0 -3 -3 -2 -1	0 0 -1 -1 -3 -1 -2 0 0 1 -1 -1 -1 1 Outside Normal Limits
-14 -10 -12	7 9 4 9 3 3 4 4 7 22 7 5 2 1 1 5 7 17 8 5 1 7 2 1 10 4 2 4	-14 -10 -7 -9 -4 -3 -3 -3 -4 -2 -12 -22 -7 -5 -1 -1 -1 -6 -17 -8 -6 -1 -2 -1 -10 -4 2 -4	VFI 92% MD ~4.09 dB P < 1% PSD 5.02 dB P < 0.5%	~4 ~5 ~6 ~5 ~2 ~2 ~4 ~3 ~3 ~4 ~13 ~8 ~6 ~2 ~2 ~3 ~6 0 ~10 ~2 ~2 ~2 ~1 0 ~5 ~5 ~9 ~3	-16 -15 -16 -15 -2 -13 -18 -16 -2 -10 -2 -2 -5 -5	"2 "4 "3 "3 "4 "2 "3 "6 0 VFI 98% "2 "1 0 MD "2.32 dB P < 5% "9 "3 PSD 2.76 dB P < 5%
■ ■ ※ 速 速 数 数	Total Deviation 	Pattern Deviation 		Total Deviation ::::::::::::::::::::::::::::::::::::	Pattern ∷ :: 22 · · · 38 · · · · · · 35 · · · · · :: 38 22 · · · · · · · · · · · · · · · · · ·	Deviation
	38 ≕ * * 38 < 12 <	2% B · · · · · · · · · · · · · · · · · · ·		·· · · % -	11 11 12 < 2% 28 < 1% ■ < 0.5%	3 8







Esterman Bin	ocular												
Fixation Moni	tor: OFF			Stime	ulus: III	. White			Pupi	Diamet	ler:		Date: 25-01-20
Fixation Targe	et: Central			Back	ground	1: 31.5 A	SB		Visu	al Acuit	y:		Time: 2:49 PM
Fixation Loss	es: 0/0			Strat	egy: T	wo Zone			RX:	DS	DC X		Age: 69
False POS Er	rors: 0/10)		Test	Mode:	Single In	ntern	sity					
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- Does this patient pass the visual driving standards?
- Should this patient return to driving?
- How would you manage the patient?





Questions from chat

- Do you have specific conditions you put on licenses e.g. no night driving, KM limits?
 - Night driving- if patient has a concurrent condition that causes glare (cataracts, glaucoma, AMD)
 - KM limits- limit time, mainly due to poor concentration or fatigue. Depending on how long you think the patient can drive and using that to determine distance
- Can the Melbourne Rapid Test used as a Binocular test?
 - Likely yes, best to contact VicRoads
 - Make sure if you do use, consider printing out results to attach with forms
- How long after a stroke would you test VF and what intervals do you recommend testing again?
 - Minimum 3 months (when neurologist clears them to drive)
 - Patients will often have some recovery at this point
 - Can review again at 6-12 months or when you feel VF is not improving
 - After 3 months recovery is much slower but is possible



