Test your knowledge and understanding

This page is designed to help you test your own understanding of the concepts covered in this issue, and to reflect on what you have learnt. We hope that you will also discuss the questions with your colleagues and other members of the eye care team, perhaps in a journal club. To complete the activities online – and get instant feedback – please visit www.cehjournal.org

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

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ANSWERS

Question 1. Which of the following are known avoidable risk factors for exudative age-related macular degeneration? Select one

a. Smoking  [ ]
b. Previous cataract surgery  [ ]
c. Genetic factors  [ ]
d. Malnutrition  [ ]

Question 2. Anti VEGF injections are INEFFECTIVE in which of the following conditions? Select one

a. Exudative age-related macular degeneration  [ ]
b. Diabetic macular oedema  [ ]
c. Atrophic age-related macular degeneration  [ ]
d. Central retinal vein occlusion  [ ]

Question 3. Which of the following is an important early feature of exudative age-related macular degeneration? Select one

a. Distorted vision  [ ]
b. Painful eye  [ ]
c. Loss of peripheral vision  [ ]
d. Photophobia  [ ]

Question 4. Non-communicable eye diseases (NCEDs) are becoming a public health problem. Which of the following statements is FALSE? Select one

a. NCEDs have increased in importance for three reasons: because the prevalence of infectious eye diseases has decreased, because of changes in lifestyle, and because people are living longer.  [ ]
b. NCEDs are lifelong and require long term, complex management.  [ ]
c. There is a shortage of skilled eye care workers able to provide comprehensive eye care, which is essential for managing NCEDs.  [ ]
d. The World Health Organization (WHO) advises that efforts to address NCEDs should be focused within the health sector.  [ ]

ANSWERS

1. a. Many studies have confirmed that smoking is the most important modifiable risk factor. Other important factors are high blood pressure (hypertension), diabetes, being overweight or obese, and family history of eye diseases. Genetic factors are very important in AMD; however, they are not avoidable, as we cannot change our parents! Vitamin supplements at very high doses may reduce the risk of eye disease, while vitamin supplements at very low doses may increase the risk. Cataract surgery does not increase the risk of AMD, but there is no evidence that malnutrition increases the risk. Genet

2. a. Central retinal vein occlusion  [ ]
b. Diabetic macular oedema  [ ]
c. Atrophic age-related macular degeneration  [ ]
d. Exudative age-related macular degeneration  [ ]

3. a. Distortion is the most important early symptom of macular disease. If straight lines look bent or wavy, there is likely to be a macular problem.  [ ]
b. Light sensitivity is a feature of central vision loss but has normal peripheral vision.  [ ]
c. Photophobia can all be treated effectively with antiVEGF drugs. There is good evidence that treatment with anti-VEGF is better than observation or laser.  [ ]

d. Radiation therapy is a treatment for the answer to question 1?  [ ]

Picture quiz

A 50 year-old woman in Africa presented with a history of eye pain and discharge for 3 months after upper eyelid surgery for trichiasis/entropion.

1. What is the diagnosis? (Select one.)
   a. Pterygium of the conjunctiva  [ ]
   b. Squamous cell carcinoma of the conjunctiva  [ ]
   c. Granuloma of the conjunctiva  [ ]
   d. Kaposi sarcoma of the conjunctiva  [ ]
   e. Eyelid abscesses  [ ]

2. Which of the following are known risk factors for the answer to question 1? (Select all that apply.)
   a. Exposure to ultraviolet light  [ ]
   b. HIV infection  [ ]
   c. Retained suture fragment  [ ]
   d. Male gender  [ ]
   e. Malnutrition  [ ]

3. Which of the following is the first line recommended treatment for the answer to question 1? (Select one.)
   a. Prednisolone drops  [ ]
   b. Chloramphenicol ointment  [ ]
   c. Cryotherapy  [ ]
   d. Excision with a scalpel blade  [ ]
   e. Radiotherapy  [ ]