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)

ANSWERS

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

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

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

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

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

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

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

- 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. 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 AMD, but there is no evidence that malnutrition increases the risk.

2. a. Exposure to ultraviolet light
- b. HIV infection
- c. Retained suture fragment
- d. Male gender
- e. Malnutrition

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. AMD affects only the central retina, so patients experience a loss of central vision but have normal peripheral vision.

ANSWERS

1. a. Anterior uveitis (anterior inflammation)
- b. Retinal detachment
- c. Glaucoma
- d. Retinitis pigmentosa
- e. Macular degeneration

2. a. Photophobia
- b. Loss of peripheral vision
- c. Painful eye
- d. Distorted vision

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. AMD affects only the central retina, so patients experience a loss of central vision but have normal peripheral vision.

ANSWERS

1. a. Trichiasis/entropion.
- b. Trichiasis/entropion.
- c. Granuloma of the conjunctiva following trichiasis surgery.

2. a. Chloramphenicol ointment
- b. Prednisolone drops
- c. Cytotoxic
- d. Removal of foreign bodies
- e. Excision with a scalpel blade

3. a. Exposure to ultraviolet light
- b. HIV infection
- c. Retained suture fragment
- d. Male gender
- e. Malnutrition

Reflective learning

Visit www.cehjournal.org to complete the online ‘Time to reflect’ section.