

LOW VISION OPTOMETRY of southern california

Richard J. Shuldiner, O.D, F.A.A.O., Low Vision Diplomate
P.O. Box 77966, Corona, CA 92877

888-610-2020

951-898-2021 fax

COPE COURSE ID: 52358-PS

2 Hours

Format: Live

Category:

Total CE Hours: 2

Description: Significant incurable vision loss conditions are prevalent. Difficult conversations often these leave patients with anxiety & depression. We discuss conversations that can relieve the fear, manage emotions and create a new future of independence and enjoyment.

Managing Anxiety & Depression in Retinal Disease and Vision Loss

I. Doctor/Patient Communications

- A. Informing the Patient
 - 1. about retinal disease
 - 2. the possibility of vision loss
 - 3. the prognosis a vision loss condition
- B. Giving Bad News
 - 1. how doctors deliver bad news
 - 2. how doctors handle discomforting conversations
- C. Understanding the Patients Point of View
 - 1. Emotional Considerations
 - 2. Family dynamics

II. Anxiety & Depression

- A. Definitions
 - 1. Anxiety
 - 2. Depression
- B. The Illusion of Reality
 - 1. Are we living in reality
 - 2. Are we living in fantasy
- C. The Reality of Uncertainty
 - 1. What is uncertain
 - 2. How we deal with uncertainty
 - 3. Bringing certainty to uncertainty
- D. The Upset Technology
 - 1. The causes of upsets in patients

2. The reactions to upsets in patients
3. Unraveling an upset in patients

III. Incurable Retinal Diseases

- A. Demographics
 1. By age
 2. By gender
 3. By genetics
- B. Projections of Visual Outcomes
 1. Acuity
 2. Visual Field
- C. Functional Issues

IV. Clinical Research on Anxiety & Depression

- A. The Landmark Study
- B. The Facts
 1. The Vicious Cycle
 2. The Outlook
- D. Side effects of Anxiety & Depression
- E. Family Considerations of Anxiety & Depression
- F. The Recommendations

V. Doctor/Patient Conversations

- A. What can be said
- B. What should NEVER be said
- C. From Hopeless to Hopeful
 1. Conversations to avoid anxiety and depression
 2. Creating a better future
 3. The Do's & Don'ts in communication

VI. Conversations for Independence and Function

- A. Eight Uncomplicated Solutions
 1. Obtaining better visual outcomes
 2. Principles in improving visual function
 3. Possibilities in enjoying a better life
 4. Materials and equipment required for the office

B. Referring to Auxiliary Professionals and Specialists

1. Resources
2. Types of Auxiliary Professionals
3. Types of Specialists
4. The 15 second conversation
5. Barriers to Referring a Patient out
 - a. Identifying the need
 - b. Chair time to refer
 - c. Concerns of losing a patient
 - d. Other issues?

VII. Grand Rounds: AMD

Early Onset Age Related Macular Degeneration

- a. When the VA is in the 20/40 Range
- b. Psychology of the patient
 1. The Upset Technology
 - a. Causes of upsets
 - b. Results of upset
 2. Anxiety & Depression
- c. Conversations that work/don't work
 1. Uncomplicated Solutions for Improved Outcome
- d. Discussion
 1. Solutions Prescribed
 2. Other possible solutions

VIII. Grand Rounds: Stargardt's Disease

Stargardt's Disease

- a. The presentation
- b. The prognosis
- c. Functional Limitations
- d. Uncomplicated Solutions for Improved Outcomes
- e. Complex Solutions for Extraordinary Outcomes
- f. Discussion
 1. Solutions Prescribed
 2. Other possible solutions

IX. Grand Rounds: Retinitis Pigmentosa

- a. The presentation
- b. The prognosis
- c. Functional Limitations
- d. Uncomplicated Solutions for Improved Outcomes
- g. Complex Solutions for Extraordinary Outcomes
- h. Discussion
 - 1. Solutions Prescribed
 - 2. Other possible solutions

X. Q & A and discussion