

DR B K MITRA MEMORIAL

FREE PAPER AWARDS

SESSION 1

Date: 16.12.17

Time: 8.30 AM - 10.00 AM

Hall: A

Chairperson: Dr Pushpita Sahu

Co-chairperson: Dr Sugata Nandi Ray

Convener: Dr Debjani Mukherjee

Judges: Dr Pankaj Rupahlia, Dr Arup Chakraborty, Dr Bhaskar Roy Chowdhury, Dr Prasanta Chakraborty

Moderator: Dr Suchanda Sar

BKM 1

TITLE: The role of autologous serum drops diluted with saline V/s Na hyaluronate in intractable dry eyes

AUTHOR: Dr. Dhrubojyoti Sarker DS

ABSTRACT Purpose: Analyse the therapeutic efficacy between autologous serum eye drops diluted with saline and with Na hyaluronate in moderate to severe dry eyes. Methods- 17 patients with dry eyes (mean Schirmer value 5.8 ± 1.2) included in this study. 10 ml serum prepared from each patient. Refrigerated for 1 week and defrosted marked samples diluted with 20% saline for randomly selected group A(9 cases) and diluted with 20% Na hyaluronate group B(8 cases)(50-50 solution). Patients used drops 3 times daily and were assessed on weekly basis and serial improvement analysed Result- Initially, mean baseline values- visual acuity- 0.76 ± 1.9 (log MAR), Schirmer value 5.8 ± 1.2 , TBUT 6.5 ± 2.4 .after 2 months follow up group A values were- 0.77 ± 2.1 , 6.8 ± 3.4 , 10.3 ± 2.3 , group B showed- 0.79 ± 1.98 , 11.8 ± 2.2 , 7.2 ± 3.5 respectively Conclusion- Serum with Na hyaluronate reduces corneo-conjunctival epithelial loss and tear film stability by growth factors in it and improves visual outcome.

BKM 2

TITLE: Prevalence rate of ocular manifestations of leprosy in rural West Bengal.

AUTHOR: Dr. Tathagata De

ABSTRACT The objective of this study was to determine the prevalence rate of ocular manifestations of leprosy patients presenting at eye OPD of a hospital of rural west Bengal since Jan 2014 to Dec 2015. This is an observational prospective study. Total no. of 153 leprosy patients were examined at eye OPD during this period. Ocular complications are more common in lepromatous type than Borderline. Least at Tuberculoid type. A total 80 patients (51.6%) had ocular manifestation & 33 patients (22%) having sight threatening complication such as lagophthalmos, corneal ulcer & uveitis. Most common ocular involvements are madarosis (20 patients, 13.8%), lagophthalmos (28 patients, 19%), impaired corneal sensation leading to ulcer (23 patients, 15%), cataracts (23 patients, 15%) corneal opacity (21 patients 14%), iris atrophy (21 patients, 14%). Study shows significant ophthalmic manifestations occur in leprosy which produce avoidable blindness.

BKM 3

TITLE: A Tripartite evaluation of anisometropic amblyopia: Unveiling the obscured truth

AUTHOR: Dr. Somak Mazumdar

ABSTRACT Purpose: To find out macular morphology, visual field pattern, foveal sensitivity and retinal nerve fibre layer (RNFL) changes of anisometropic amblyopia eyes to rule out any true organic cause. Methods: Retrospective 9 months study of 120 eyes. Ultra-structure of neurosensory retina (NSR), photoreceptors, RPE and central foveal thickness (CFT) observed on SDOCT. Field, foveal threshold seen on automated perimetry (30-2). OCT analysis of RNFL done. Results: Mean CFT was 215.8 micron. Significant macular pathological changes found in 55% - Foveal NSR atrophy (39.1%) and hypertrophy (15.8%). Atrophy, irregularity of photoreceptors found (25.8%). RPE altered in 5.8%. Visual fields were normal (56.7%) but 43.3% had scotoma. Low foveal sensitivity (mean 26.5 dB) was seen in 69.1%. RNFL analysis showed thinning (17.5%). Conclusion: Anisometropic amblyopia may have altered macular anatomy, changes in visual fields, diminished foveal sensitivity and RNFL thinning which are truly organic in nature.

BKM 4

TITLE: Outcome of surgical management of wound abscess after cataract surgery

AUTHOR: Dr. Nibedita Das

ABSTRACT Purpose: To describe role of corneal and corneo-scleral grafting in treatment of cataract tunnel/wound abscess Methods: Data are evaluated retrospectively for demography, preoperative and postoperative vision, type of the graft, associated endophthalmitis, retinal intervention and globe integrity. Results: Total 20 patients (M=12, F=8) with average age 62.8 ± 9.63 yrs. Therapeutic penetrating keratoplasty was done in 2 eyes and 18 are patch graft. Useful vision restored in 9 cases, globe integrity in 6 and phthisis in 5 cases. Conclusion: Tunnel infection, a devastating complication, can be controlled with proper management and surgical methods proved useful to salvage the eye ball.

BKM 5

TITLE: Uveitic Cataract – A challenging scenario

AUTHOR: Dr Vivek Datta

ABSTRACT Introduction: Cataract is a common complication of uveitis. Cataract in patients with Uveitis is fraught with complications. Precautions must be taken at preoperative, intraoperative and postoperative stages. Methods and Results: In this study we present three cases with Uveitis of three different etiologies. Detailed history-taking, thorough clinical examination and appropriate investigations were carried out and preoperative inflammation was adequately controlled in all these cases. The first case was that of bilateral Intermediate Uveitis in a 66 year old male patient. He developed complicated cataract in left eye which was managed by phacoemulsification surgery with implantation of foldable acrylic IOL under steroid cover. The vision improved to 6/36 as there was persistent CME. The second case was that of Herpes Zoster Ophthalmicus affecting left eye of a 68 year old male patient. He consequently developed secondary Glaucoma, Anterior Uveitis, Keratitis, Entropion of lower lid and metaherpetic corneal ulcer which were all appropriately managed. Ultimately, he underwent phacoemulsification surgery with foldable acrylic IOL implantation under steroid cover, and vision improved to 6/9. The third case was of a penetrating injury in the right eye of a 75 year old male. He had a sealed corneal wound with adherent iris tissue, ruptured anterior lens capsule with complicated cataract and a pseudo-hypopyon. The case was diagnosed as a Phaco-antigenic Uveitis. After appropriate control of inflammation. Right ECCE with PC IOL implantation was performed. Vision improved to 6/9. Conclusion: In this study we have experienced significant visual improvement in all three cases of Uveitis after cataract surgery. Proper timing and selection of appropriate surgical technique, meticulous control of preoperative and postoperative inflammation is of paramount importance for successful surgical outcome. Patients should also be counseled preoperatively about the final visual outcome and prognosis. Better understanding of disease, newer medications and improved surgical techniques can ensure better outcome of cataract surgery.

BKM 6

TITLE: Comparative analysis of two techniques of DALK: Big Bubble and Layer by Layer stromal dissection.

AUTHOR: Dr Krishna Kanta Roy

CO-AUTHOR: Dr Sandeep Shankar

ABSTRACT Objectives: The aim of this study was to compare the outcome of deep anterior lamellar keratoplasty (DALK) with successful big bubble or lamellar dissection technique in patients with corneal scar. Methods: 30 patients with corneal scar, who underwent DALK using the big-bubble technique, were enrolled in this retrospective comparative study. The VA and refractive errors were assessed before the operation and, thereafter, at months 3, and 6 after the operation (1) in the patients who achieved a big-bubble formation, and in those who required layer-by-layer lamellar dissection (2) to reach the Descemet membrane. Results: All the patient was follow for 6 months. Although best-corrected visual acuity (BCVA) values observed at month 3 was significantly higher in group 1 than in group 2 (P=0.034),

there was no statistically significant difference between the two groups for BCVA values observed at month 6 ($P=0.123$). Conclusions: Although the visual recovery was delayed in the early postoperative follow-up because of residual stroma in lamellar dissection, the final results were comparable between the achievement of big-bubble formation and lamellar dissection.

BKM 7

TITLE: A clinical study of Retinoblastoma in Agartala Govt. Medical College

AUTHOR: Dr Phani Sarkar

ABSTRACT Aim: To determine the general incidence, age of presentation, gender predisposition, whether unilateral or bilateral, presenting symptoms, causes of late presentation, X-Ray and CT Scan findings, histopathological examination, treatment of the cases, which were diagnosed as retinoblastoma. Design: Retrospective institutional Study from 2005 to 2017. Materials and Methods: History of presenting symptoms such as leukocoria, lacrimation, pain, redness, proptosis, strabismus, hyphema, and diminution of vision was recorded. Family history was also recorded. Ocular examination included visual acuity, pupillary reaction, detailed funduscopy, intraocular pressure. Investigations included X-ray orbit and skull, computed tomography scan orbit and brain, B-scan orbit; enucleated eyes were sent for histopathological examination (HPE). Enucleation, radiotherapy and chemotherapy were our modalities of treatment. The socket of the enucleated eye and the other normal eye were examined in detail. Results: Retinoblastoma was found to have a lesser incidence rate compared to other eye disorders. There was no apparent gender predisposition. Sporadic and unilateral cases with a later age of onset were more than bilateral cases. Maximum number of cases presented with leukocoria. Enucleation with adjuvant chemotherapy plays a more important role than other modalities of treatment of retinoblastoma. Lack of awareness was identified as the most important factor for late presentation of cases.

BKM 8

TITLE: Determinants and awareness regarding senile cataract among tribal patients attending a tertiary care centre in Tripura.

AUTHOR: Dr. Meri Debbarma,

CO-AUTHOR: Dr Phani Sarkar

ABSTRACT: Introduction: Blindness is a devastating physical condition with deep and economical implications. In India the major cause of blindness is due to cataract which is about 72.2%. Cataract are largely related to ageing process. The tribal population differs from rest of the population regarding food habits, socioeconomic status, occupation, literacy, culture etc. Limited information is available regarding the determinants, its level of awareness regarding cataract and its treatment among tribal patients of Tripura. Hence the present study was conducted to find out the determinants and level of awareness regarding senile cataract among the tribal patients attending a tertiary care centre in Tripura.

METHODOLOGY: A hospital based cross-sectional study was conducted at Agartala Government Medical College and Govind Ballabh Pant Hospital for two years duration extending from October 2015 to September 2017 among 184 tribal patients aged 40 years and above

having visual acuity of 6/9 or less in one or both eyes with lenticular opacity and patients referred from eye camps conducted by National Programme for Control of Blindness. Modified systematic random sampling method was applied for selecting the study patients. The level of awareness among the study subjects regarding cataract and its treatment was assessed by using a validated interview schedule was used containing ten questions and scoring was done for each right and wrong answer. On the basis of scoring system, the subject was labelled as having poor awareness and satisfactory awareness. RESULTS: Out of 184 study subjects, (95.65%) belonged to Tripuri community, 37% presented with cataract belonged to the age group of 60 to 69 years and 70 years and above category. Female study subjects (59%) outnumbered male subjects (41%). Farmers (46.20%) were found out to more affected than other occupational category. At the time of presentation 95% of the study subjects were suffering from bilateral cataracts. Cortical cataract was found out to be the most common type of lenticular opacity followed by nuclear sclerosis. 98.42% of the study subjects suffering from bilateral cataract had poor level of awareness and this occurrence found out to be statistically significant ($p < 0.05$). Conclusion: Cortical cataract was found to be the most common type of senile cataract and was associated with multiple factors like age, male gender, vegetarian diet, lower middle class socio-economic status, farmers and with those who had addiction to tobacco and alcohol. Majority of the study subjects had poor level of awareness. This may be cited one of the cause of poor presenting vision. It may also be assumed that poor level of awareness is one of the barrier for them to avail the health care facilities.

SESSION 2

Date: 6.12.17

Time: 8.30 AM - 10.00 AM

Hall: B

Chairperson: Dr Mita Khan

Co-chairperson: Dr Subasish Nag

Convener: Dr Ayan Mitra

Judges: Dr A R Bannerji, Dr Subrata Rakshit, Dr Debasis Bairagi, Dr Rajesh Majumdar Choudhury

Moderator: Dr Maitreyi Das

BKM 9

TITLE: Multimodal imaging in multifocal choroiditis

AUTHOR: Dr Abhijit Chattopadhyay

CO-AUTHORS: Dr. Srijita Mitra, Dr. Subhankarsri Pal, Dr. Jonaki Ghosh Roy

ABSTRACT: Objective: To study and compare efficacy of various imaging modalities in patients with multimodal choroiditis. Materials & methods: Visual acuity, anterior segment evaluation, colored and autofluorescence fundus photography, FFA, OCT with EDI, ICGA, blood investigations Results: In a case series of patients with multifocal choroiditis, it is seen that in the active phases of the disease, all patients showed areas of hyperautofluorescence. Simultaneously with increased FAF, the ICGA showed typical hypofluorescent dark areas that were more evident in the late phase. SD-OCT showed disruptions in the hyper-reflective band at the ellipsoid zone. Conclusion: FAF and SD-OCT are complementary imaging techniques that show alterations in the outer retina of patients of multifocal choroiditis.

BKM 10

TITLE: Persistent macular hole: Change in OCT parameters post failed surgery & outcome of fluid-gas exchange

AUTHOR: Dr. Vedang

CO-AUTHORS: Dr. Naresh Babu K, Dr. Piyush Kohli, Dr. Vishal MY

ABSTRACT To study the changes in Ocular Coherence Tomography (OCT) parameters of full thickness macular holes (FTMH) after a failed surgery; evaluate the outcome of fluid-gas exchange (FGE) in treatment of persistent macular hole and the role of OCT in predicting outcome after the secondary intervention. Twenty-eight eyes (28 patients) were included. After a failed vitrectomy, OCT showed an increase in the base diameter, opening diameter and height of the hole. After the secondary procedure, anatomical success was achieved in 60.7%

eyes. Mean BCVA improved from logMAR 0.88 ± 0.24 (20/152) to logMAR 0.66 ± 0.24 (20/91) ($p < 0.001$). Eight (28.6%) patients achieved final BCVA $\geq 20/60$. Functional success was obtained in 19 patients (67.9%). Pre-FGE minimum diameter ($p = 0.035$) and hole forming factor ($p = 0.020$) correlated significantly with anatomical success after FGE. FGE is a good option for the treatment of persistent macular holes. Pre-FGE OCT can help in predicting outcome of FGE for persistent macular hole.

BKM 11

TITLE: Role of endoscopy guided probing in congenital naso-lacrimal obstruction

AUTHOR: Dr. Saumendra Nath Ghose

CO-AUTHORS: Dr. Tushar Kanti Hazra, Dr. Debashis Dutta

ABSTRACT Purpose: To detect efficacy of endoscopy guided probing in congenital nasolacrimal duct obstruction and to determine prognostic factors for successful probing. Method: In this prospective case series 32 eyes of 24 children were analysed. Children with history of watering since birth and failed fluorescence dye disappearance test were included in the study. Probing was considered successful when patients became asymptomatic and FDDT became normal. Result: Probing was successful in 87.5% (28/32) overall, 100% (1/1) for punctal stenosis, 0% (0/3) for canalicular block, 100% (18/18) for distal soft NLD block and 90% (9/10) in distal bony NLD block. Age and sex had no prognostic value. Site of obstruction was strongly related with success of probing; proximal obstruction was likely to fail in comparison with distal one. Conclusion: Endoscopy guided probing allows direct visualization of nasal structures and gives clear idea about the site of obstruction. Site of obstruction is a major determining factor.

BKM 12

TITLE: Posterior scleritis: Clinical profile and visual outcome in a series of 32 patients

AUTHOR: Dr. Krishnendu Nandi

ABSTRACT Aims: To profile the etiology, clinical features and visual outcome of eyes with posterior scleritis. Method: Data regarding age, sex, clinical profile and management of patients with the diagnosis of posterior scleritis between January 2008 and December 2016 and were reviewed. Patients were treated with intravenous methylprednisolone, oral steroids, immunosuppressive agents (Azathioprine, Cyclophosphamide, Mycophenolate mofetil) either as a single therapy or in combination. Outcome measures were defined as recurrences, visual acuity at last follow up. Results: A total of 32 patients were diagnosed to have posterior scleritis. 81% of the patients were female. Mean duration of symptoms was 2.77 months. Vision at presentation ranged from perception of light to 6/6. Mean follow up period was 18.33 months. Majority of the patients presented with choroidal folds. Pain was not an associated feature in 47% of patients. Conclusion: Early treatment is the key.

BKM 13

TITLE: Epicanthus telecanthus correction by double Z plasty transnasal wire fixation with prolene in BEPS

AUTHOR: Dr. Salil K Mandal

ABSTRACT Purpose: To evaluate the functional and cosmetic outcome of telecanthus and epicanthus correction by double Z plasty and transnasal fixation with 1-0 prolene suture
Methods: Prospective interventional case series of 15 patients over a period of three years. All the patient had blepharophimosis syndrome with prominent epicanthus and telecanthus. Same sitting Musterde's double Z plasty with trans nasal wire fixation with 1-0 prolene done. Patients were followed for six months to one year with postoperative ophthalmologic exam and photograph
Result: Prominent epicanthal folds telecanthus are corrected. Pre-operative mean inter canthal distance is 42.25mm and post operative mean ICD is 34.25. Correction of ICD is 8mm is possible. No such major complication e.g. CSF leakage .
Conclusion: Combined Musterde's double Z plasty with trans nasal wire fixation with 1-0 prolene suture is effective in correction of epicanthus and telecanthus with Good cosmetic and functional outcome.

BKM 14

TITLE: Effects of intravitreal dexamethasone implant (Ozurdex) on IOP and incidence of ocular hypertension

AUTHOR: Dr. Pallavi Raj

CO-AUTHOR: Dr. Kshitiz Kumar

ABSTRACT Objective: The aim of the study was to assess the effects on IOP and incidence of ocular hypertension following Ozurdex implant in a cohort of patients at a tertiary centre
Methods: Retrospective review of clinical records. Ocular hypertension was defined as a single measurement of >25 mm Hg or an increase of 10 mm Hg from baseline
Results: 33 eyes of 25 patients with mean age of 60.6 years had undergone intravitreal Ozurdex implant with a mean follow up 7.2 months. Chief indication for injection was DME (51%). Mean IOP before injection was 13.18 and at 1st week, 1st, 2nd, 3rd and 4th months after the injection it was 11.2(p=0.002), 14.3(p=0.11), 17.3(p=0.001), 15.1(p=0.002) and 14.6(p=0.06), respectively. Incidence of ocular hypertension was 18.2% (6/33 eyes) at 2nd month which responded to anti glaucoma medications.
Conclusion: Clinically significant IOP changes were not seen. Ocular hypertension most commonly manifests at around second month which can be controlled with medications.

BKM 15

TITLE: Efficacy and outcome of intravitreal Ozurdex in a tertiary care eye hospital. A retrospective study

AUTHOR: Dr Lolly Pattnaik

CO-AUTHOR: Dr Aniruddha Maiti

ABSTRACT Purpose: To investigate the indications and outcome of 0.7mg intravitreal Ozurdex in a tertiary care eye hospital over a period of one year. Methods: A retrospective review of all medical records was performed on 28 eyes of 28 consecutive patients. Main outcome measures were the change in log of the minimum angle of resolution, visual acuity measurements, of central retinal thickness (CRT), mean foveal thickness (MFT), total macular volume (TMV) as measured by stratus OCT 3000 machine and frequency of complications. Results: Majority of the patients were in the age group of 50-60 years. The most common indication of injection was vascular occlusions (n=15). 19 patients had prior anti-VEGF injections. 10 patients had improvement in visual acuity by one line, 5 patients by 2 lines, and 6 patients by more than two lines. There was extremely statistically significant improvement in CRT (central retinal thickness) status (470 micrometers, pre-injection value versus 297 micrometers post injection value) ($p < 0.0001$), MFT (minimal foveal thickness) values (449 micrometers, pre injection value versus 215 micrometers, post injection value) ($p < 0.0001$), total macular volume (TMV) (8.60 cubic millimeter, pre injection value versus 7.87 cubic millimeter, post injection value) ($p < .0001$). 5 cases had an increased intraocular pressure that was controlled by topical medications. Conclusion: Macular edema due to vascular occlusions is the commonest indication of intravitreal Ozurdex injection and the improvement in the central retinal thickness status is statistically significant at one year. 0.7 milligrams intravitreal Ozurdex is an extremely useful alternate therapy for cases non responsive to anti-VEGF therapy as well as primarily in cases with significant increase in macular thickness and volume.

BKM 16

TITLE: Could transient corneal oedema be a predictor of pseudophakic macular oedema? cracking the mystery

AUTHOR: Dr. Dhrubojyoti Sarker DS

ABSTRACT Purpose: The aim to correlate transient corneal oedema (TCO), it develops from endothelial injury and Descemet's folds, with pseudophakic macular oedema. PMO is a common cause of poor vision after uneventful cataract surgery. Material and method- 56 patients (56 eyes) of senile cataract underwent SICS+PCIOL surgery were included. Medical and post-operative clinical and visual outcome were retrospectively analysed. Cases showed striate keratopathy (SK) and TCO were documented and classified. These cases evaluated on 8th and 40th day, on which day SD-OCT performed on the operated eye. PMO diagnosed where CRT found $\geq 300 \mu$. Result- TCO and SK developed in 14 cases. Mean BCVA worst with TCO cases on 1st and 8th day. 2 eyes had TCO up to 40th day. OCT revealed PMO in 12 eyes on 40th day. Mean CRT was $332 \pm 7.4 \mu$. Conclusion- PMO is a common cause of restricted visual outcome. But it can be foreseen if meticulous slit lamp evaluation done to rule out early post-operative corneal decompensation.