

# West Los Angeles VA Health Care Center, Los Angeles, CA

A review of the demographics of a group of "general" optometry patients seen recently at the main eye clinic in bldg. 304 yielded the following:

Age range: 33-75  
Average age: 62  
92% male; 8% female

Range of number of pharmaceuticals/medications per patient: 2-33  
Average number of pharmaceuticals/medications listed per patient: 11

Range of number of systemic problems listed per patient: 2-33  
Average number of systemic problems listed per patient: 17

A review of the systemic problem lists of these optometry clinic patients yielded the following common diagnoses:

80% had dyslipidemia/hyperlipidemia/high cholesterol  
64% had hypertension  
40% were cigarette smokers  
36% had COPD or asthma  
36% suffered from post-traumatic stress disorder  
32% were diabetic  
24% suffered from alcohol abuse or dependence  
24% were obese  
20% had coronary artery disease  
16% were diagnosed with obstructive sleep apnea  
16% had cerebrovascular disease (stroke, carotid occlusion, etc)  
16% were anemic

Common ocular diagnoses among this group of patients were as follows:

58% had nuclear sclerosis  
40% had dry eyes  
22% were glaucoma suspects  
21% had glaucoma (all types and levels of severity included)  
14% had cortical cataracts  
13% had vascular retinopathy (hypertensive, diabetic, anemia/thrombocytopenia, etc.)  
9% had hypertensive or diabetic retinopathy  
7% had macular degeneration  
6% had peripheral vitreo-retinal disease

Other interesting ocular diagnoses in this group:

Bell's palsy  
Conjunctivochalasis  
Endothelial corneal dystrophy  
Entropion

Essential blepharospasm  
Hollenhorst plaque  
Homonymous hemianopsia  
Keratoconus  
Myopic retinal degeneration  
Optic atrophy  
S/P Penetrating keratoplasty  
Photosensitivity from traumatic brain injury  
Ptosis  
Rosacea

A review of the demographics of patients seen by residents at the GRECC Inpatient ward recently demonstrated the following:

Age range: 65-98  
Average age: 78  
96% male; 4% female

Range of number of pharmaceuticals/medications per patient: 3-30  
Average number of pharmaceuticals/medications listed per patient: 16

Range of number of systemic problems listed per patient: 5-34  
Average number of systemic problems listed per patient: 16

The following was found on review of GRECC inpatient medical problem lists:

64% had hypertension  
44% had dyslipidemia  
40% had cancer of organs other than the skin (prostate, lung, colon, esophagus, leukemia, etc)  
36% had renal disease  
32% had cardiac dysrhythmia (atrial fibrillation, atrial flutter, etc)  
28% had a history of falls or abnormality of gait  
28% were diabetic  
28% had COPD, chronic bronchitis, or related respiratory disease  
28% had cerebrovascular disease such as stroke or TIA  
24% were anemic  
24% were on anticoagulation  
24% had thyroid abnormalities  
20% had congestive heart failure  
20% were cigarette smokers  
20% suffered from alcohol dependence or abuse  
16% were diagnosed with vitamin D deficiency or vitamin B deficiency  
12% had metastatic cancer

The following are the common ocular problems among this group of patients:

76% had cataracts  
24% were pseudophakic  
20% had macular degeneration, 40% of these encounters had "wet" AMD  
20% had a diagnosis of glaucoma, and 60% of these were patients with advanced glaucoma  
20% had peripheral vitreo-retinal degenerative conditions (lattice, pavingstone, hole)  
12% were glaucoma suspects

12% were legally blind  
12% had diabetic retinopathy

Other interesting ocular diagnoses among this group of patients:

Amiodarone keratopathy  
Anophthalmic socket S/P enucleation  
Vascular retinopathy secondary to systemic anticoagulant therapy  
Cortical blindness  
Macular hole  
Myopic staphyloma  
Ocular ischemic syndrome  
Optic atrophy  
Scleral buckle S/P retinal detachment  
S/P CRAO  
Vitreous hemorrhage

A review of the demographics of a group of patients seen recently by optometry residents at CLC (nursing homes) yielded the following:

Age range: 56 - 94  
Average age: 83  
96 % male; 4% female

Range of number of pharmaceuticals/medications per patient: 5-29  
Average number of pharmaceuticals/medications listed per patient: 18

Range of number of systemic problems listed per patient: 8-39  
Average number of systemic problems listed per patient: 19

A review of the systemic problem lists of these nursing home patients yielded the following common diagnoses:

96% had hypertension  
84% had dyslipidemia  
60% were diabetic  
44% had dementia  
40% had congestive heart failure and/or cardiomyopathy  
36% had atrial fibrillation or atrial flutter  
28% were cigarette smokers  
24% had cancer other than skin cancer  
24% had coronary artery disease  
24% had deep vein thrombosis, peripheral vascular disease, or venous insufficiency  
20% had cerebrovascular disease  
20% had thyroid dysfunction  
20% had COPD or asthma  
16% were anemic  
12% had seizure disorder

Common ocular diagnoses among this group of patients were as follows:

96% had cataracts in one or both eyes  
32% had conjunctivochalasis

24% had age-related macular degeneration  
24% were glaucoma suspects  
16% were pseudophakic in one or both eyes  
16% had glaucoma or were being treated for ocular hypertension  
12% had diabetic retinopathy  
12% had hypertensive retinopathy  
8% were legally blind

Other interesting ocular diagnoses in this group:

Acute anterior uveitis  
Amiodarone keratopathy  
Apocrine hydrocystoma  
Bell's palsy  
Chorioretinal scarring secondary to ocular trauma  
Epiretinal membrane  
Floppy eyelid syndrome  
Herpes simplex stromal keratitis  
Homonymous quadrantanopsia S/P stroke  
Optic atrophy, legal blindness secondary to anoxic brain injury  
Optic disc collaterals  
Recurrent MRSA conjunctivitis  
Severe optic nerve hypoplasia  
S/P penetrating keratoplasty  
Subconjunctival hemorrhage secondary to warfarin use  
Ocular toxoplasmosis  
Toxic optic neuropathy secondary to ethambutol treatment for MAC infection  
Traumatic optic atrophy  
Vascular retinopathy secondary to acute exacerbation of congestive heart failure

A review of the demographics of a group of patients seen recently by optometry residents while on the low vision rotation yielded the following:

Age range: 36-97  
Average age: 75  
100% male

Range of number of pharmaceuticals/medications per patient: 0-24  
Average number of pharmaceuticals/medications listed per patient: 10

Range of number of systemic problems listed per patient: 5-56  
Average number of systemic problems listed per patient: 15

Pathologies contributing to the patient's visual impairment (more than one may apply per patient) included the following:

36% had endstage or advanced glaucoma  
32% had wet age-related macular degeneration  
12% had diabetic eye disease (extensive PRP, DME, or extensive FLM for DME)

Other contributors to vision loss included:  
Rhegmatogenous retinal detachment

Cone macular dystrophy  
Vitelliform macular dystrophy  
Cataract  
Aphakia  
Intractable diplopia  
Amblyopia  
Central retinal vein occlusion  
Nonarteritic anterior ischemic optic neuropathy  
Homonymous hemianopsia s/p parietal lobe stroke  
Non-AMD macular scar  
Retrobulbar hemorrhage secondary to head/orbital trauma  
Dry/geographic age-related macular degeneration  
Cystoid macular edema secondary to branch retinal vein occlusion

A review of the demographics of patients seen in the therapeutic contact lens clinic recently demonstrated the following:

Age range: 31-76  
Average age: 56  
90% male; 10% female

Reasons for therapeutic contact lens wear:

Aphakia  
High anisometropia  
Extreme hyperopia  
Extreme myopia  
Cosmetic for opacified cornea (artificial iris-pupil soft lens)  
Polycoria, aniridia