

Importance of Patient Selection and Setting Patient Expectations

Under Promise and over deliver! This was one of the key take home messages from Dr Kanellopoulos presentation on patient selection at the Winter ESCRS lunchtime symposium. Anastasios John Kanellopoulos, MD, Associate Professor of Ophthalmology NYU Medical School, NY, USA Director, and Laservision Institute Athens, Greece, reviewed his one year experience with the Crystalens HD and Crystalens Five-0.

Dr Kanellopoulos educates his patients by providing reading materials that the patient can review at home. "This picture, from everything that I've seen, best makes you approach the patient discussions about presbyopia, because every patient has different needs in their everyday life of course."



In the far left image, with the Crystalens, shows how usually without glasses you have good distance AND intermediate vision, such as your computer screen, your dash board in the car, "things that are very frustrating for the everyday person to do without", he said.

In contrast the middle is representative of a multifocal IOL with good near, distance, but poor intermediate vision. The far right image is representative of a monofocal IOL with good distance vision but poor intermediate and near

Dr Kanellopoulos spends time discussing the cataract surgery with the patient and the possibility of improved vision at near with the Crystalens HD. The patient's next of kin are involved during the patient counseling and education, noting that relatives and friends can influence a patient's decision on surgery. It is vitally important to "set realistic patient expectations", Dr Kanellopoulos remarked. "I always hear that, and I think patient expectations are always more than we can deliver. The question is, how much do we promise beforehand? I think it's always best to under promise and the lens will definitely always over deliver."

When discussing the accommodative rehabilitation discusses with the Crystalens patients that they “must ‘challenge’ their near vision” and reassures them that the reading gets better with time. During the first 10-14 days post-op, the patients should not force reading and should use low powered reading glasses. Reading exercises such as word search booklets are given 10-14 days after the second eye has undergone surgery, explaining how to use the booklets. “Again, always discuss with the patients beforehand the good distance vision, good intermediate vision, also the training they have to do the first month to achieve these results”.

When selecting the right lens for the patient, Dr Kanellopoulos compares the IOL capabilities with each patient’s functional environment. A patient questionnaire, such as the Dell Questionnaire, forms a key role in identifying patient suitability for the Crystalens HD in terms of a patient’s life style, daily activities, specific patient needs.

When selecting patients, the ideal candidates are:

- Candidate for bilateral implantation
- Cataract patients
 - especially hyperopes
- Patients with good or stable ocular health
- Patients with potential for good visual acuity in each eye
- Patients with corneal astigmatism less than or 0.50D**
 - **Note: Plan for additional astigmatic correction for patients with corneal astigmatism greater than 0.50D
- Patients with realistic expectations and are psychologically stable

Dr Kanellopoulos noted that not all patients are ideal candidates for Crystalens HD implantation. Surgeons must study pre-op refraction and function, and evaluate present and future retina pathology. Problematic patients include:

- Patients with psychological attributes:
 - Type A personality
 - Patients with unrealistic expectations (The patient that demands: I want a warrenty that my vision will be ncredible in all distances!)
- Patients with unstable diabetic eye disease or any retinal disease – can result in substandard postoperative acuity
- Patients with Adie’s pupil (females with hypereflexia!)
- Patients with Floppy Iris Syndrome (Flomex)

“It’s good for patients to have good ocular health but it’s not as stressing as with multifocals (that invariably depress contrast sensistivity) for patients who have some or will have some retinal pathology”, Dr Kanellopoulos said.

With 18 years of experience using presbyopia correcting lenses Dr Kanellopoulos said he considers the Crystalens HD to be his prime choice for a premium presbyopia correcting lens as it provides comfortable J3 at near, and can achieve J2, with excellent intermediate vision. The night driving

quality of vision and good contrast sensitivity are the strongest advantages and additionally the IOL does not show reflection to others in artificial lights (this may be annoying for some patients). “This lens may be a new thing for our European colleagues, but it is reassuring to know that it has been a “mainstream” lens for many years in the US with millions of implants and everyday examples. The key thing is the accommodation persists.”