


**Pediatric Ophthalmology- Strabismus,
Does this kid need surgery?
A Practical Lecture for the Clinician**

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Course Description:

- This presentation will cover some of the most common strabismus seen in the pediatric eye clinic, such as intermittent exotropia and esotropia. Signs and symptoms of each condition will be identified along with discussion regarding treatment options. In this lecture, we will focus on the non-surgical treatment of these conditions. The forms of non-surgical treatment will be discussed in details. Pro and cons of each forms of non-surgical treatment, patient selections, follow up examinations and potential outcomes will be discussed in detail.

Course Learning Objectives:

- Understand the characteristics and natural history of strabismus in children.
- Goals and favorable out comes of treatment.
- List forms and aims of non-surgical treatment.
- Discuss non-surgical treatment options for common strabismus.

Strabismus

- Exotropia
- Esotropia

Nature history of strabismus

- Exotropia
- Esotropia

Goals of treatments

- Ocular motility
- Binocular vision
- Cosmetic issues

Timing of treatment

- Age
- Intermittent exotropia
- Infantile esotropia

Forms of treatment

- Surgical
- Non-surgical

Non-surgical treatment

- Spectacles
 - Cycloplegic refraction
 - Overminus glasses
 - Prisms
 - Single vision vs bifocal
- Patching
 - Length of patching
 - Single eye vs alternating patching
 - Skin vs over specs

Non-surgical treatment

- Orthoptic therapy
 - Commercially available program vs pencil pushups
 - In office vs at home
- Medical injection
- Treatment of amblyopia
 - Patching
 - Surgery options

How to identify the proper population for non-surgical treatment

- Types of strabismus
- Age
- Visual function
- Control score of strabismus
- Binocular function
- Children with amblyopia
- Parent's desire

Follow ups and management

- Follow up schedules
- Key parameters
- When to consider surgery

Major differences between managing esotropia and exotropia

Updates on most recent progress on treatment of strabismus

- Most recent clinical trials
- Future studies

Major roles of optometrist in management of strabismus in children
