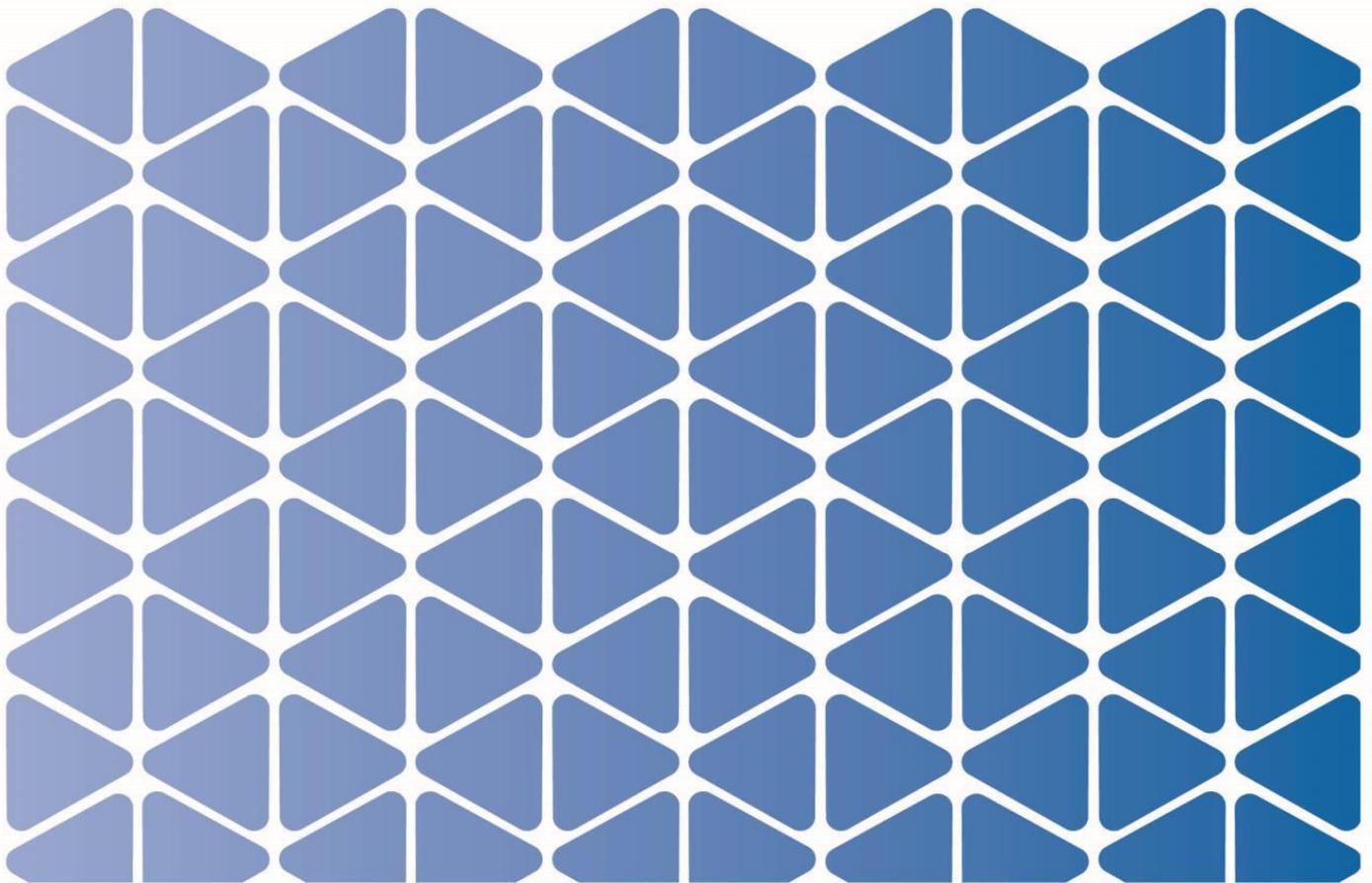


PATIENT INFORMATION

# AGE-RELATED MACULAR DEGENERATION (AMD) AND EYE INJECTIONS

If you need help to read or understand this leaflet please ask a nurse to help you.



# Age-related Macular Degeneration (AMD) and Eye Injections

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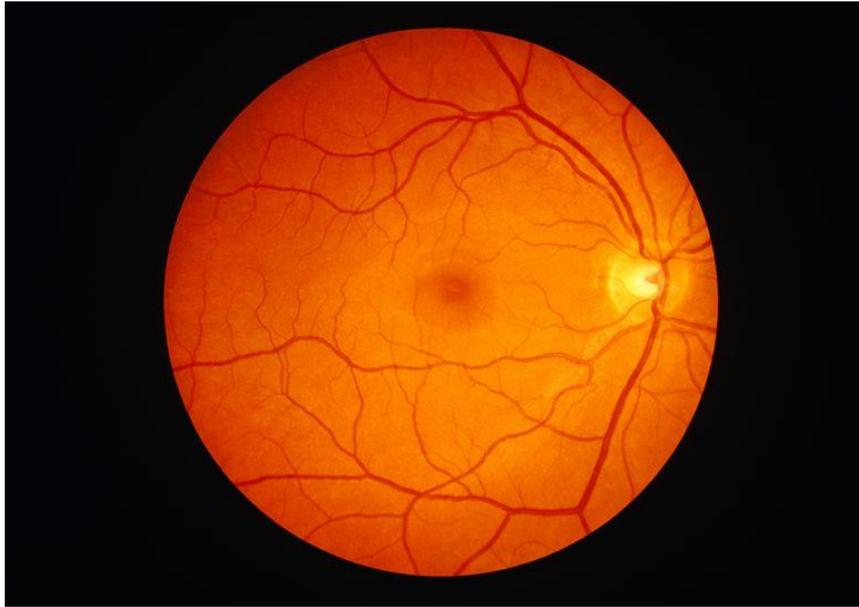
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## **Introduction - What is the Macula?**

The back of the eye contains the retina, which is a light sensitive layer, like the film in an old camera. The retina sends signals along the optic nerve to the brain to give us vision. The central part of the retina is called the macula. The macula is used for fine detail vision, such as reading and recognising faces.

### **Healthy Retina**

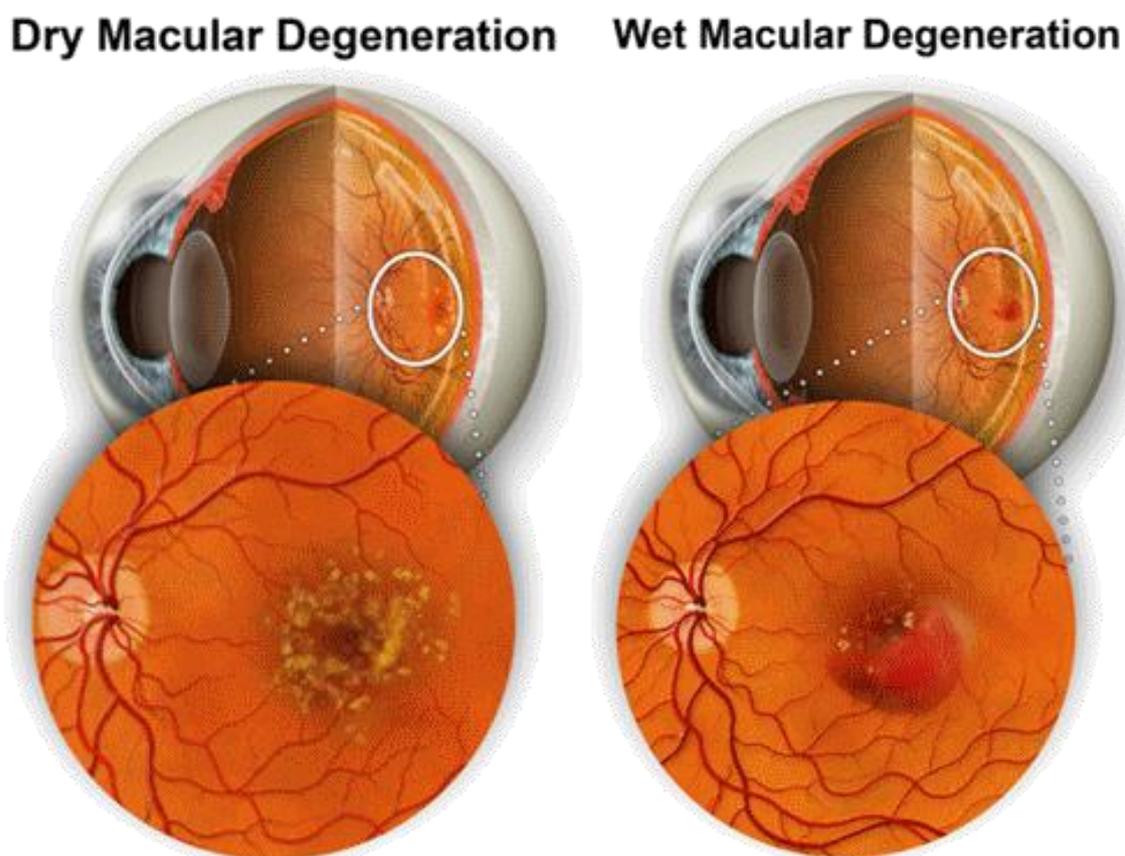


In this picture, the central area is the macula. The yellow disc with the pale centre is the optic nerve.

## **What is AMD?**

Age-related Macular Degeneration (AMD) is a condition that can cause blurring and distortion of the central eyesight. It makes reading, watching television and recognising people's faces more difficult. It usually occurs after 60 years of age but can happen earlier. Some people who lose the centre of their vision get 'Charles Bonnet Syndrome'. This means that they sometimes see patterns, objects or people that are not really there. For example: geometric shapes; costumed people from prior eras; animals; insects; landscapes; buildings; fantasy-related images, such as dragons and repeating patterns, such as grids or lines. Please tell a nurse if you are concerned about this.

There are two types of AMD: **Dry and Wet.**



**Dry AMD** is a gradual deterioration of the retinal cells of the macula. The condition varies in how fast it progresses but usually develops slowly, over a period of months or years. There is currently no treatment for Dry AMD.

**Wet AMD** generally causes more rapid deterioration or distortion of the eyesight. It is due to abnormal blood vessels growing in the macula area. These blood vessels leak fluid or blood and result in scarring. There is treatment for Wet AMD, which is currently in the form of injections of medication into the eye. Treatment outcomes are generally better if the condition is treated in the earlier stages. If wet AMD is advanced, treatment may not be helpful.

Diagnosis is based on symptoms of blurred or distorted eyesight, examination of the eye and special pictures of the eye (using the Ocular

Computed Tomography (OCT) scan and often using a Fundus Fluorescein Angiogram (FFA)).

## **Treating Wet AMD**

If we find wet AMD that is suitable for treatment, we will advise three eye injections, one each month for three months. The purpose of the treatment is to try to stabilise the eyesight. Further regular injections are usually required in order to try to keep the condition under control, in order to maintain your eyesight.

The eye condition and your eyesight are likely to worsen if you do not have treatment when it is appropriate. This deterioration is likely to be permanent.

At the moment, the only wet AMD treatment approved by NICE for use in the NHS is injections in the eye.

## **Your Treatment Plan and Your Consent**

We usually use one or other of two drugs to treat wet AMD: Eylea (Aflibercept) and Lucentis (Ranibizumab). In our departments, eye injections are sometimes given by doctors but mostly given by Nurse Practitioners. Before you start the treatment we give you information so that you are able to give consent for the injections. The risks of injections are described in Appendix 2. Please ask if you have any questions. Please tell us if you need more time to think about whether to have the treatment. However, we generally advise starting treatment fairly urgently.

You will have one injection per month for three months. This is called 'induction'. After this, you will be seen in the AMD clinic to check the response to the treatment. Here you will have your eyesight checked, have an OCT scan and have your eye examined.

Your treatment plan is managed by the AMD service coordinator (see Appendix 1 for her telephone number).

### **'Treat and Extend' Pathway**

It is likely that you will continue to have more injections to maintain your eyesight. These injections will be given every four to eight weeks. Over a period of time, we will aim to increase the time between injections, usually by two weeks at a time – this is the “Treat and Extend” pathway. While you undergo treatment, you can expect to have a clinic appointment with a doctor once a year.

While you are being treated, it is important for you to self-monitor your own eyesight, checking each eye separately (if appropriate). Use the Amsler Grid, which is shown in Appendix 4. We recommend you use the Amsler Grid at least once a week. If you see any **definite changes** to your vision, telephone the Worcestershire Hospitals AMD Service within 1 to 3 days using one of contact numbers listed in Appendix 1.

If the gap between the injections can be extended out to 12 weeks, and your eyesight and OCT scans remain stable, treatment will be stopped and you will have follow-up appointments in the AMD clinic.

Sometimes the disease becomes ‘active’ again and treatment needs to be restarted. In this case, the gap between injections is usually reduced until the eye condition is stable before starting to extend again.

### **Stopping Treatment**

If your eyes remain stable for a period of time without treatment, you will be discharged back to your optometrist (optician) for annual review. It is important to continue to use the Amsler Grid to self-monitor your eyesight and report any rapid deterioration to your optometrist (optician). Further treatment might be appropriate in the future.

Occasionally, there is a poor response to treatment and the injections have to be stopped. Sometimes the disease eventually reaches the point where further injections will not be helpful. If your treatment is being stopped, you will be seen in the clinic for this information to be given to you.

### **Low Vision Clinics and Sight Impairment**

We offer Low Vision Clinics at Worcester, Kidderminster, Redditch and Bromsgrove hospitals where staff can offer practical advice to help with daily living and magnifying glasses to help with reading. If you would like an appointment, please telephone the Worcestershire Hospitals AMD Service using one of contact numbers listed in Appendix 1, or speak to a member of the AMD team.

If appropriate, we can arrange a certificate of sight impairment. (This may be appropriate if both eyes have poor vision.) This would lead to you being put on the register of people with 'visual impairment' or 'severe visual impairment'. This can help you access further support. Please speak to a doctor or nurse if you would like this.

You can find a list of Support Services in Appendix 3.

### **Your Eye Injection Appointment**

The injection procedure is very quick but please allow 1-2 hours for your appointment in case of any delays.

A nurse will take you into a clean room or theatre and your identity will be checked. You will be asked to lie down on the procedure trolley and you will be made comfortable. If you are unable to lie down, the procedure can be done with you sitting in a more upright position.

Your forehead will be marked above the correct eye. You will then be given local anaesthetic eye drops in order to numb the front of your eye. The skin around your eye will be cleaned and a little clip inserted to hold the eyelids open so that you do not have to worry about blinking.

You will be asked to look up or down and the injection will be given from the side (not at the front). You may feel a pressure in your eye. It is normal to notice 'patterns of fluid' or 'bubbles' in your vision during and shortly after the injection but these will settle.

After the injection, the skin around the eye will be cleaned again and we will make sure that you have your Aftercare Instructions (see Appendix 2) before you go home.

## **Appendix 1**

### **Worcestershire Hospitals AMD Service**

#### **Contact Numbers**

AMD service coordinator: Nanette: **01562 828853**

Senior medical secretary: Catherine: **01562 828852**

**PLEASE CALL ONE OF THE ABOVE NUMBERS IF YOU WILL NOT BE ABLE TO ATTEND A HOSPITAL APPOINTMENT (FOR EXAMPLE DUE TO ILLNESS).**

**PLEASE ALSO CALL IF YOU ARE EXPECTING AN APPOINTMENT AND YOU HAVE NOT RECEIVED IT.**

Do not rely on messages being sent via reception or nursing staff.

**PLEASE NOTE:** these telephone lines are often busy and the answerphone may be on. In this case, please leave a message with your name and hospital number or date of birth. If an appointment is required, one will be made once you have left your message.

If you are ringing because you have problems with your vision, a telephone call will be made back to you.

## **Appendix 2**

### **Risks of Eye Injections and Aftercare Instructions**

#### **Risks of Eye Injections**

**Our Trust has a good safety record for these injections. The risk of an eye becoming blind due to an injection is less than 1 in 1200.**

#### **Some common side effects**

- Foreign body sensation (gritty eye) and excess tears (watery eye), which should settle in a few days.
- A red patch on the white of the eye, which usually settles within two weeks.
- Small specks in your vision called 'floaters' or 'spots,' which should settle in a few days.

#### **Some possible complications of injections**

- Corneal erosion or abrasion (loss of some of the skin at the front of the eye) – your eye may be painful and watery. These symptoms usually settle within 48 hours.
- Raised eye pressure – you may get a headache or pain above the eye, that does not settle with your usual pain relief medication.
- Infection inside the eye – this is a rare but a very serious complication of treatment. Your eyesight may get worse and your eye may become increasingly red, painful and sticky, with swelling of the eyelids.
- Bleeding inside the eye.
- Retinal tears or detachment, which is rare but may need surgery.
- Cataract (a clouding of the lens), which may need surgery.
- We do not know whether injections might slightly increase the risk of heart attack or stroke. However, if there is a risk, it must be very small. Please let us know if you have had a heart attack or a stroke within the last three months.

## **Aftercare Instructions (after an injection)**

**Please telephone for advice immediately (using one of the numbers below) if you have any of these:**

- A decrease in your vision and/or the 'floaters' get worse
- Increasing pain or discomfort
- Increasing redness of the eye or swelling of the eyelids

### **Emergency Contact Telephone Numbers – for help and advice following treatment:**

**During Office Hours (Monday to Friday  
9.00am to 5.00pm) -**

- Kidderminster Hospital Eye Department  
**01562 512382**

**Outside Office Hours (5.00pm to 9.00am, weekends and bank  
holidays) -**

- either contact your own GP or optometrist
- or contact Birmingham & Midland Eye Centre (BMEC) **0121 554 3801**

## **Appendix 3**

### **Other Support Services**

(These are mostly charities and they are separate from the NHS)

#### **Macular Society**

PO Box 1870, Andover, SP10 9AD

**01264 350 551**

[www.macularsociety.org](http://www.macularsociety.org)

[info@macularsociety.org](mailto:info@macularsociety.org)

#### **Sight Concern**

Bradbury Centre, 2, Sansome Walk, Worcester, WR1 1LH

**01905 723 245**

[info@sightconcern.co.uk](mailto:info@sightconcern.co.uk)

#### **Royal National Institute for the Blind (RNIB)**

Helpline: **0303 123 9999**

[www.rnib.org.uk](http://www.rnib.org.uk)

#### **Talking News Federation**

Craven House, 145, Victoria Road, Swindon

Wiltshire, SN1 3BU

01793 497 555

[www.tnf.org.uk](http://www.tnf.org.uk)

## **Local Macular Society Support Groups**

### **Barnt Green Macular Support Group**

Meets on the last Friday of each month (except December)

**2.00pm – 4.00pm**

The Parish Centre (behind St Andrew's church)

Sandhills Road, Barnt Green, B45 8NR

For more information, call the Macular Society helpline on **0300 3030 111**

### **Bridgnorth & District Macular Support Group**

Meets on the last Thursday of each month

**2.00pm – 4.00pm**

The Peoples Hall, Evangelical Church

7, St John Street, Bridgnorth, WV15 6AG

For more information, call the Macular Society helpline on **0300 3030 111**

### **Kidderminster Macular Support Group**

Meets on the 2<sup>nd</sup> Wednesday of each month

**10.30am – 12.30pm**

The Corn Exchange

Kidderminster Town Hall

Vicar Street, Kidderminster, DY10 1DB

For more information, call Denise on

**01562 751 587**

### **Malvern Macular Support Group**

Meets on the 2<sup>nd</sup> Monday of each month

**2.00pm – 4.00pm**

Malvern Cube

Albert Road North, Malvern, WR14 2YF

For more information, call the Macular Society helpline on

**0300 3030 111**

## **Worcester Macular Support Group**

Meets on the 3<sup>rd</sup> Thursday of each month

**2.00pm – 4.00pm**

Bradbury Centre

2, Sansome Walk, Worcester, WR1 1LH

For more information, please call Bill Dawson on

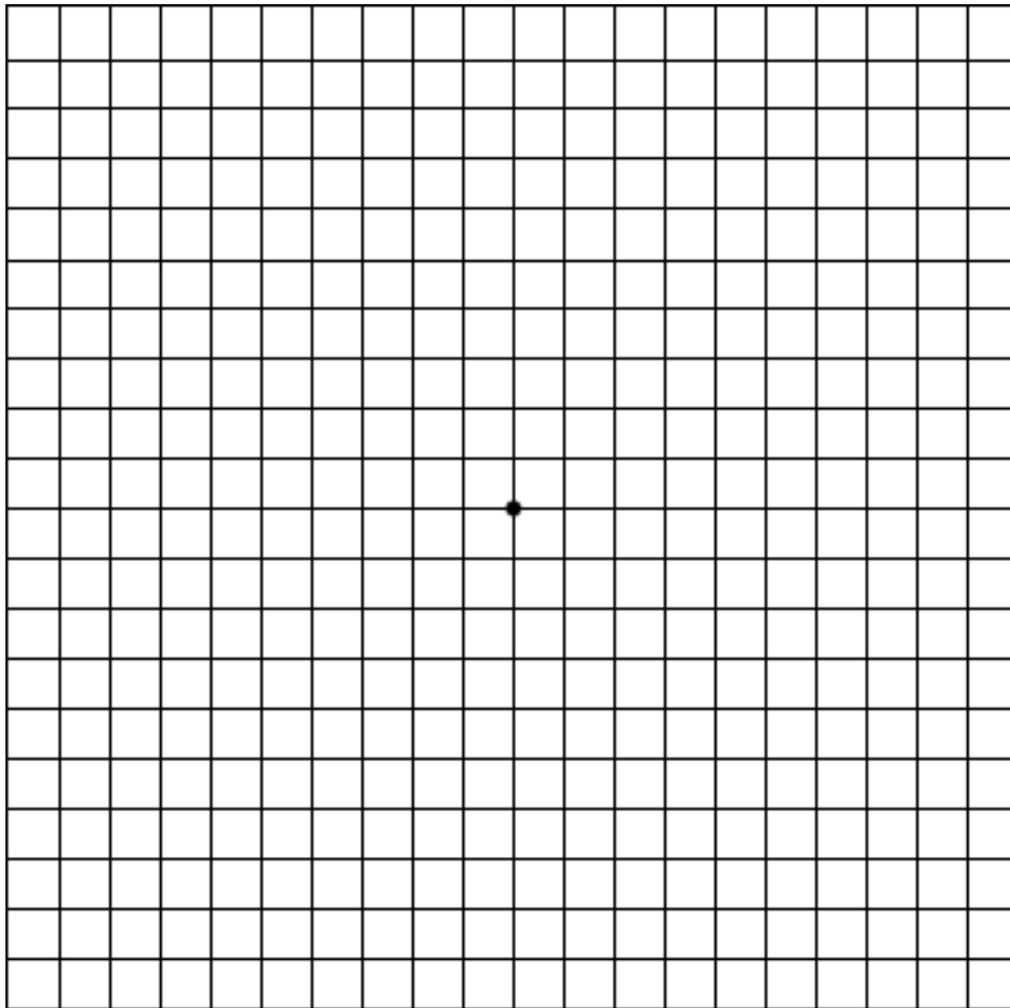
**01386 792 270**



**Please use the space below for any questions you may have.**

## Appendix 4

### Amsler Grid



- Wear any glasses you normally use for reading.
- Hold the grid about 30 to 40 cm (12 to 15 inches) from you, where it is best in focus.
- Test each eye separately by covering the other eye.
- Keep your eye fixed on the central dot and think about the appearance of the rest of the grid.
- If you have AMD the lines of the grid may appear wavy or distorted. Parts of the grid may be blurred, faded or missing.
- Please contact the eye department, using one of the numbers above, if you notice your eyesight getting worse.

## **General Advice from Worcestershire Acute Hospitals Trust**

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at:**

**[wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.