

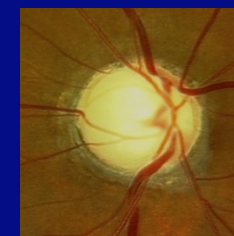
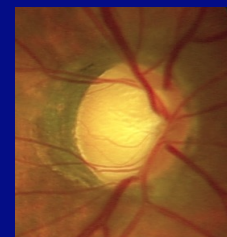
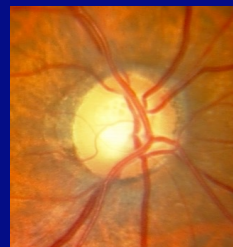
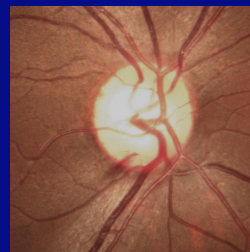
STRUCTURAL ASSESSMENT OF OPTIC DISC AND RETINAL NERVE FIBER LAYER

Detecting glaucoma

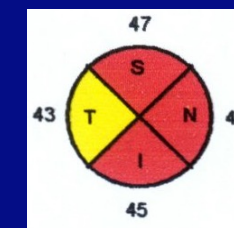
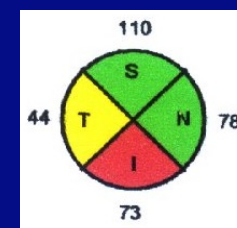
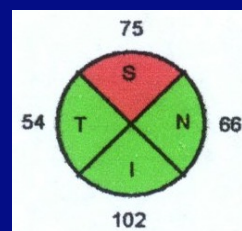
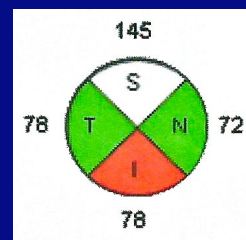
Glaucomatous Optic Neuropathy

STRUCTURE

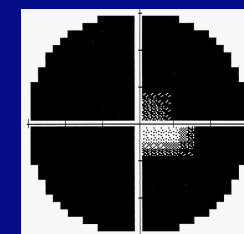
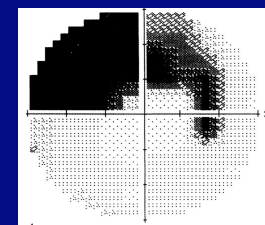
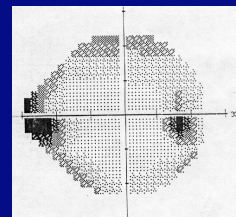
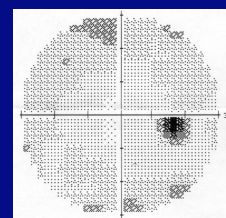
- Qualitative



- Quantitative
(e.g., OCT)



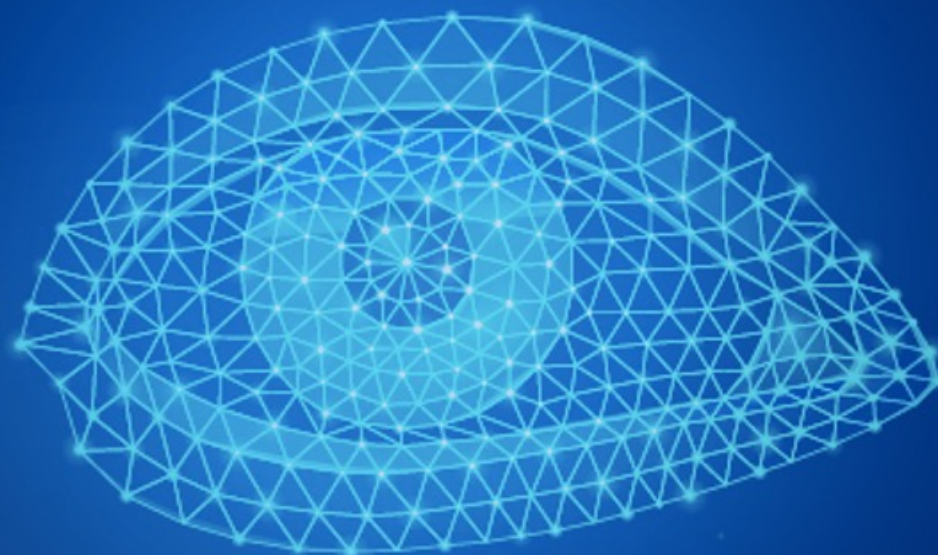
FUNCTION



QUALITATIVE STRUCTURAL ASSESSMENT OF THE OPTIC DISC AND RNFL Detecting glaucoma

Outline

- I. Five rules for assessment of the optic disc in glaucoma
- II. Detecting glaucoma
- III. Examples
- IV. Test your skills



FIVE RULES FOR ASSESSING THE OPTIC DISC IN GLAUCOMA

Five rules for assessing the optic disc in glaucoma (1)

1. Observe the scleral **R**ing to identify the limits and size of the optic disc
2. Identify the size of the Rim
3. Examine the Retinal nerve fibre layer
4. Examine the Region of peripapillary atrophy
5. Look for Retinal and optic disc haemorrhages

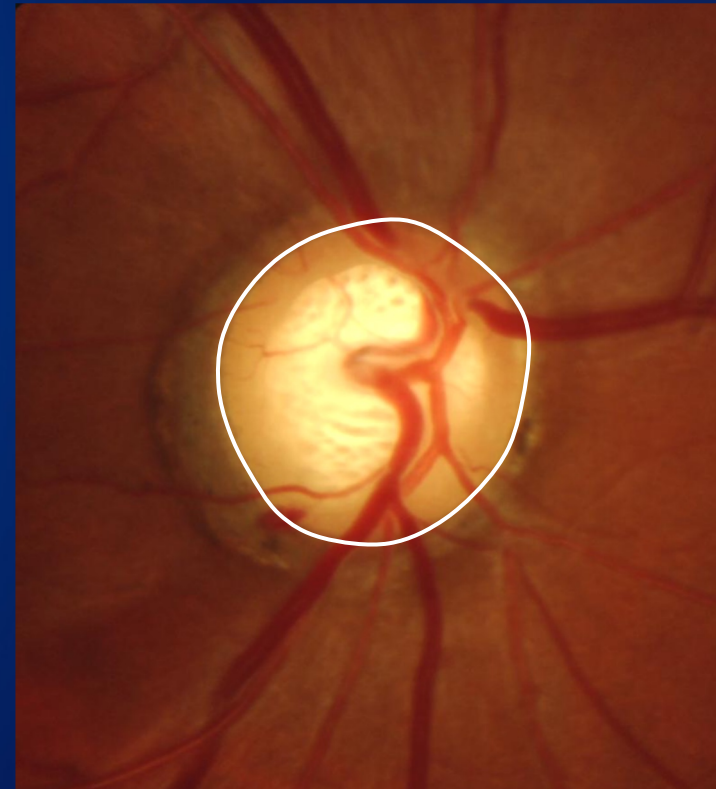


Photo courtesy of Ki Ho Park

Five rules for assessing the optic disc in glaucoma (2)

1. Observe the scleral Ring to identify the limits and size of the optic disc
2. Identify the size of the **R**im
3. Examine the Retinal nerve fibre layer
4. Examine the Region of peripapillary atrophy
5. Look for Retinal and optic disc haemorrhages

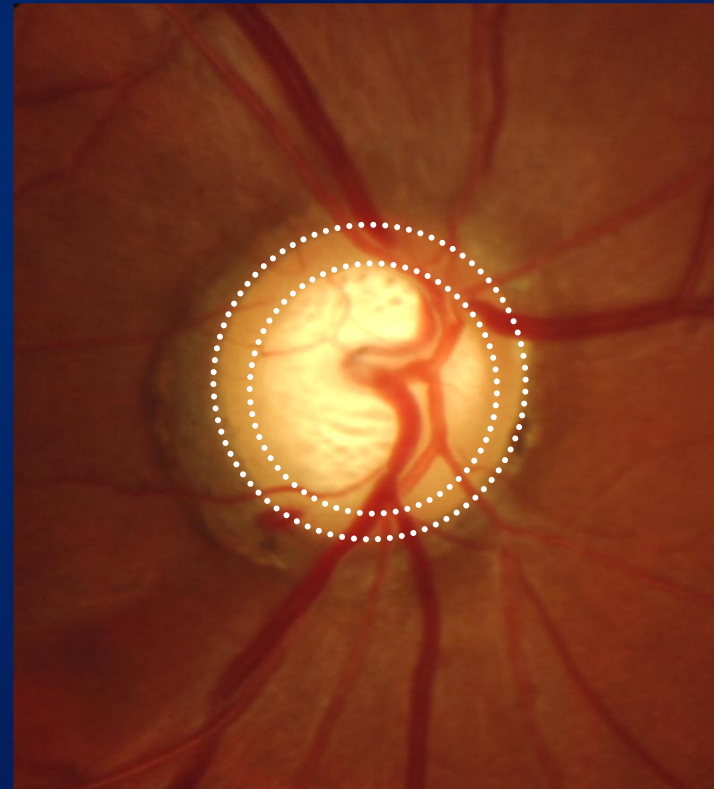


Photo courtesy of Ki Ho Park

Five rules for assessing the optic disc in glaucoma (3)

1. Observe the scleral Ring to identify the limits and size of the optic disc
2. Identify the size of the Rim
3. Examine the **R**etinal nerve fibre layer
4. Examine the Region of peripapillary atrophy
5. Look for Retinal and optic disc haemorrhages

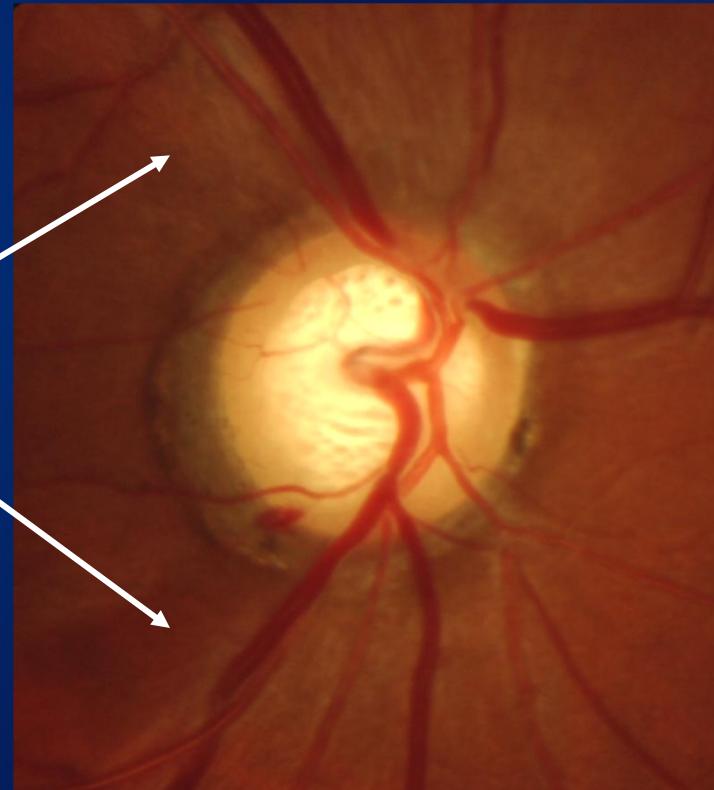


Photo courtesy of Ki Ho Park

Five rules for assessing the optic disc in glaucoma (4)

1. Observe the scleral Ring to identify the limits and size of the optic disc
2. Identify the size of the Rim
3. Examine the Retinal nerve fibre layer
4. Examine the **R**egion of peripapillary atrophy
5. Look for Retinal and optic disc haemorrhages

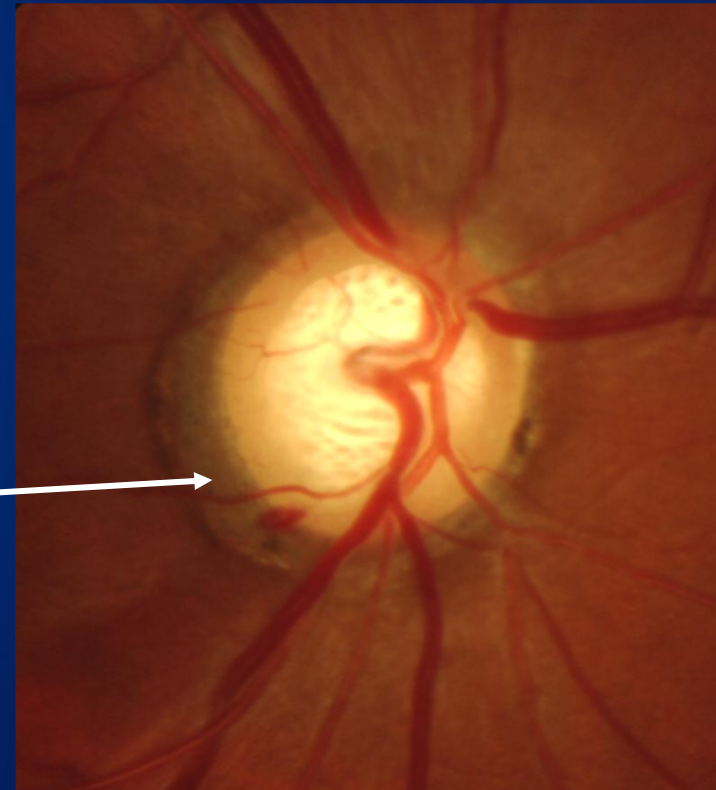


Photo courtesy of Ki Ho Park

Five rules for assessing the optic disc in glaucoma (5)

1. Observe the scleral Ring to identify the limits and size of the optic disc
2. Identify the size of the Rim
3. Examine the Retinal nerve fibre layer
4. Examine the Region of peripapillary atrophy
5. Look for **R**etinal and optic disc haemorrhages

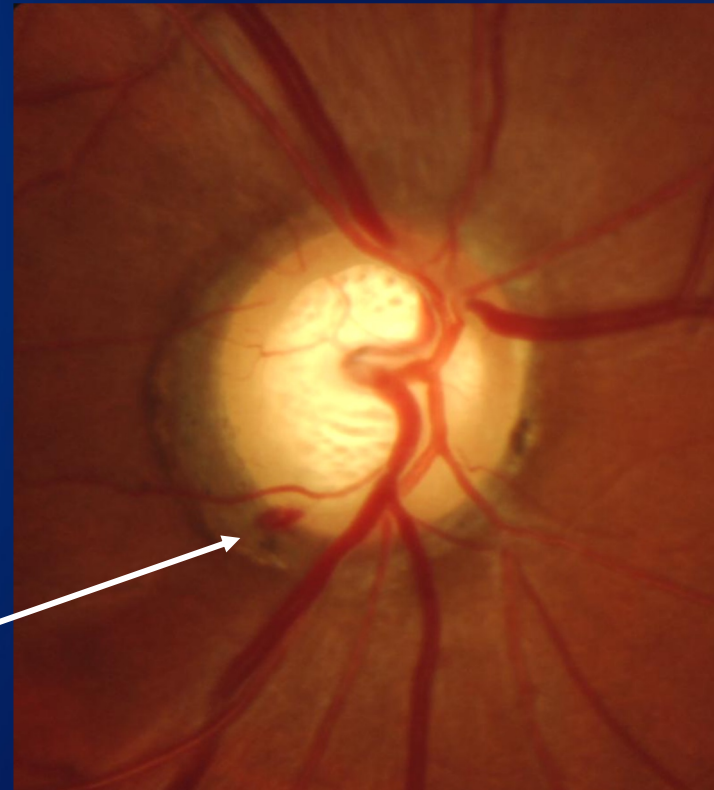
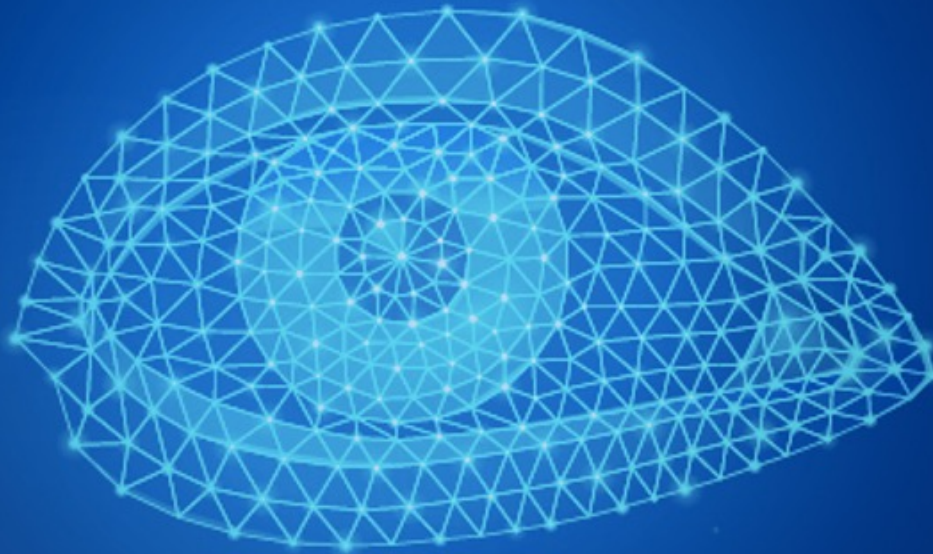


Photo courtesy of Ki Ho Park

Rule 1

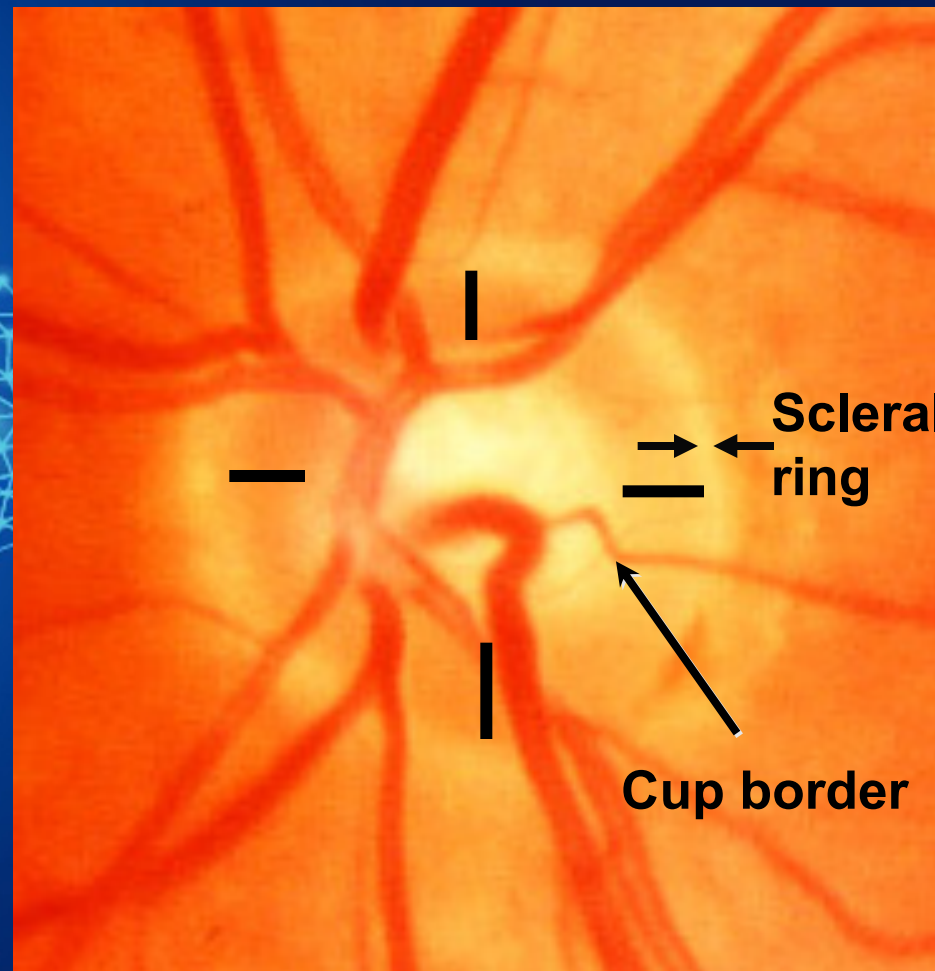
Observe the scleral **R**ing
to identify the limits and
size of the optic disc



The scleral ring (1)

Rim width = distance between the scleral ring (disc border) and the location where the vessel is bent (cup border)

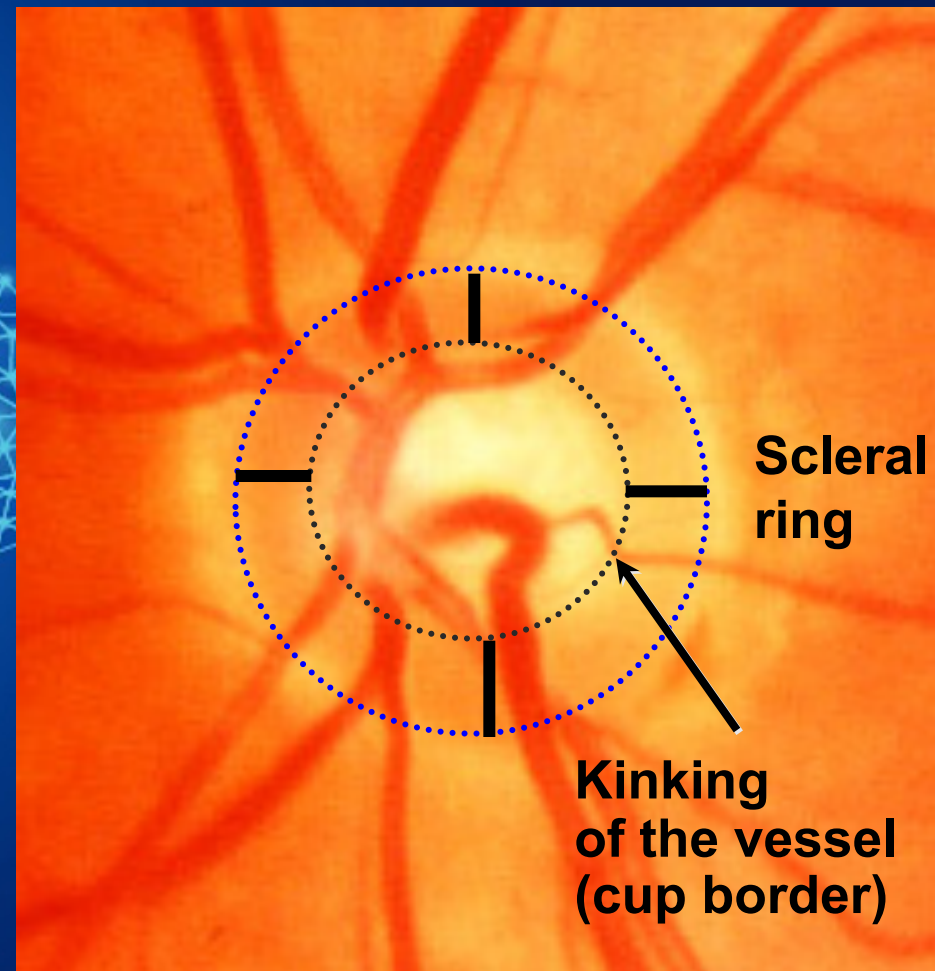
One may note a change in color or light reflection of the vessels as it beds into the cup



The scleral ring (2)

Rim width = distance between the scleral ring (disc border) and the location where the vessel is bent (cup border)

One may note a change in color or light reflection of the vessels as it beds into the cup



Optic disc size (1)

Extremely variable

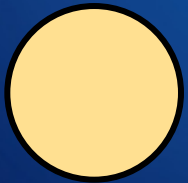
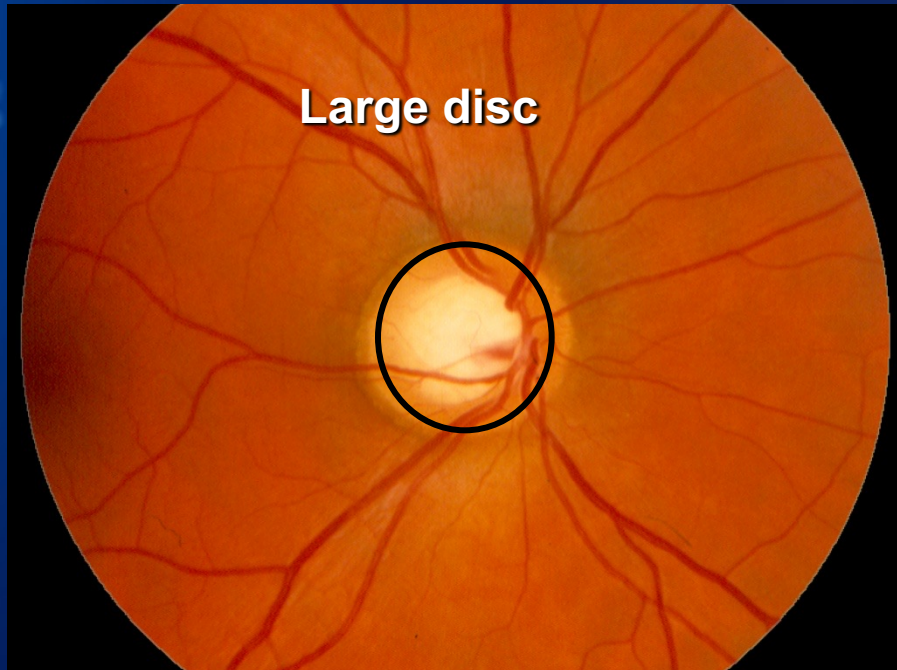
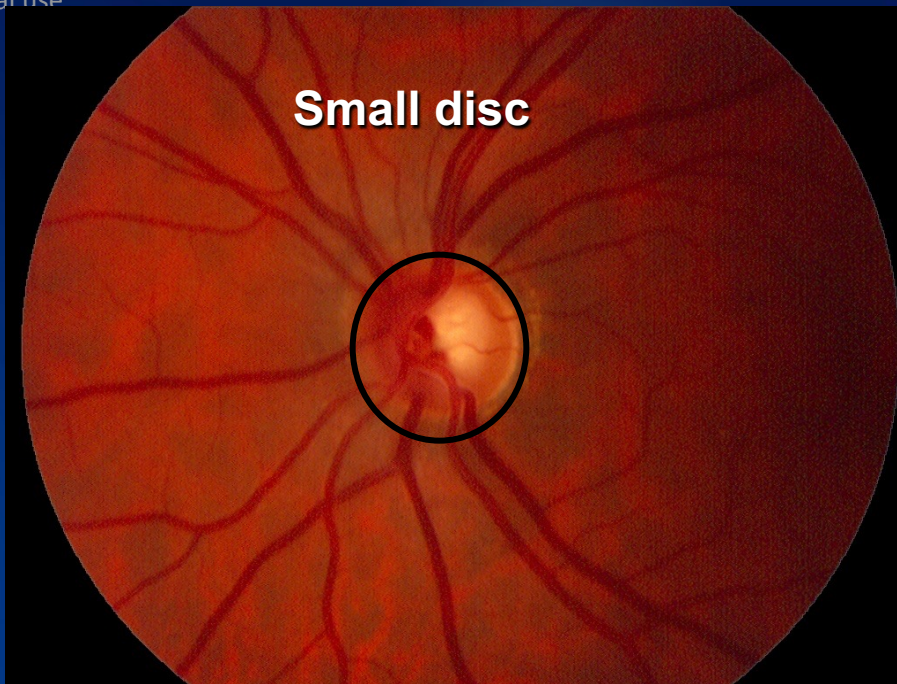
A large cup–disc ratio is not necessarily pathological

Large discs have large cup–disc ratios,
even though the area of the neuroretinal
rim is normal

Pathological rim loss can be missed in a small disc,
especially if generalised

Optic disc size (2)

- Can be measured using the small light spot of a direct ophthalmoscope
 - The spot size can be used to estimate whether a disc is larger or smaller than average
- Other forms of evaluation
 - conventional photographic means with an overlay grid
 - optic nerve head analysis



Small aperture (5 degree)
of Welch-Allen direct
ophthalmoscope

Optic disc size (4)

Indirect ophthalmoscopy and slit lamp examination

Use Volk slit lamp biomicroscopy lenses

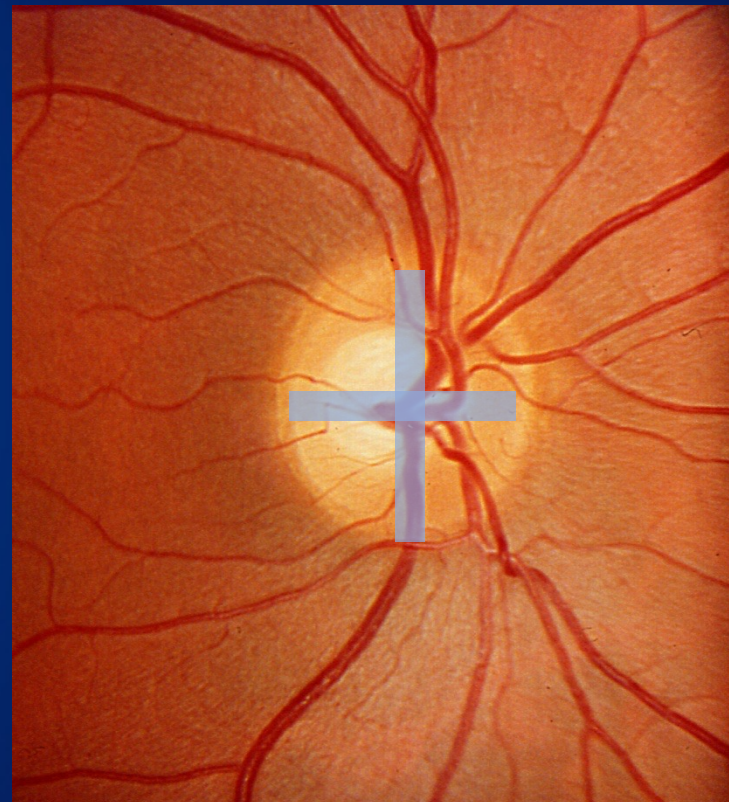
Measure size of slit beam

Correction factors

Volk 60D: $\times 1.0$

Volk 78D: $\times 1.1$

Volk 90D: $\times 1.3$



Optic disc size (5)

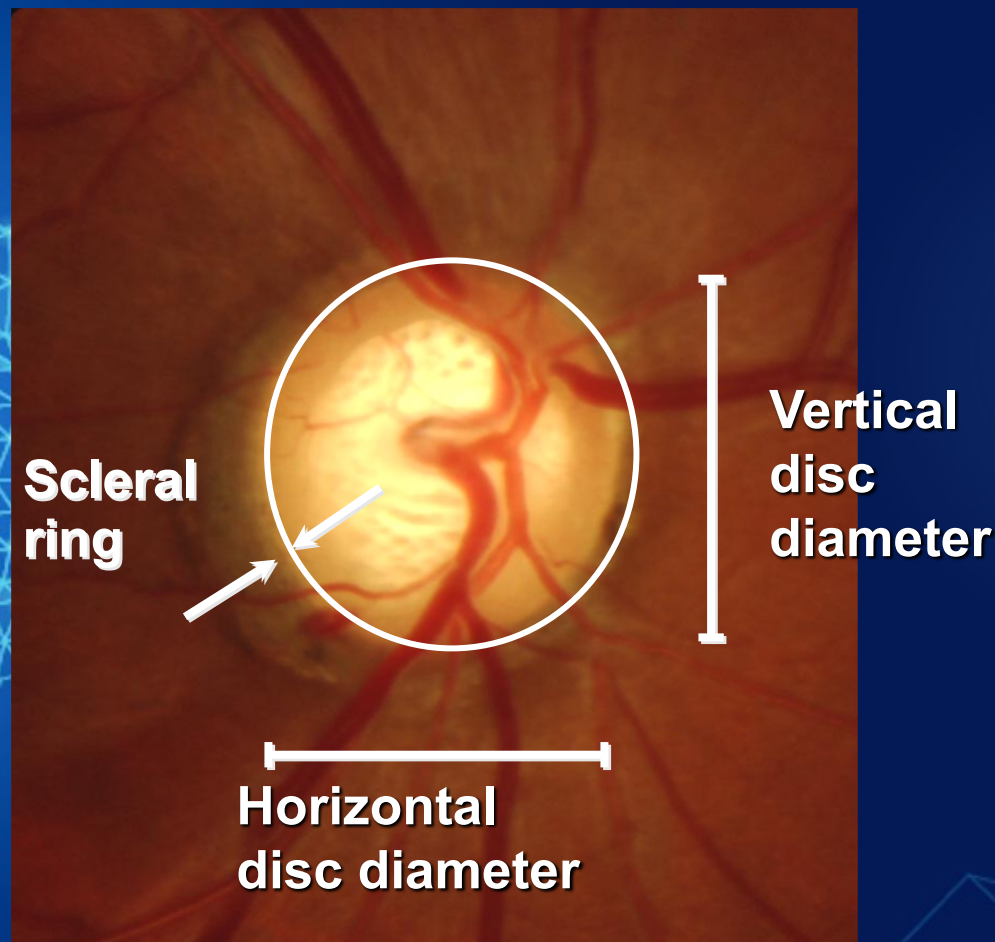
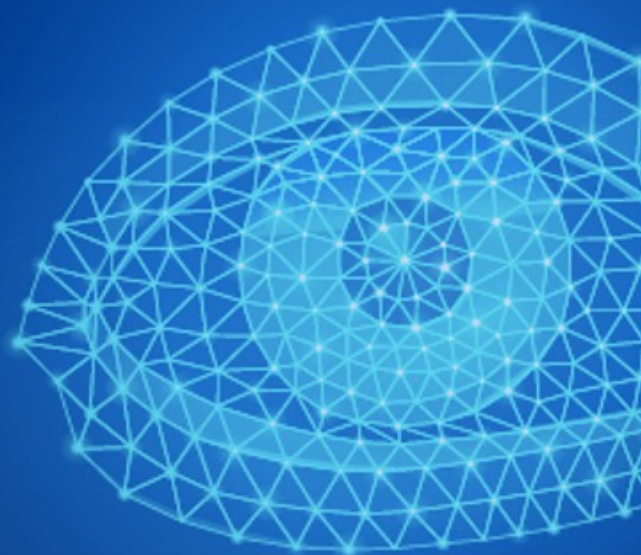
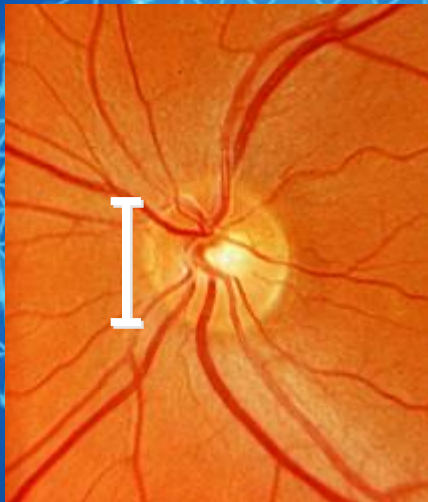


Photo courtesy of Ki Ho Park



Optic disc size (6)

- The size of the cup varies with the size of the disc
- Optic disc size varies between ethnic groups



Small



Average



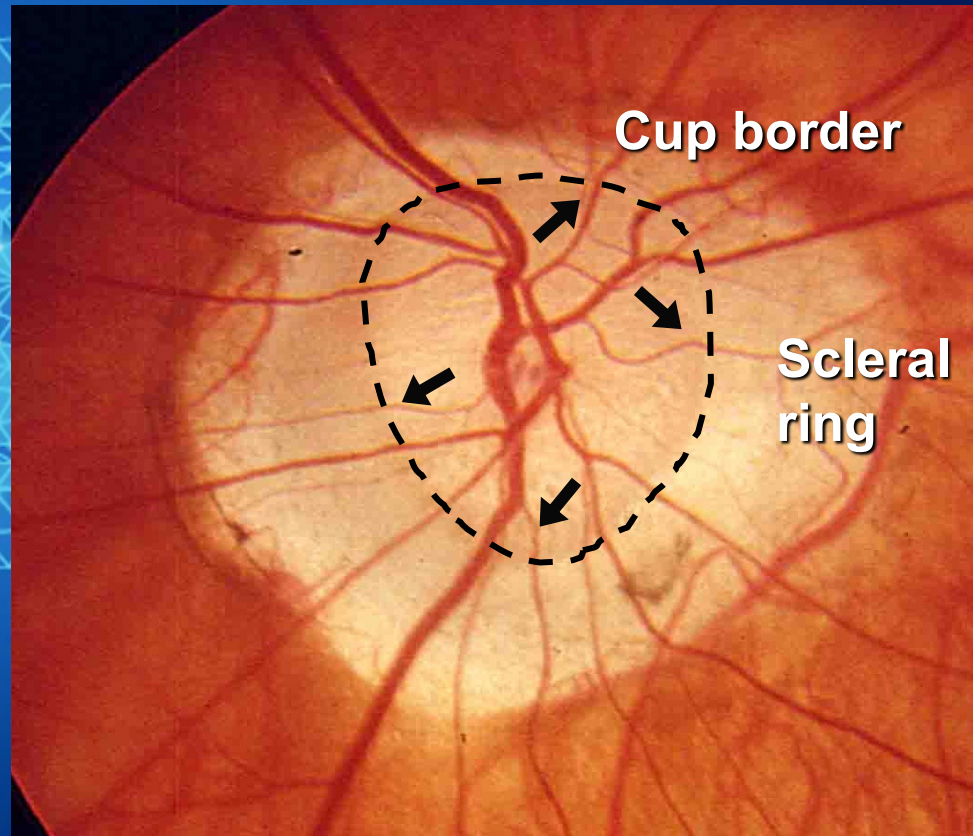
Large

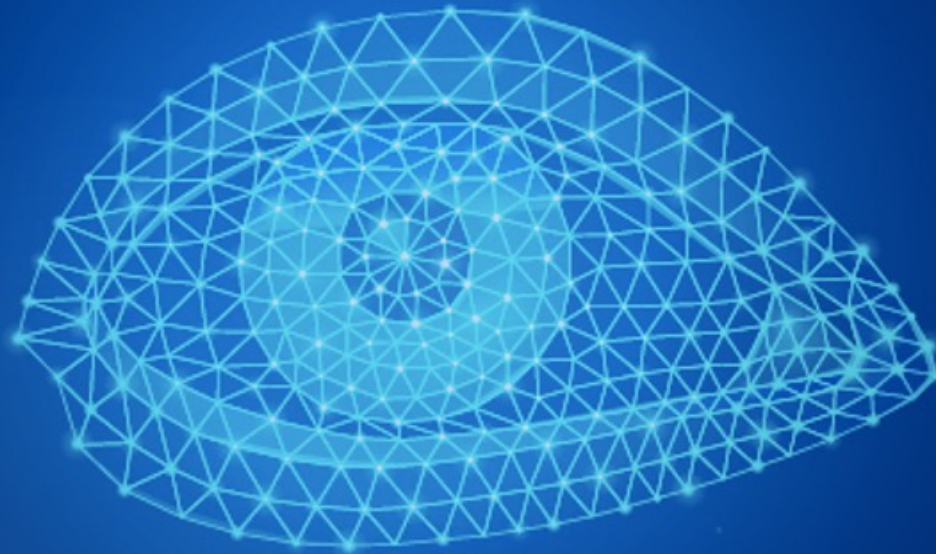
Cup size is proportional to disc size in normal eyes

Right photo courtesy of Ki Ho Park

Optic disc size (7)

Be cautious with myopic discs





Rule 2

Identify the size of the
neuroretinal **Rim**

The neuroretinal rim (1)

- More important than the cup
 - The cup defines the inner edge of the rim where most signs of glaucoma appear
- Defining the rim width
 - Extends from the scleral ring to where the rim width falls below the level of the scleral ring
- Loss of tissue from the inner edge of the rim is the cardinal feature of glaucomatous optic neuropathy

The neuroretinal rim (2)

- Features indicating that glaucomatous damage has already occurred
 - Notching (focal loss) of the neuroretinal rim, especially at the vertical poles
 - Haemorrhage crossing the rim
 - Undercutting of the rim
 - Asymmetry of rim width between the eyes in the absence of asymmetric disc size
 - Abnormally thin rim in one or two sectors

The neuroretinal rim (3)

- A vertical cup–disc ratio (CDR) of > 0.7 , or loss of rim outside the temporal sector, strongly suggests glaucoma
 - May not apply if the disc is extremely large or very tilted
- Asymmetry in the CDR of > 0.2 between two eyes is suspicious unless disc size is similarly asymmetrical

The ISNT rule (1)

- Normally, the thickest to thinnest parts of the neuroretinal rim of the optic disc follow the ISNT rule:^{1*}

Inferior > Superior > Nasal > Temporal

- Any variation from this rule may help to detect glaucomatous damage

* The ISNT rule is followed in approximately 50–80% of normal discs, depending on the population^{2,3}

1. Jonas JB *et al.* *Invest Ophthalmol Vis Sci* 1988; 29: 1151–8;
2. Harizman N *et al.* *Arch Ophthalmol* 2006; 124: 1579–83;
3. Wang Y *et al.* *Am J Ophthalmol* 2007; 144: 462–4.

The ISNT rule (2)

Rim width = distance between border of disc and position of blood vessel bending (border of the cup)

ISNT rule

Inferior > Superior > Nasal > Temporal

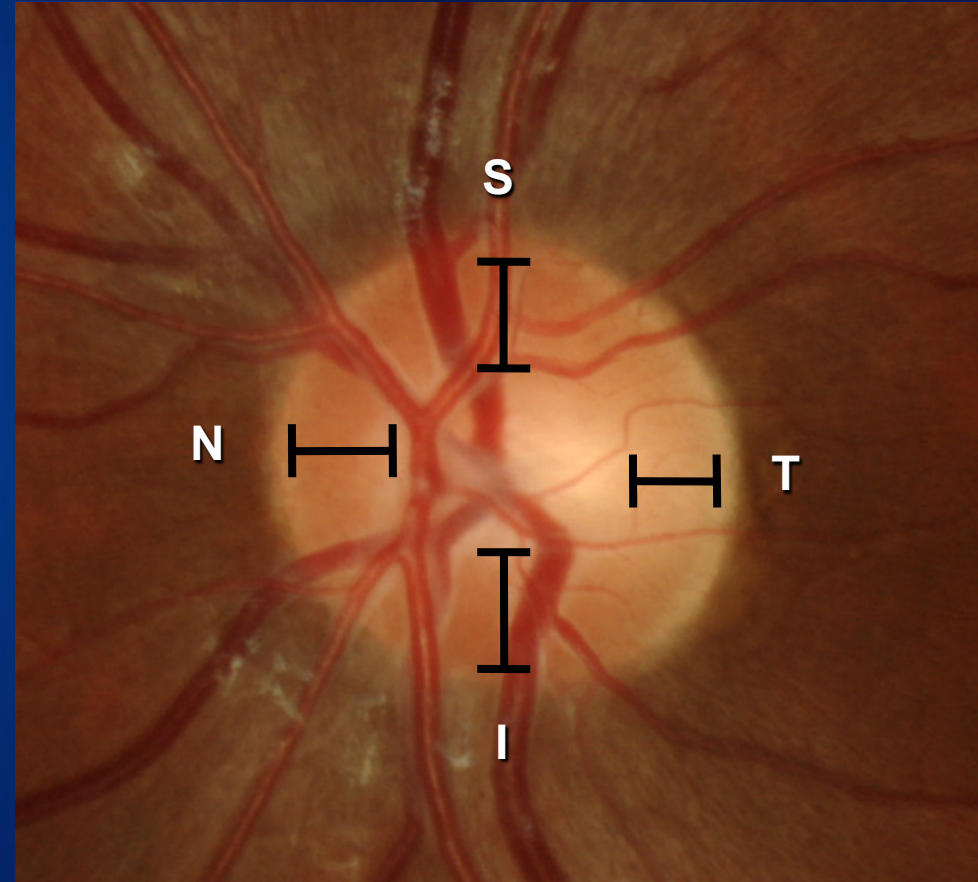
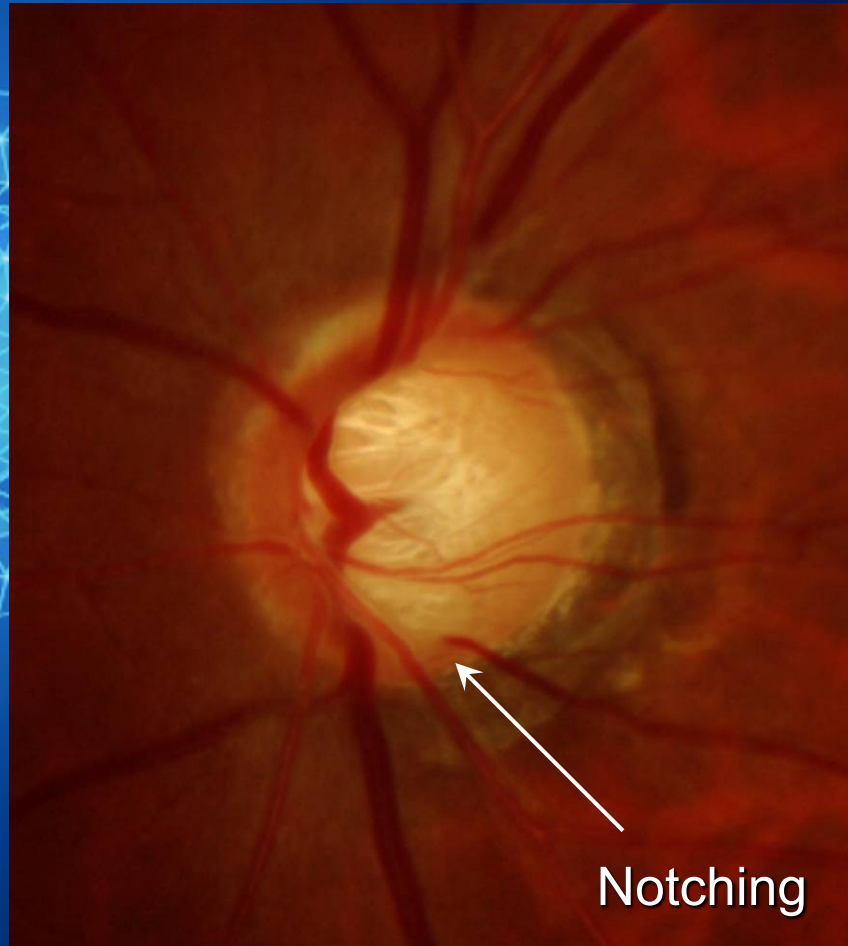


Photo courtesy of Ki Ho Park

Localised rim thinning/notching (1)

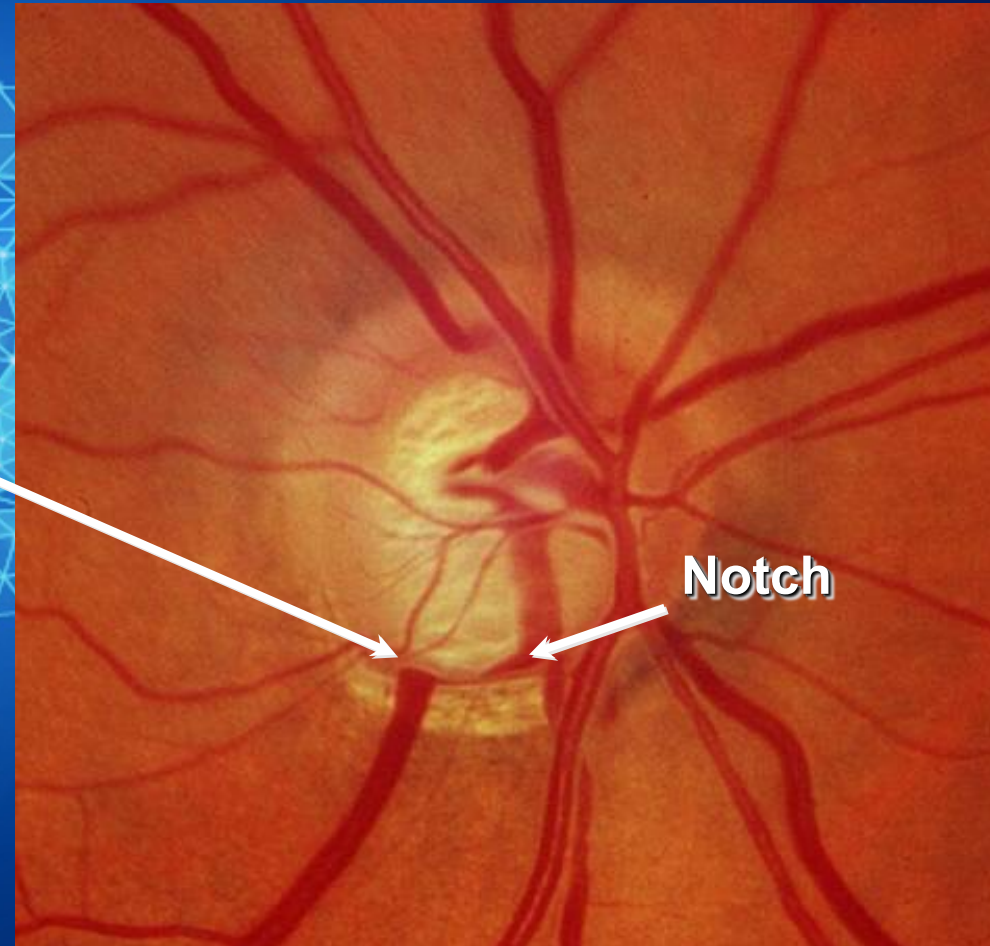


Notching

Photo courtesy of Ki Ho Park

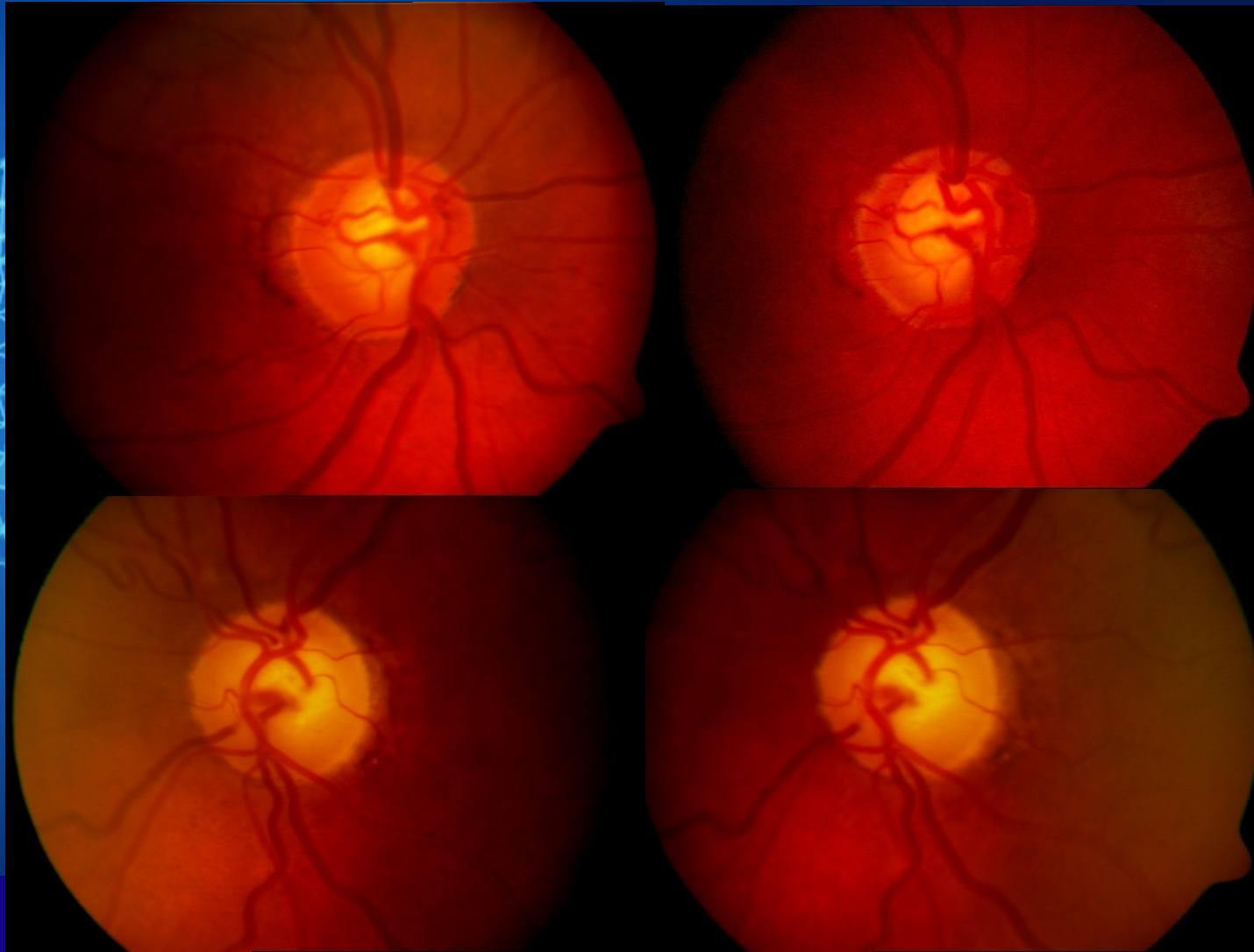
Localised rim thinning/notching (2)

Bayonetting of vessels and undercutting of the rim



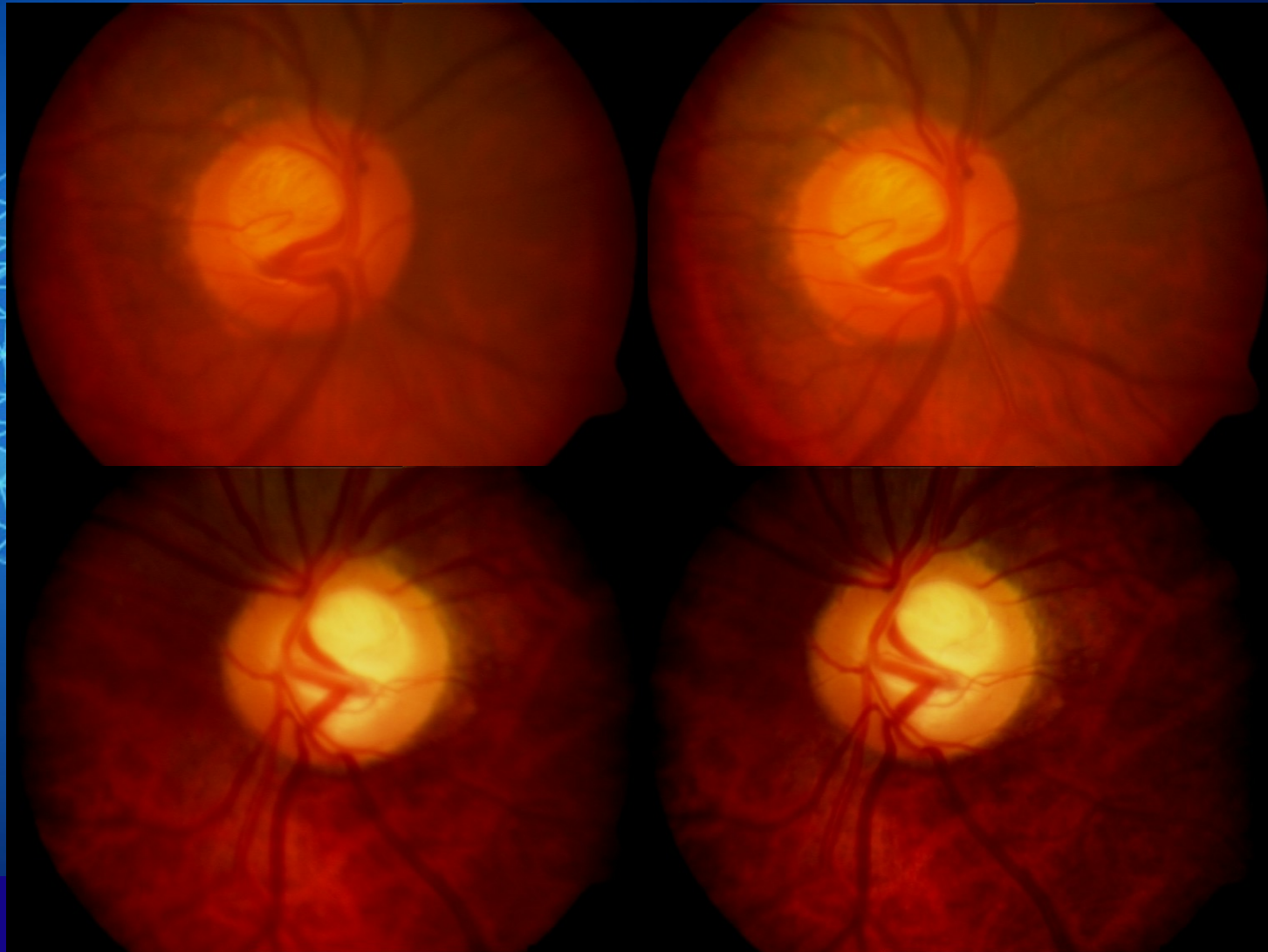
Notch

Localised rim thinning/notching (3)



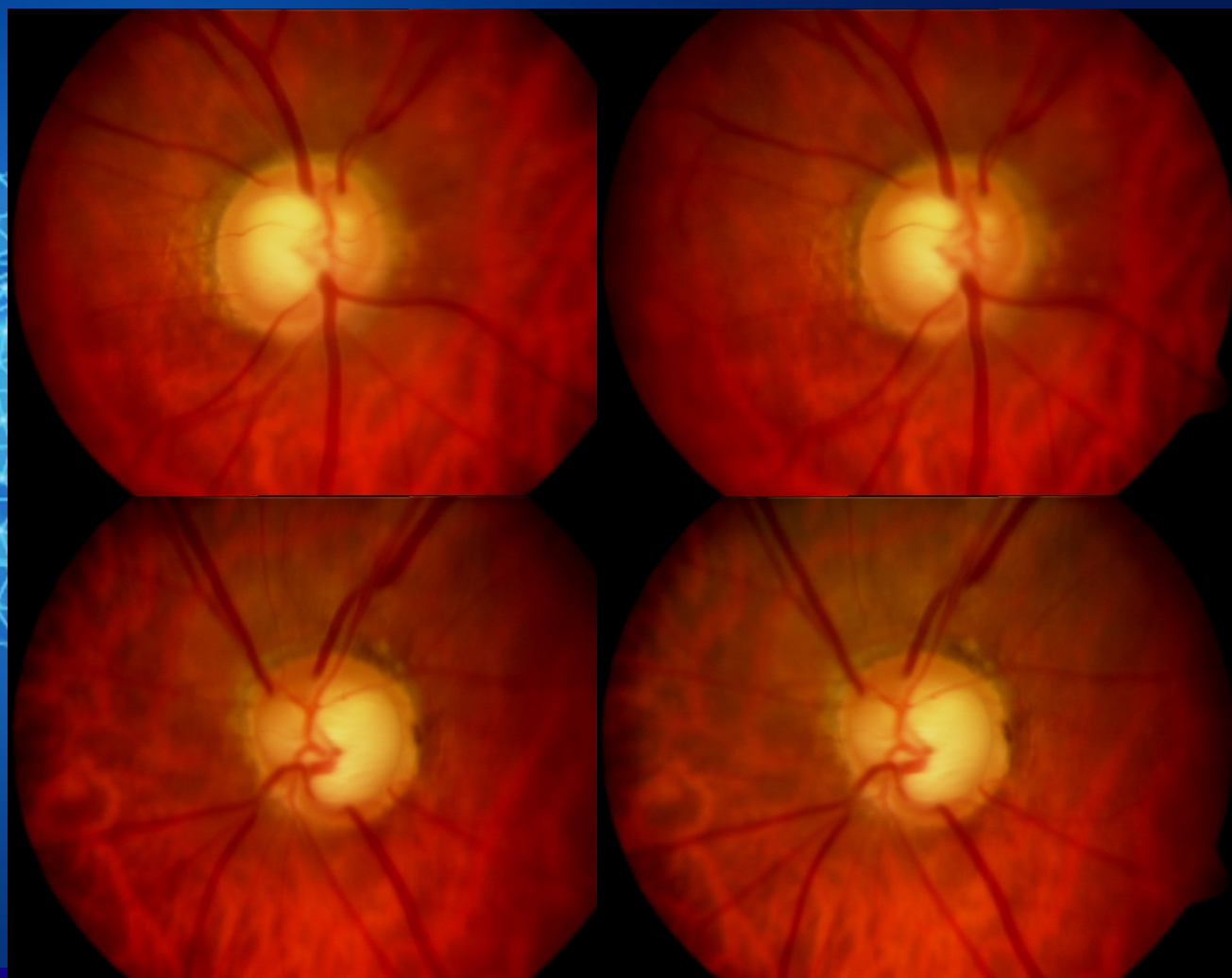
Photos courtesy of GT Sunil and L Vijaya

Localised rim thinning/notching (4)



Photos courtesy of GT Sunil and L Vijaya

Diffuse neuroretinal loss

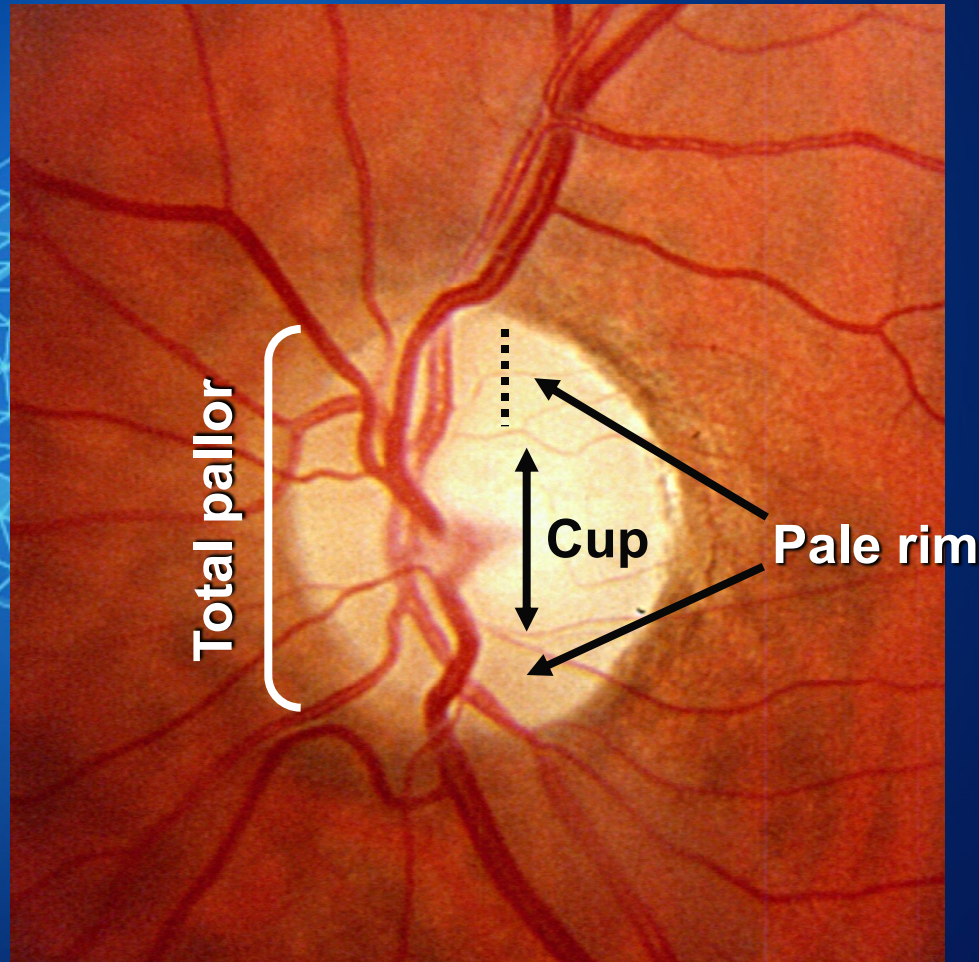


Photos courtesy of GT Sunil and L Vijaya

Pallor (1)

- Observe the colour of the rim to identify pallor
 - A pale rim increases the likelihood of a non-glaucomatous optic neuropathy

Pallor (2)

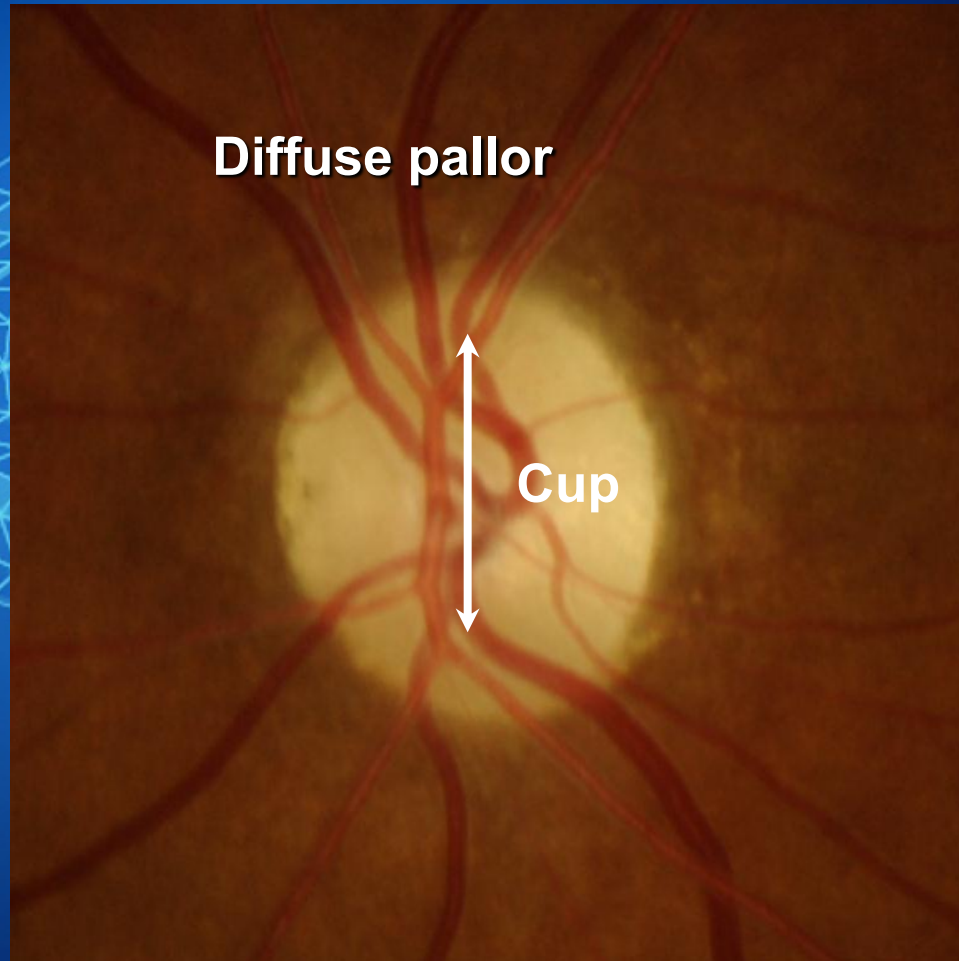


Pallor > cup



Non-glaucomatous
neuropathy

Pallor (3)



Pallor > cup



Non-glaucomatous
neuropathy

Normal disc

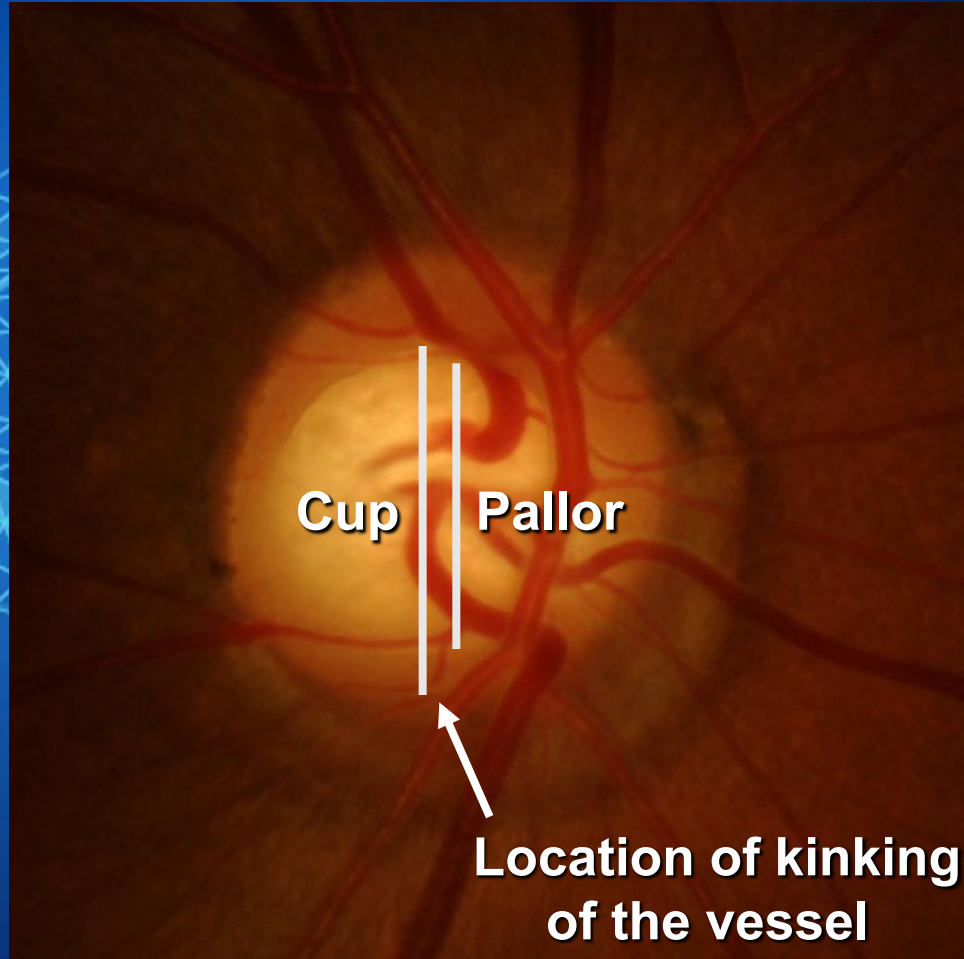
Cup = pallor

If cup = pallor: normal

**If pallor > cup: neurological disorder
or glaucoma with very high IOP**

If cup > pallor: glaucoma or normal ★

Pallor (4)



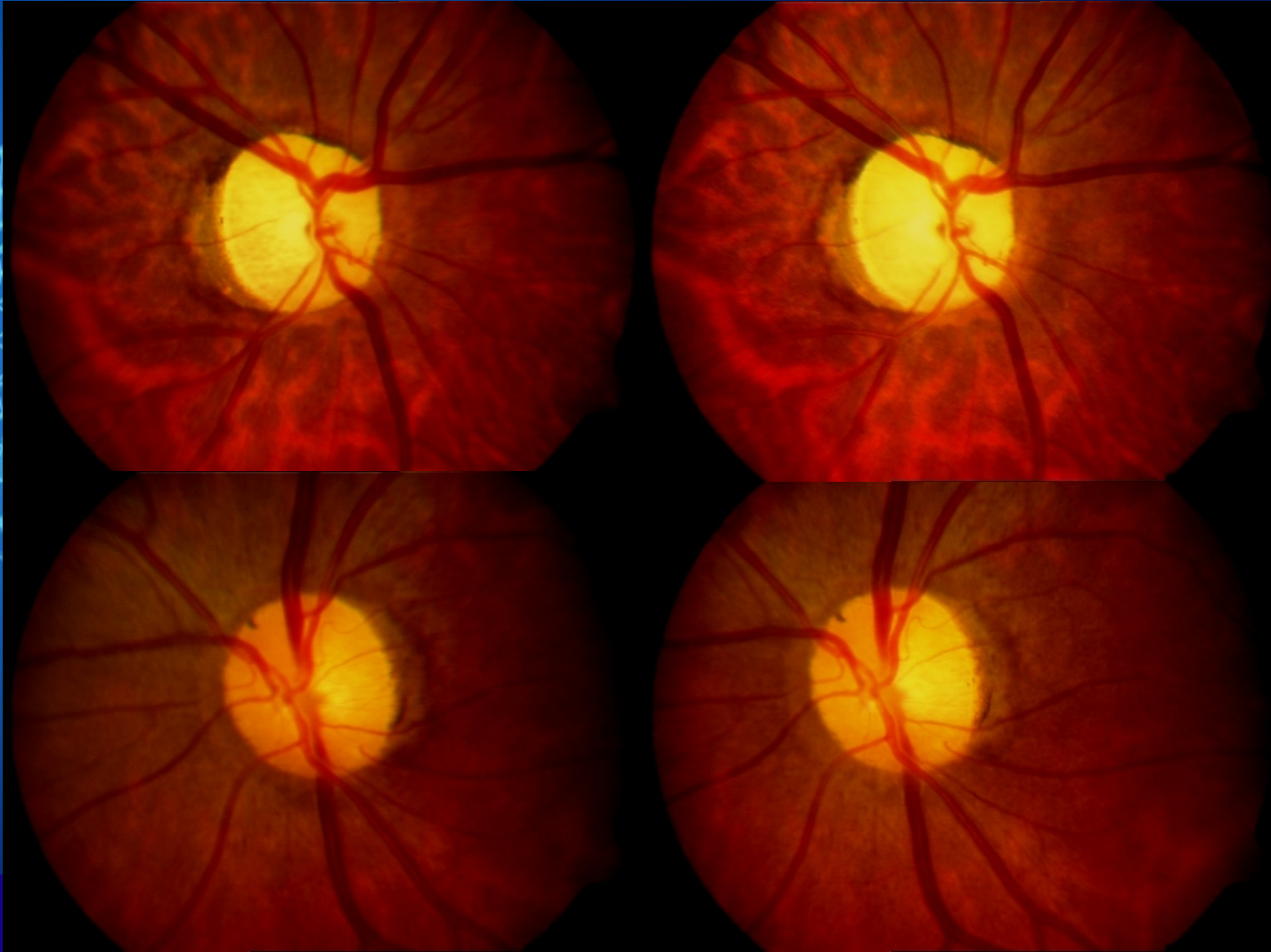
Cup > pallor



Suspect glaucoma

Photo courtesy of Ki Ho Park

Pallor (5)



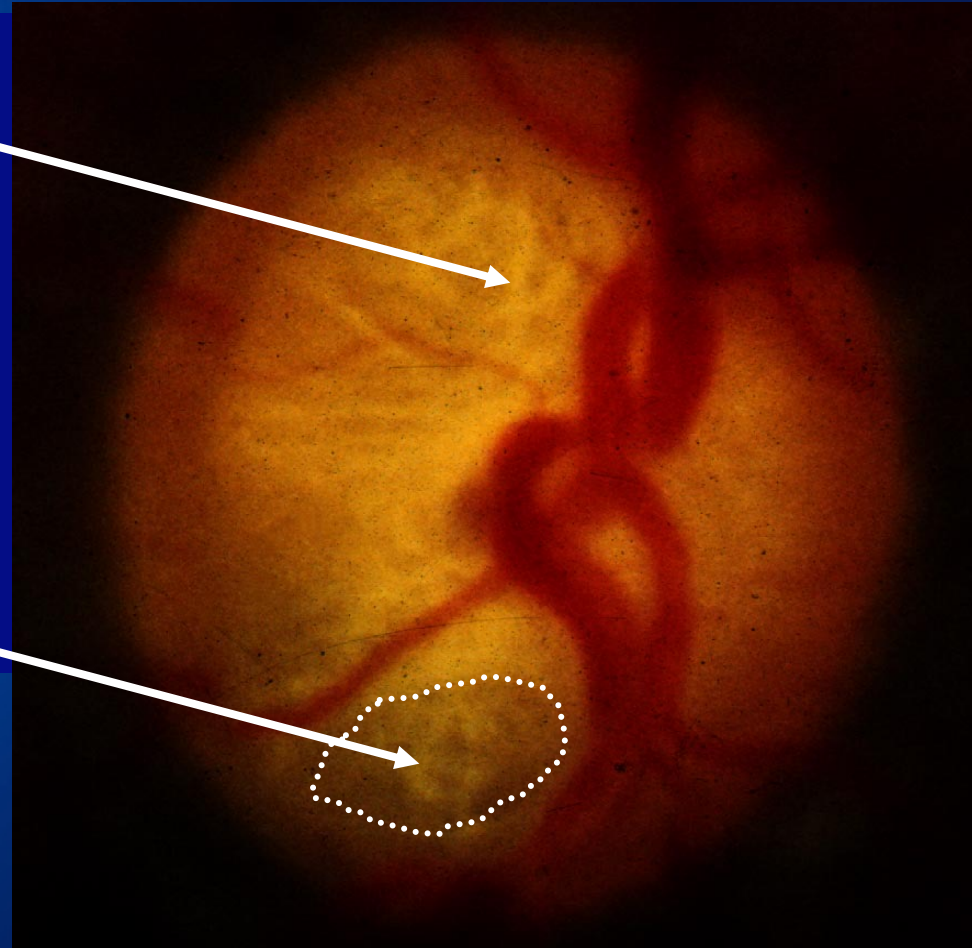
Photos courtesy of GT Sunil and L Vijaya

Lamina cribrosa

Striated pattern
(Susanna 1983)



Acquired optic pit
(Radius *et al.* 1978)



Congenital pit of optic nerve

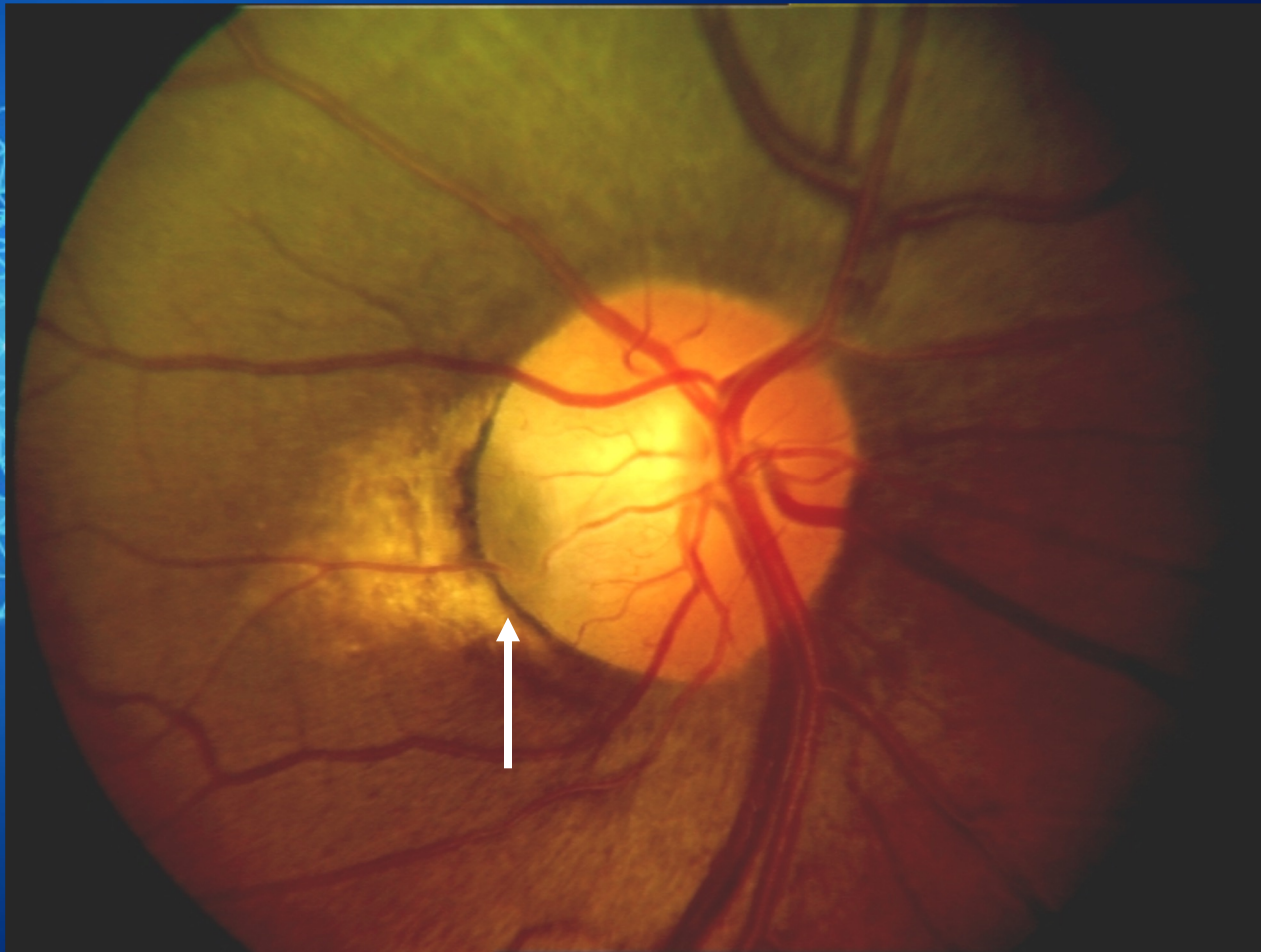
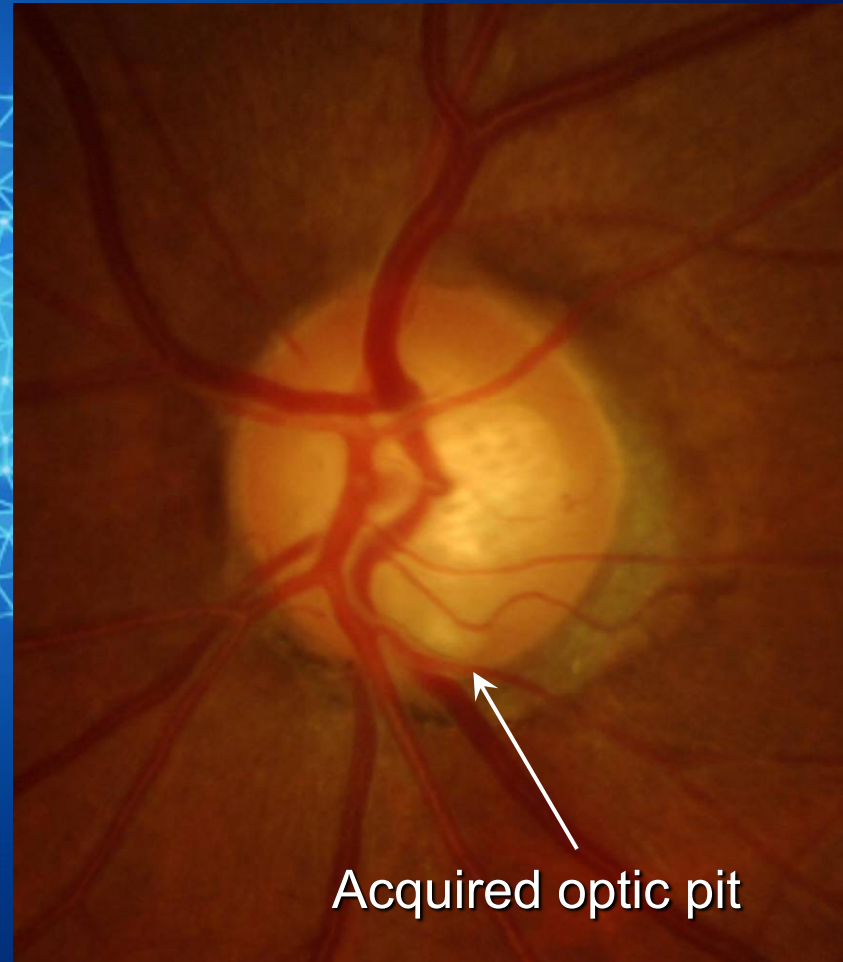


Photo courtesy of GT Sunil and L Vijaya

Acquired pit of optic nerve

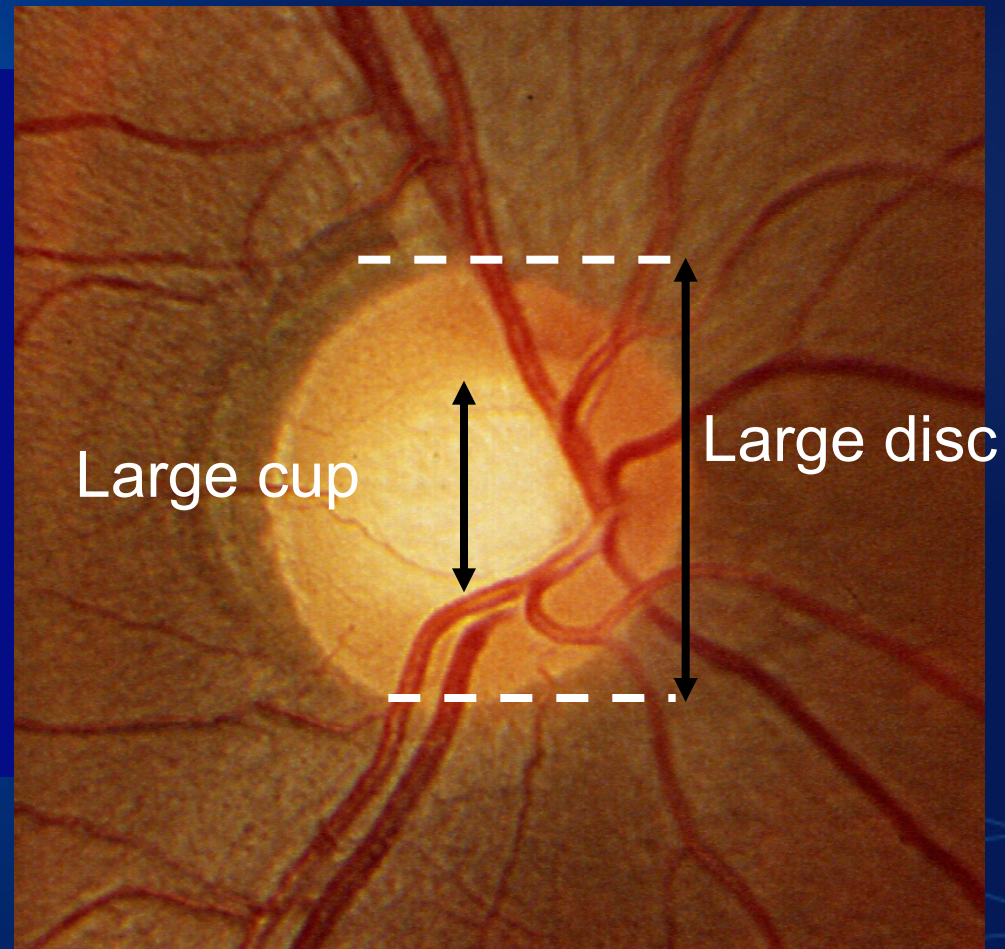


Acquired optic pit

Photo courtesy of Ki Ho Park

Normal optic nerve head

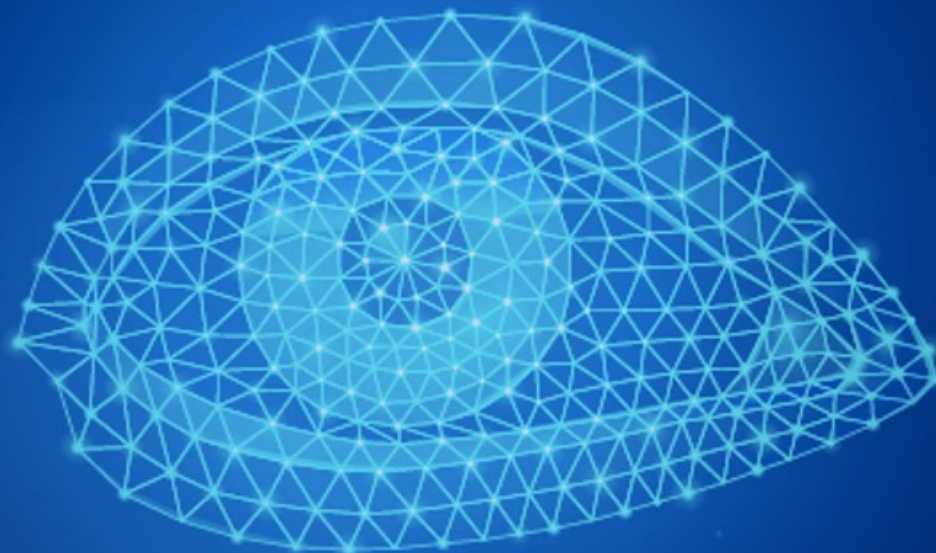
- Remember that a normal large disc has a large cup
 - ISNT rule obeyed
 - Cup = pallor



Rule 3

Examine the

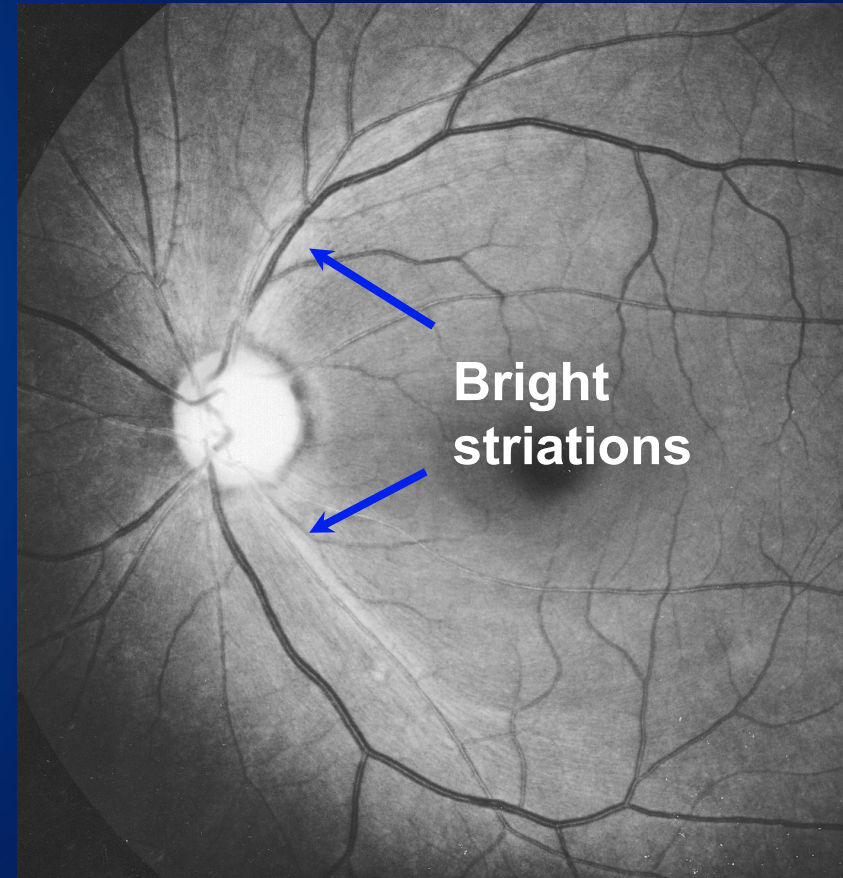
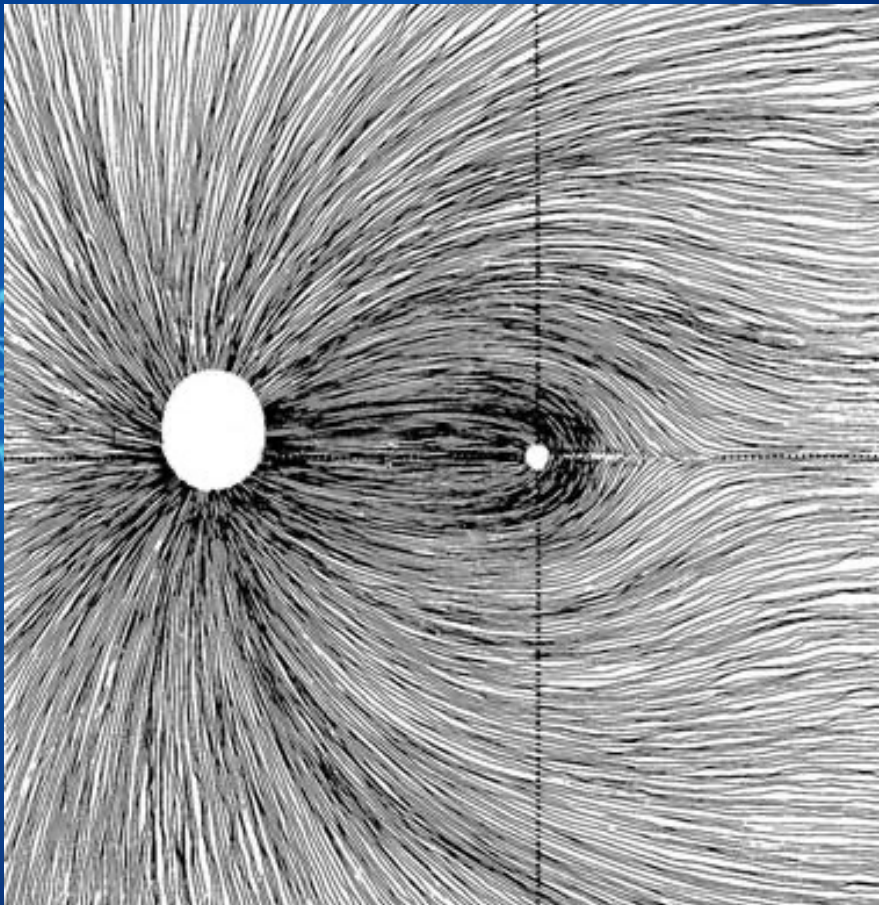
Retinal nerve fibre layer



RNFL examination

- Best performed using red-free light (red-free photographs or green light)
- Look at
 - Striations
 - Brightness
 - Visibility of peripapillary retinal vessels
- Look for **diffuse** and **localised** RNFL loss

Red-free photography

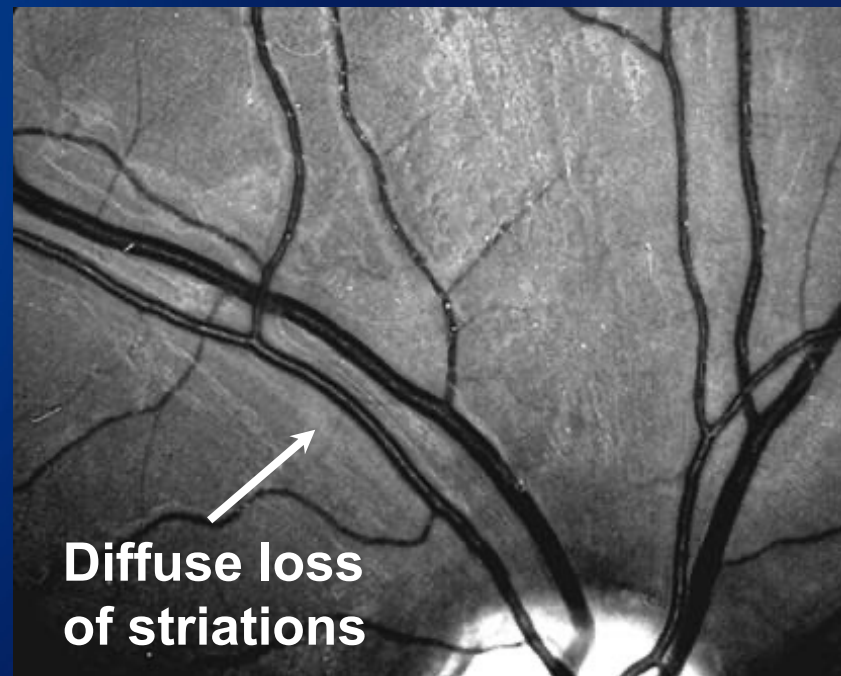
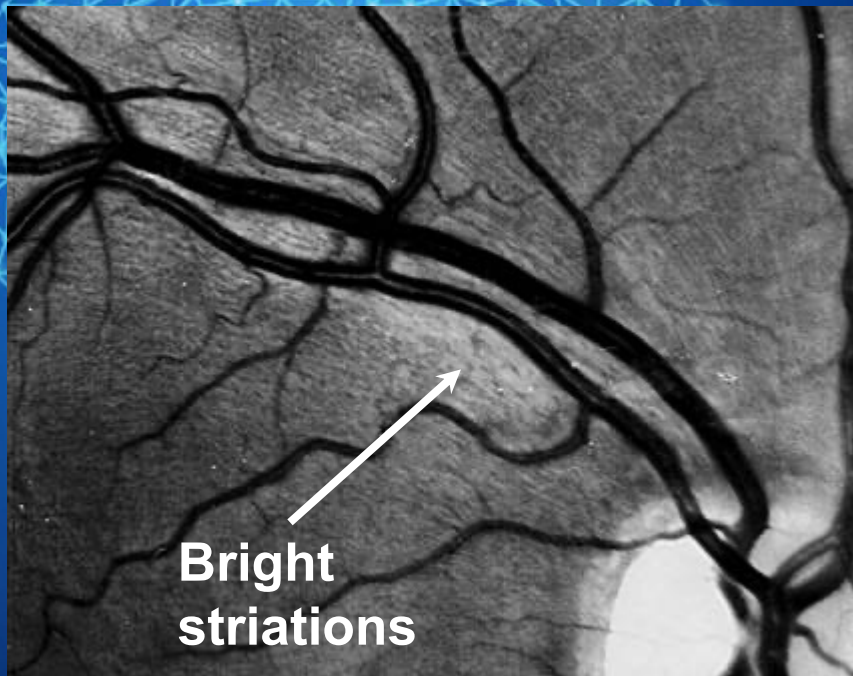


Bright
striations

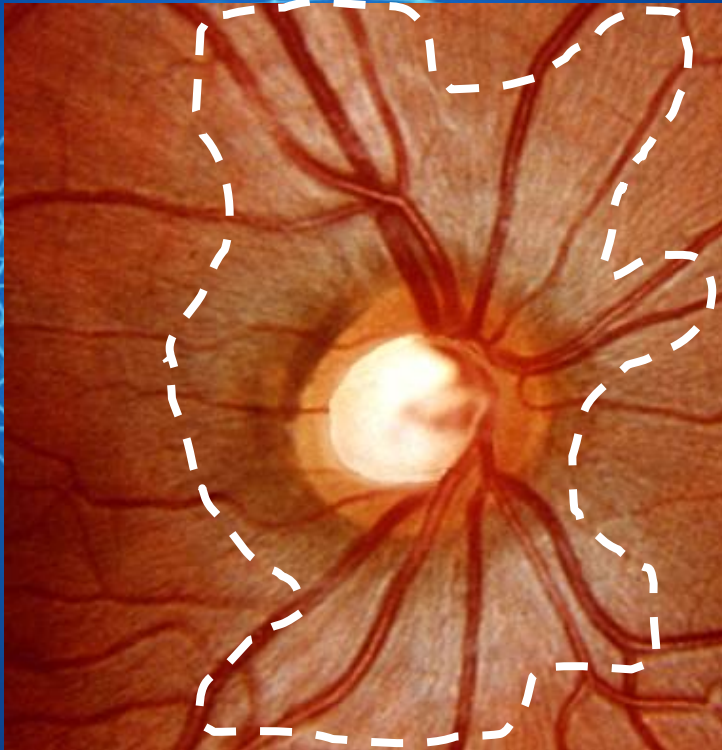
Right photo courtesy of Ki Ho Park

Diffuse RNFL loss (1)

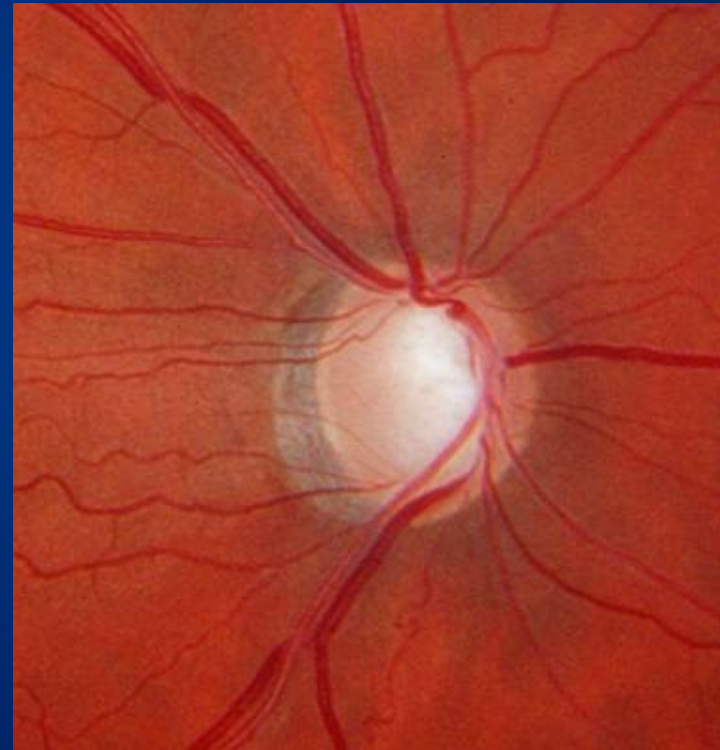
- Diffuse loss of striate pattern
- Increased visibility of retinal vessel borders



Diffuse RNFL loss (2)

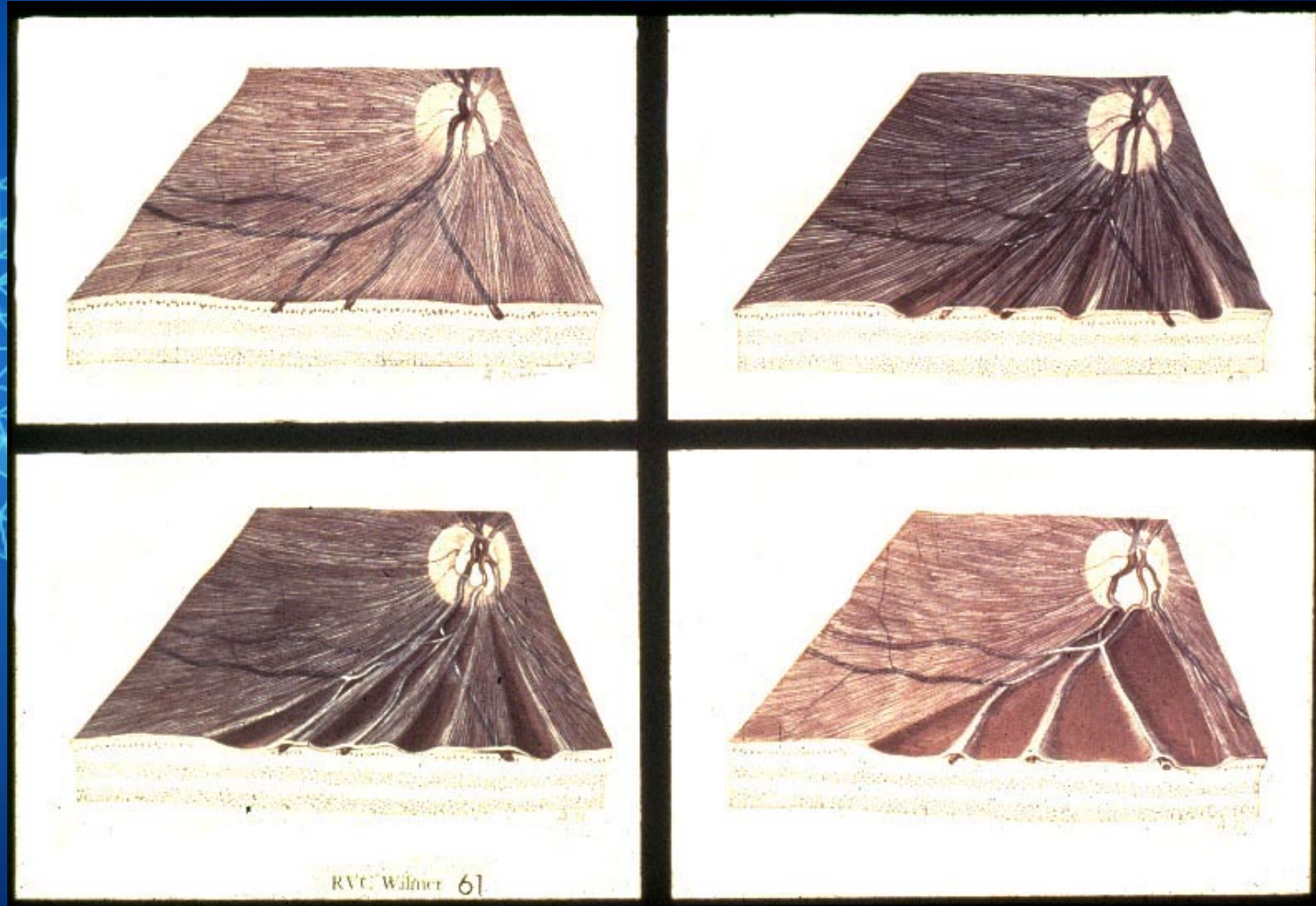


Normal RNFL



Diffuse RNFL loss

Localised RNFL loss (1)



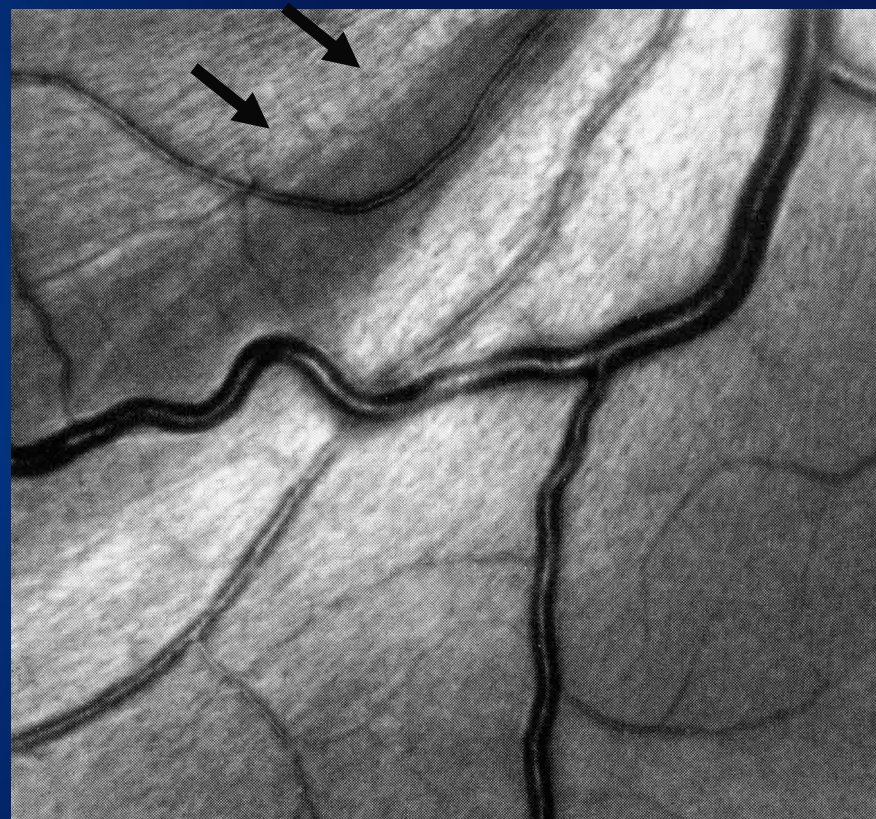
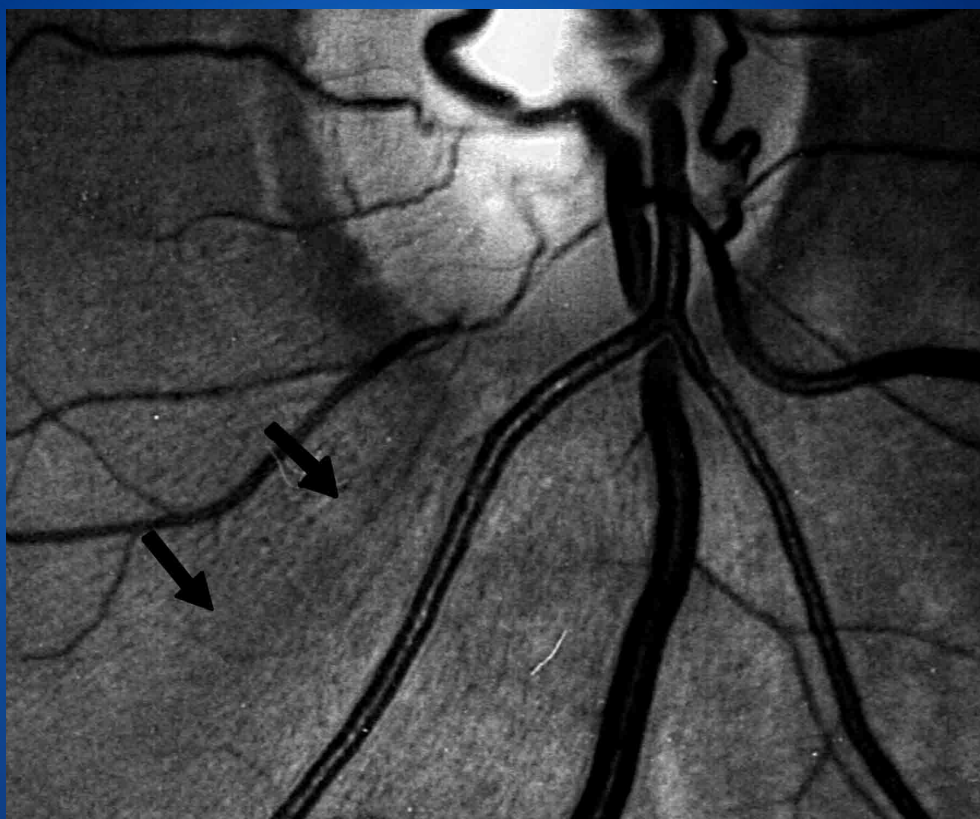
Localised RNFL loss (2)



Localised RNFL defect
Wedge-shaped dark area

Photos courtesy of Ki Ho Park

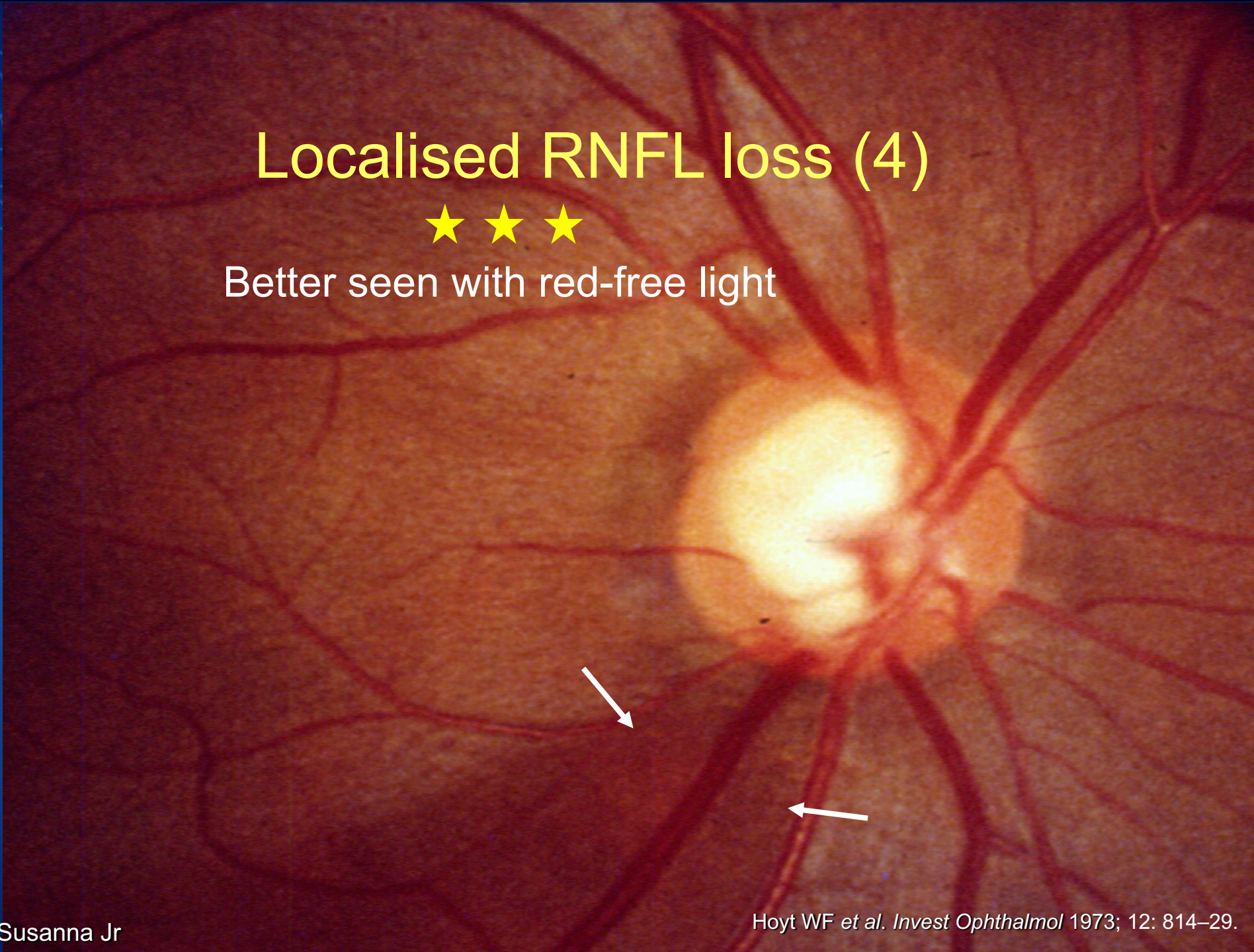
Localised RNFL loss (3)



Localised RNFL loss (4)

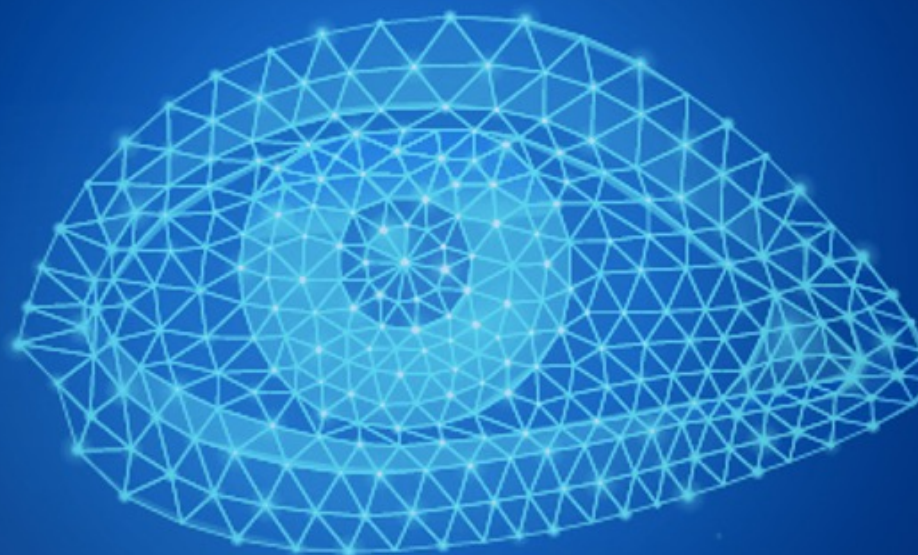


Better seen with red-free light



Hoyt WF *et al.* *Invest Ophthalmol* 1973; 12: 814–29.

Localised RNFL loss (5)



Wedge-shaped
dark area

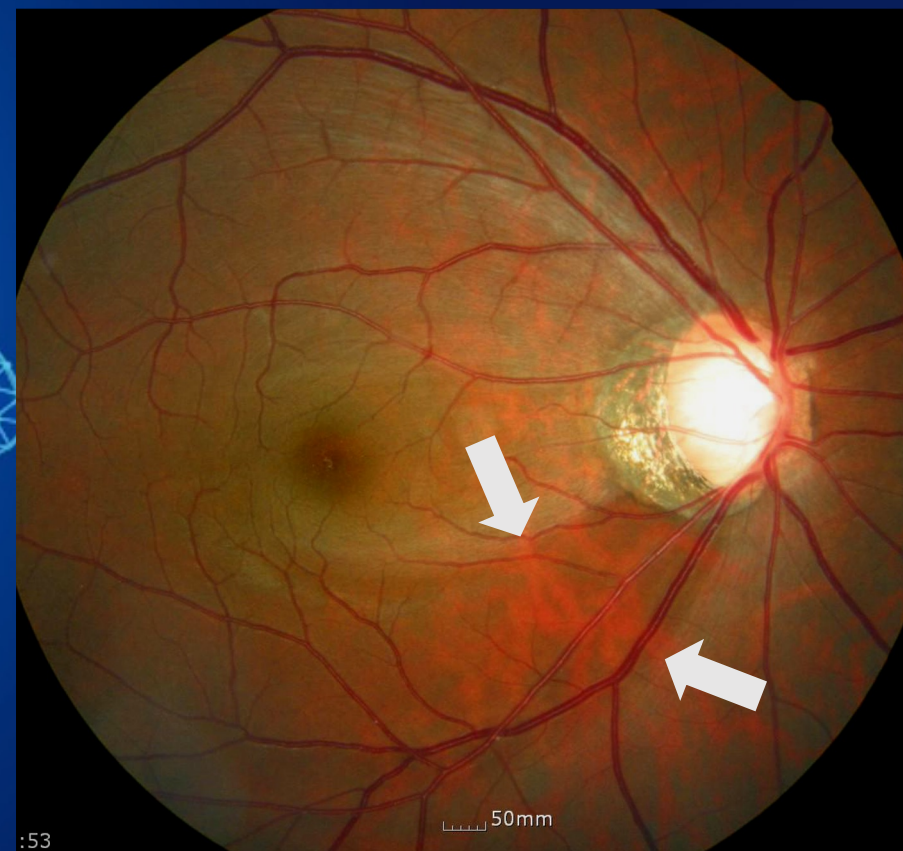
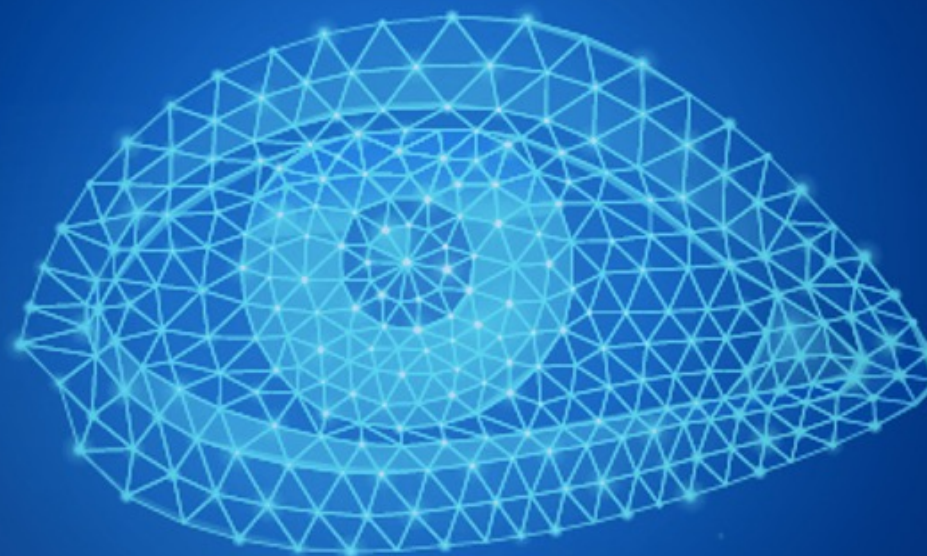


Photo courtesy of Ki Ho Park

Localised RNFL loss (6)



Wedge-shaped
dark area

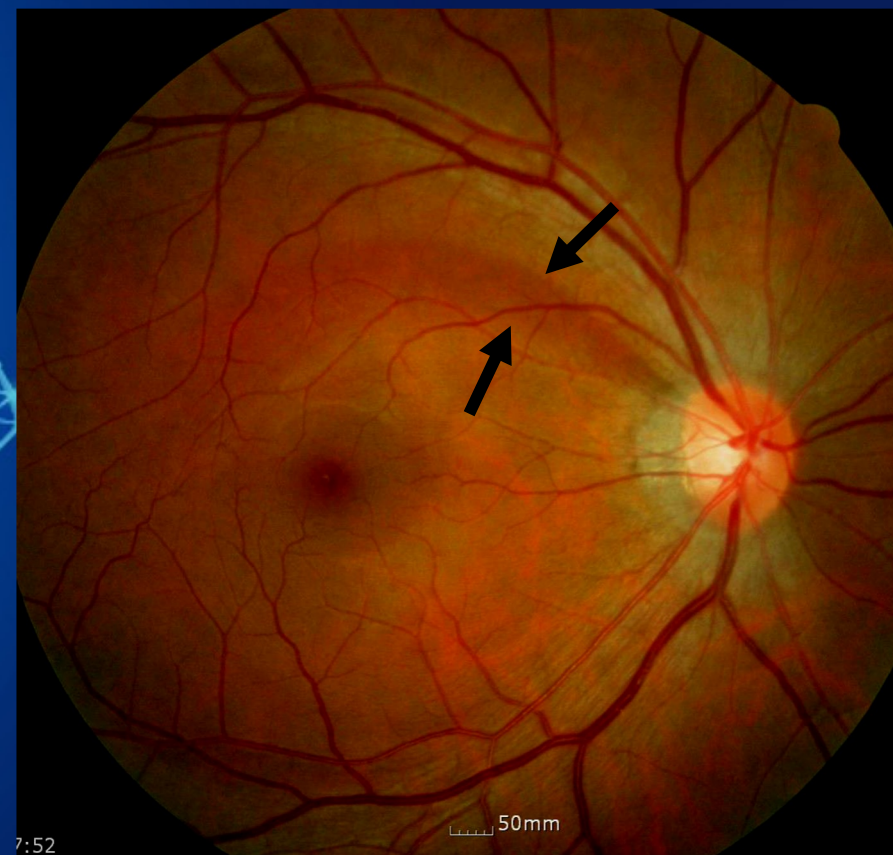
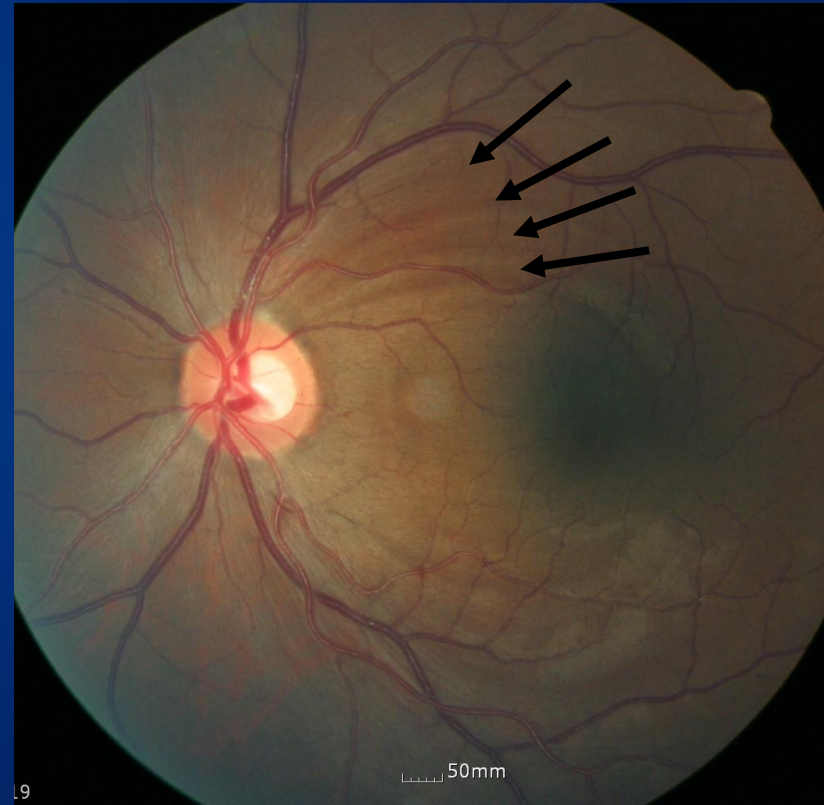
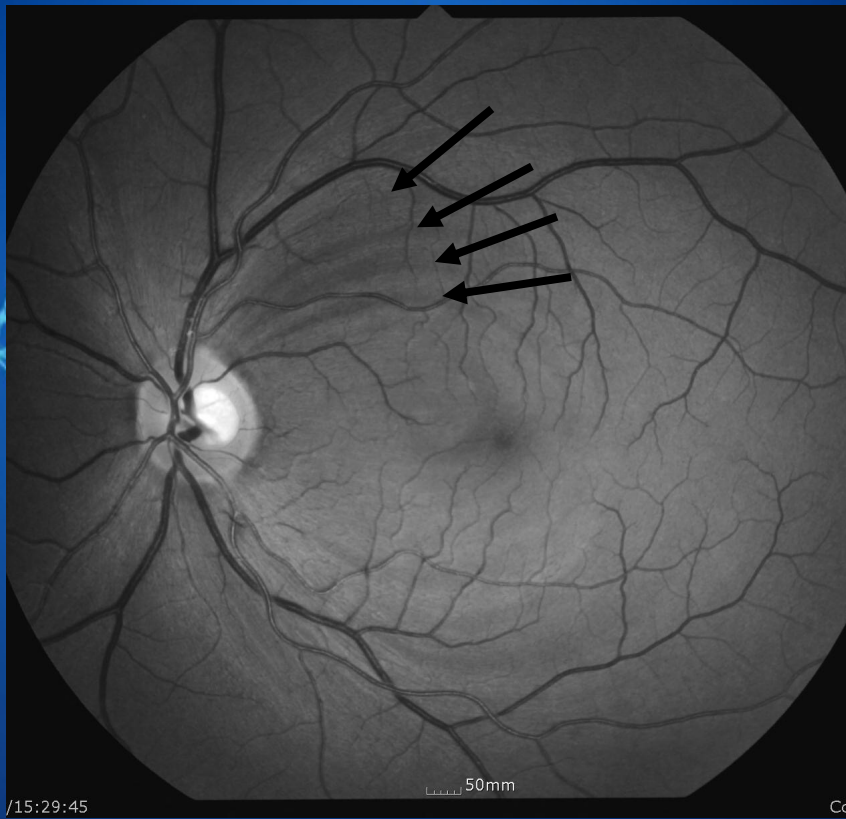
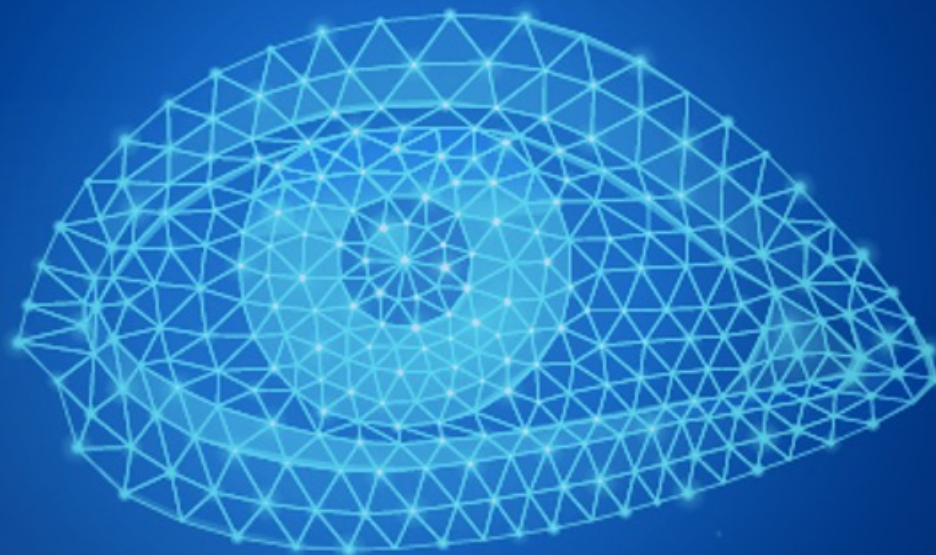


Photo courtesy of Ki Ho Park

Localised RNFL loss (7)



Photos courtesy of Ki Ho Park



Rule 4

Examine the **R**egion of
peripapillary atrophy

Peripapillary atrophy (1)

Alpha zone

Hypo- and hyper-pigmented areas
Present in normal as well as in
glaucomatous eyes

Beta zone

Atrophy of the retinal pigment
epithelium and choriocapillaris
Large choroidal vessels become
visible
More common in glaucomatous
eyes

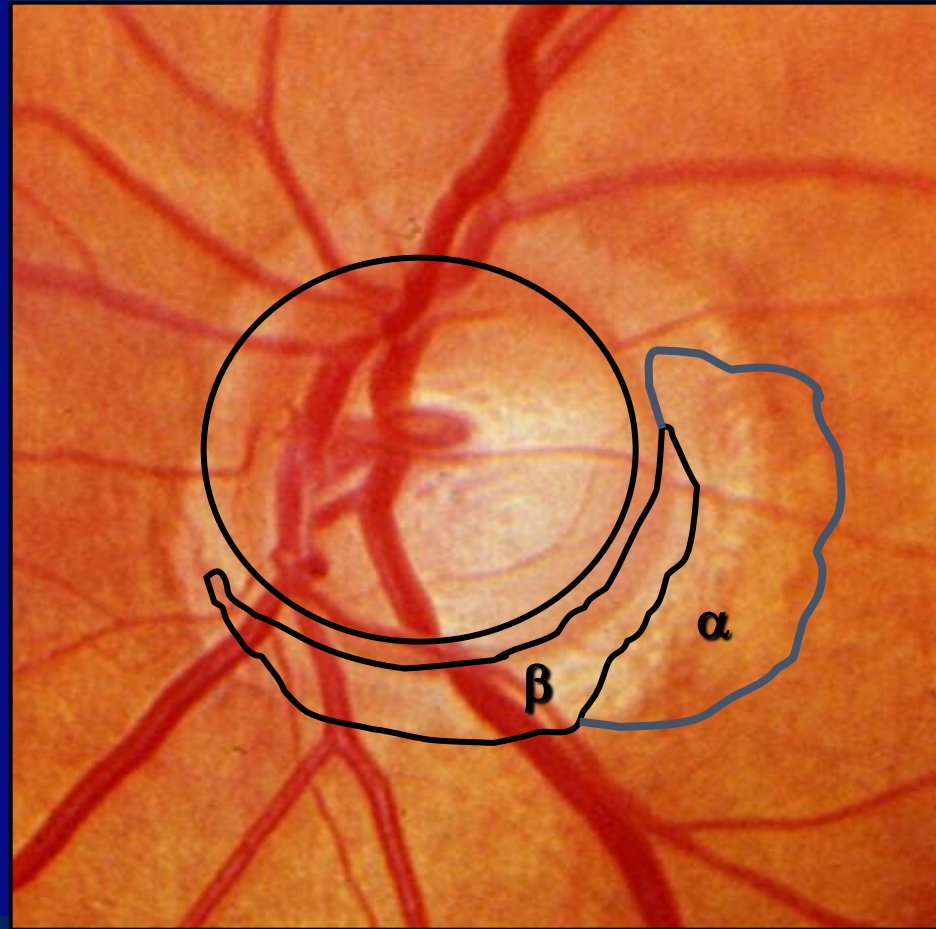


Photo courtesy of Ki Ho Park

Peripapillary atrophy (2)

Alpha zone

Beta zone ★

Sensitivity 20–30%

Specificity 80%

360° ring –normotensive
senile sclerotic glaucoma

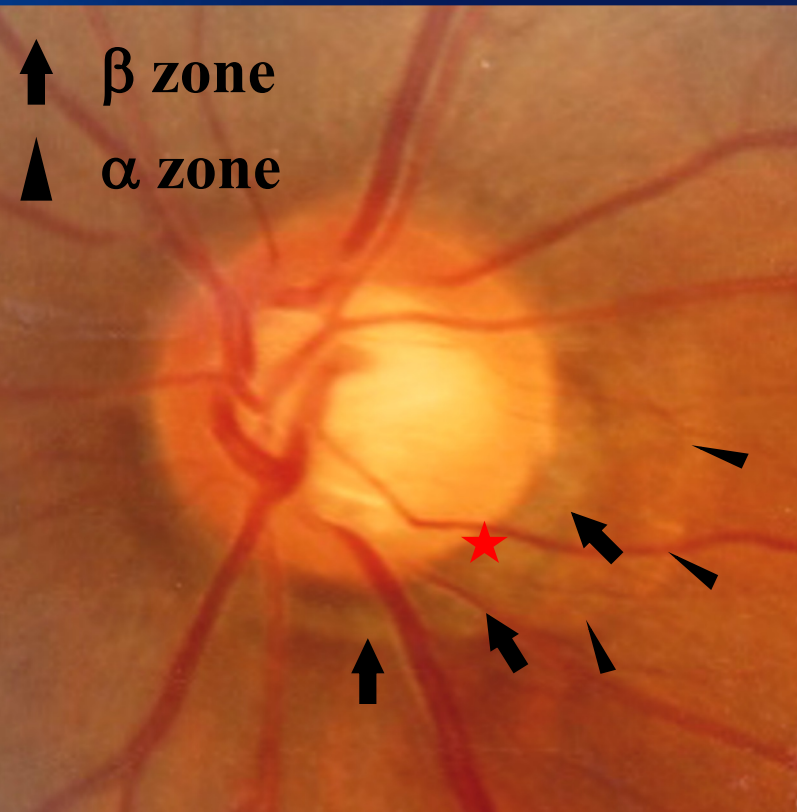


Photo courtesy of Ki Ho Park

Jonas JB *et al.* *Invest Ophthalmol Vis Sci* 2000; 41: 1764–73.

Peripapillary atrophy (3)

Beta zone

- Width of beta zone inversely correlates with rim width at same area
- Larger beta zone → thinner rim
- Progression of beta zone associated with progressive glaucoma

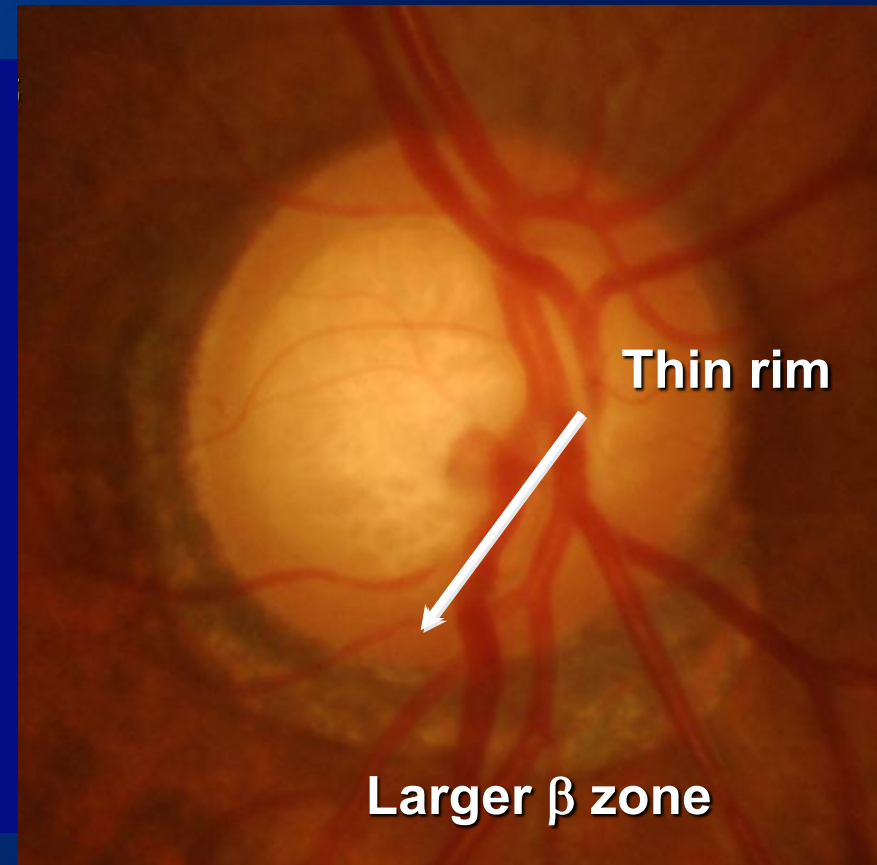
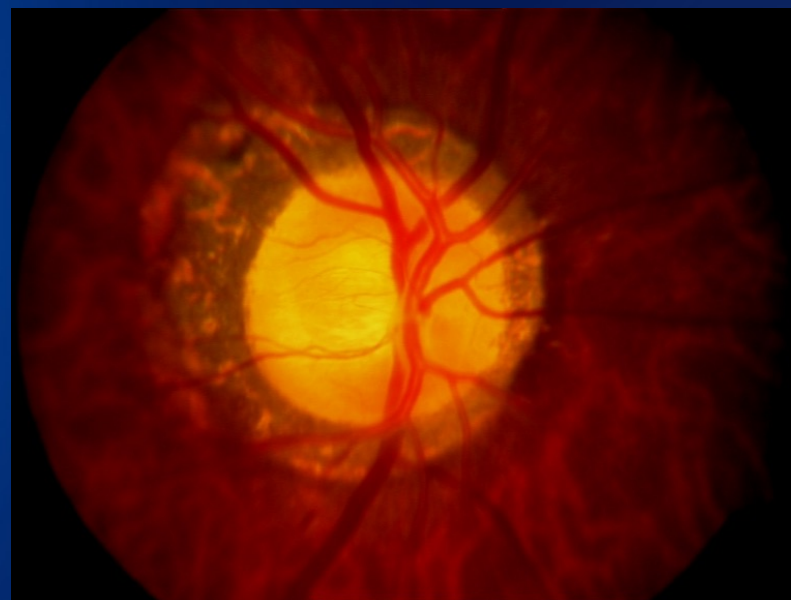
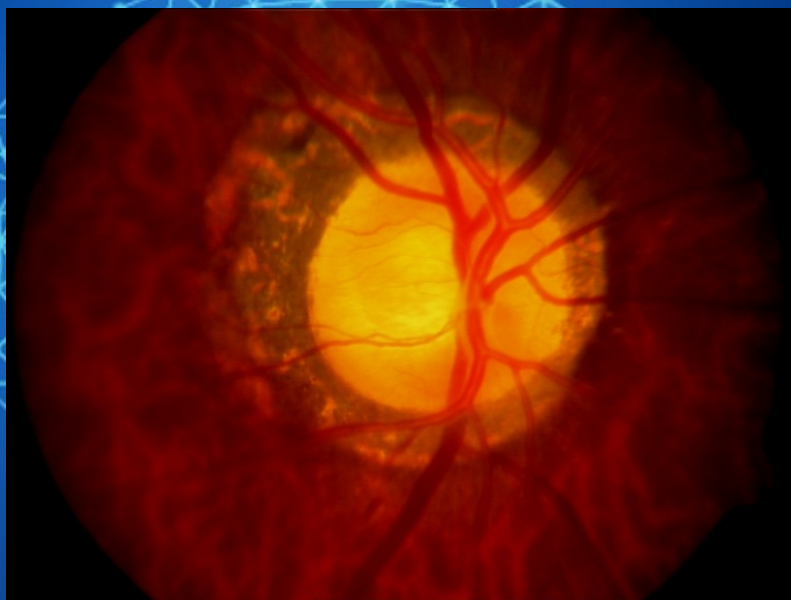


Photo courtesy of Ki Ho Park

Peripapillary atrophy (4)

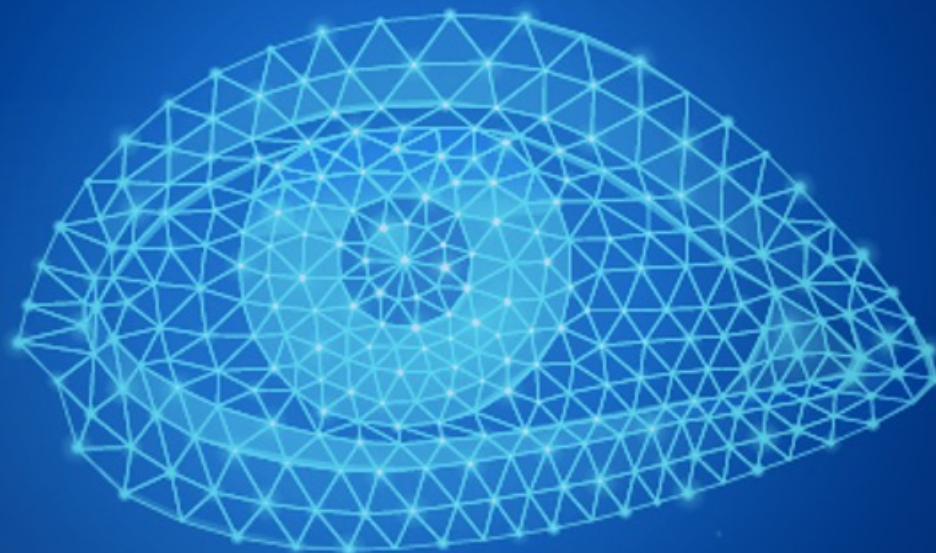


Photos courtesy of GT Sunil and L Vijaya

Peripapillary atrophy (5)



Photos courtesy of GT Sunil and L Vijaya

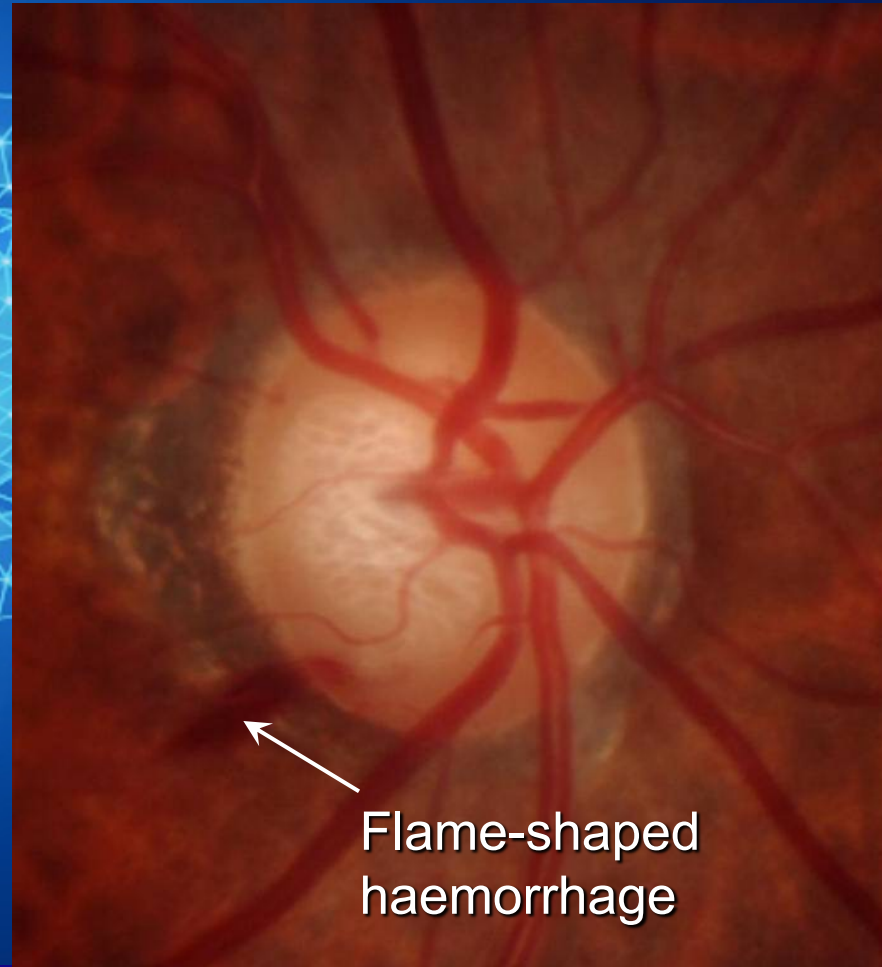


Rule 5

Look for **R**etinal and
optic disc
haemorrhages



Optic disc haemorrhage (1)

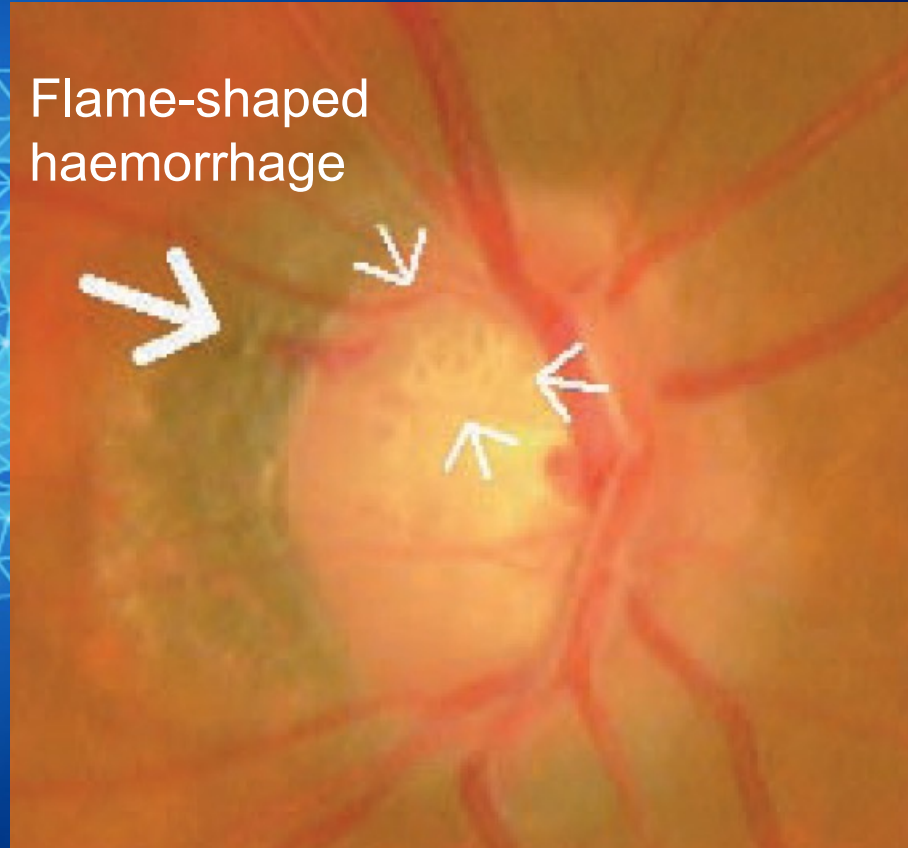


Flame-shaped
haemorrhage

Photo courtesy of Ki Ho Park

Optic disc haemorrhage (2)

Flame-shaped
haemorrhage



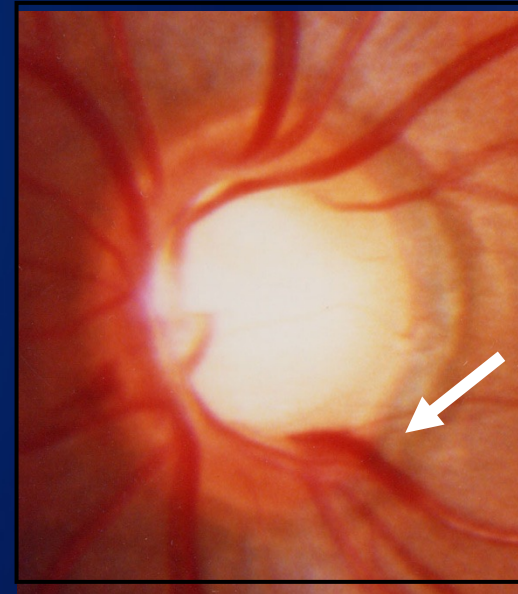
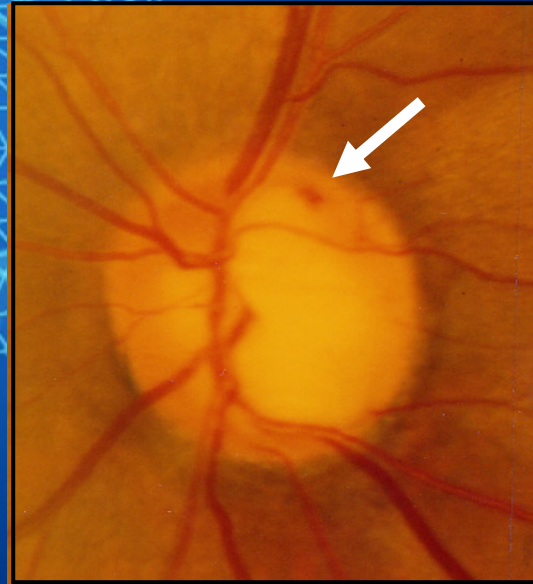
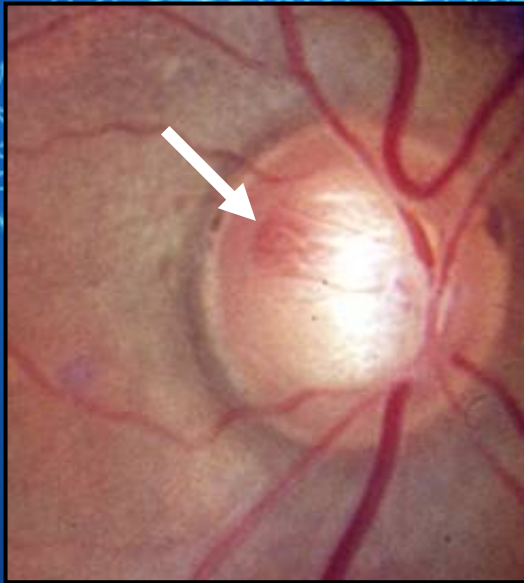
Splinter, superficial, flame-shaped haemorrhage at the disc margin (large arrow).

Localised loss of neuroretinal rim is evident at the corresponding area and laminar dots are also visible. The small arrows highlight a pit-like notch at the superotemporal rim.

Photo courtesy of Prin Rojanapongpun

Optic disc haemorrhage (3)

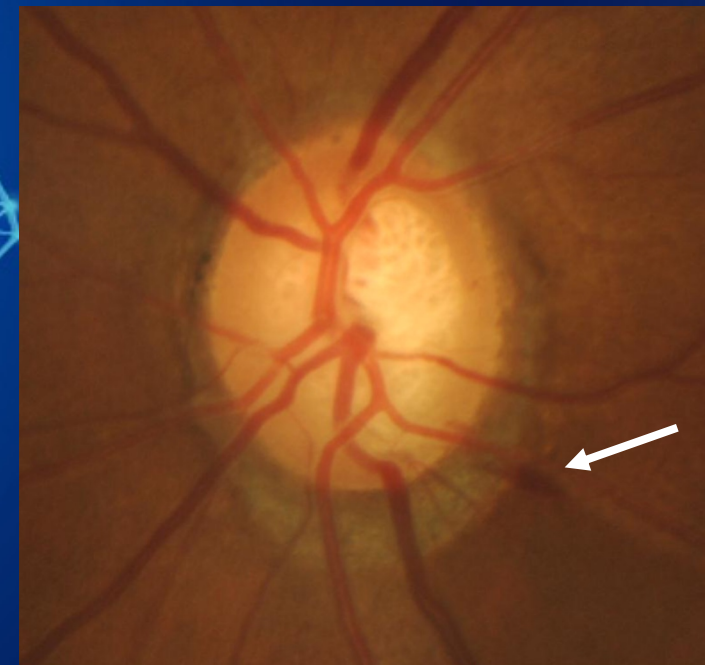
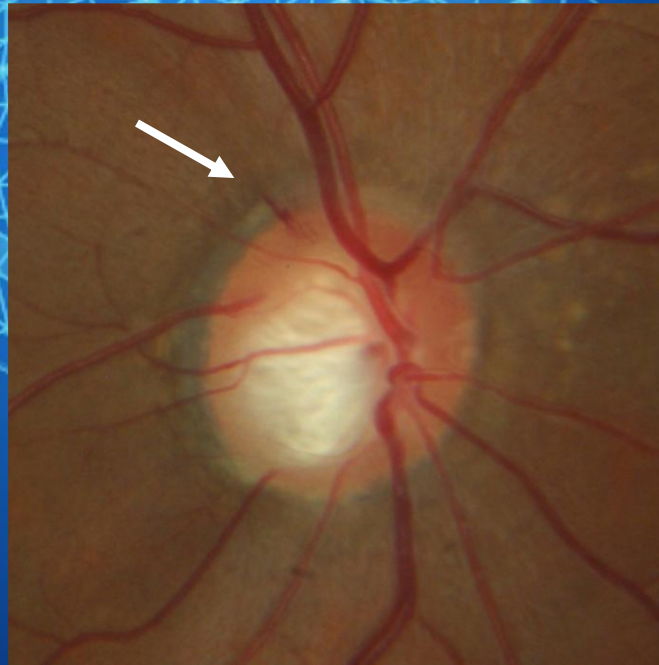
Detection of disc haemorrhages requires careful optic disc examination



Middle and right photos courtesy of Ki Ho Park

Optic disc haemorrhage (4)

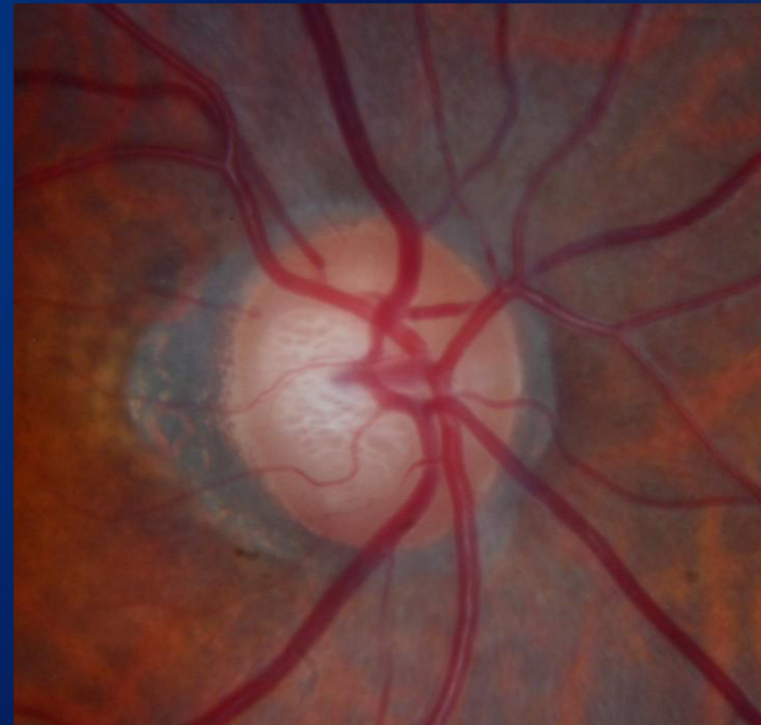
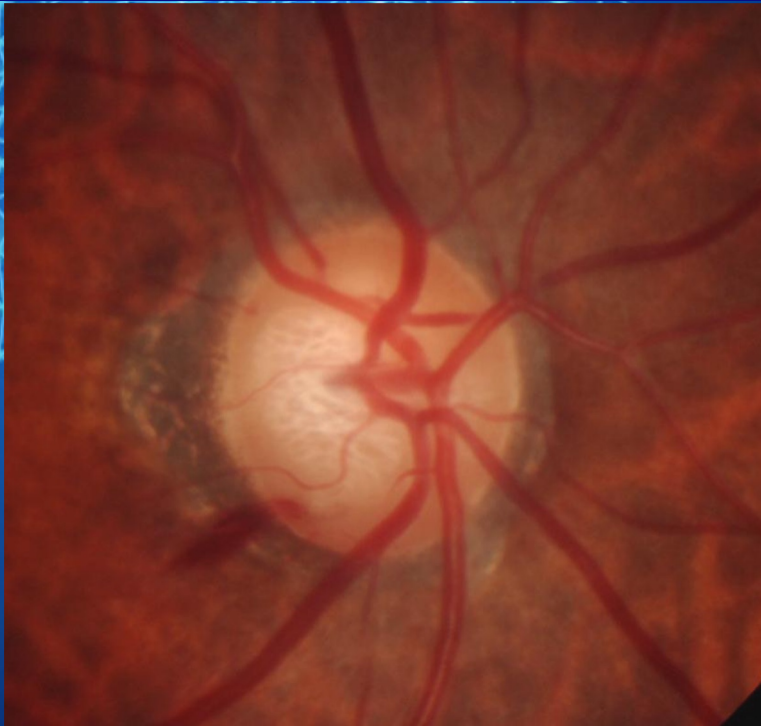
Detection of disc haemorrhages requires careful optic disc examination



Photos courtesy of Ki Ho Park

Optic disc haemorrhage (5)

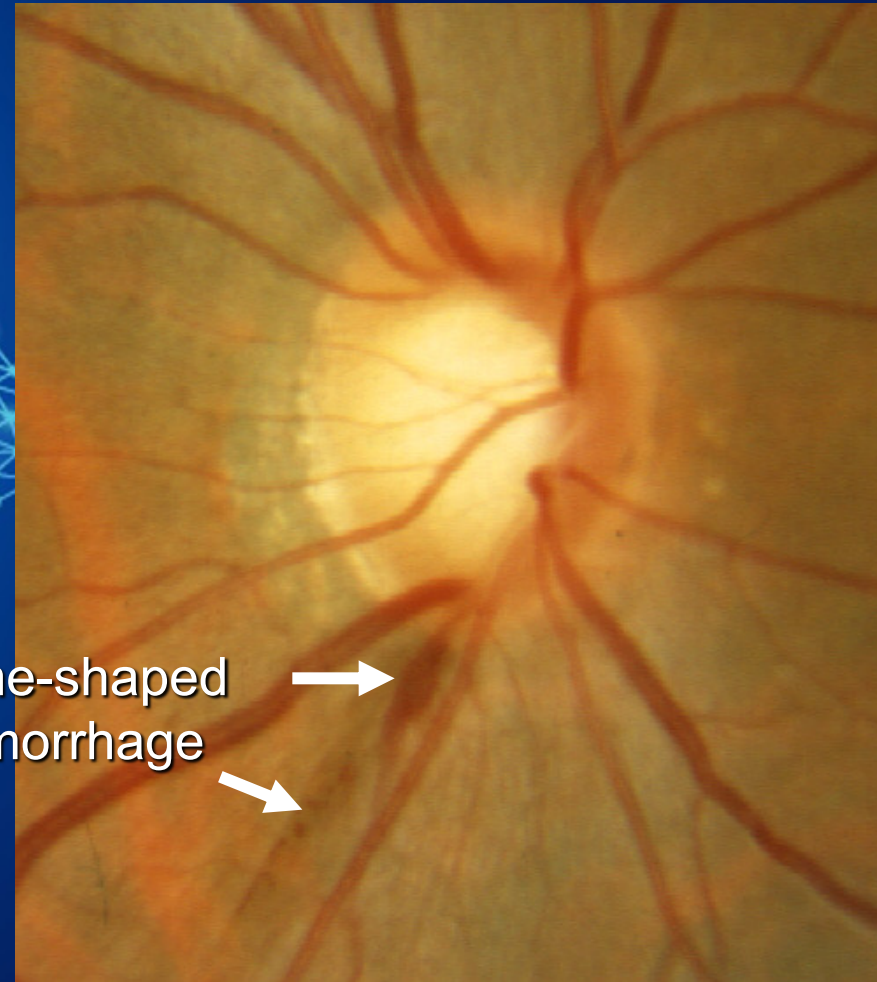
- Normally disappears after 1–3 months
- Indicative of glaucomatous progression



Photos courtesy of Ki Ho Park

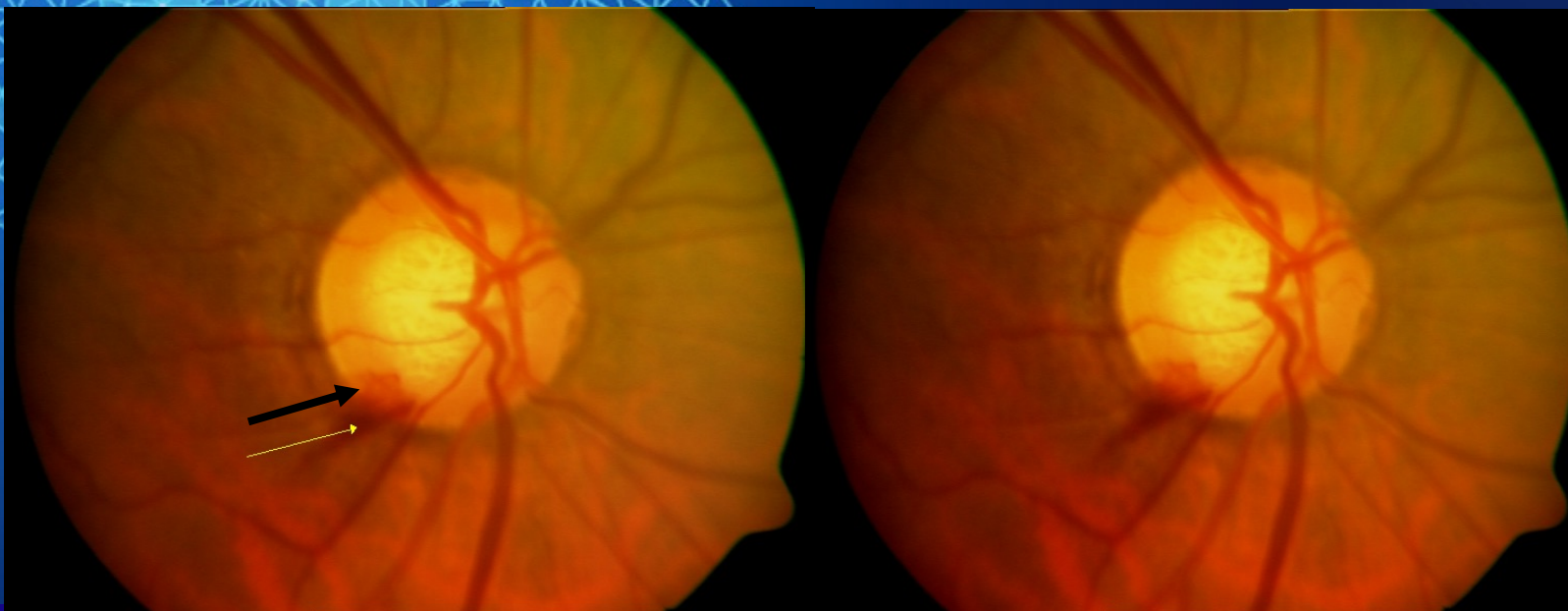
Optic disc haemorrhage (6)

- Normally disappears after 1–3 months
- Indicative of glaucoma progression

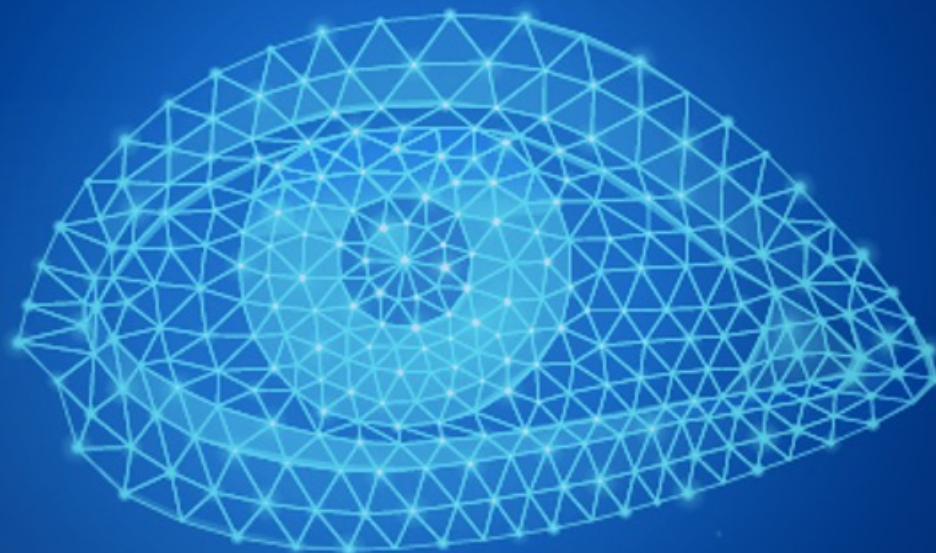


Flame-shaped haemorrhage →

Optic disc haemorrhage (7)

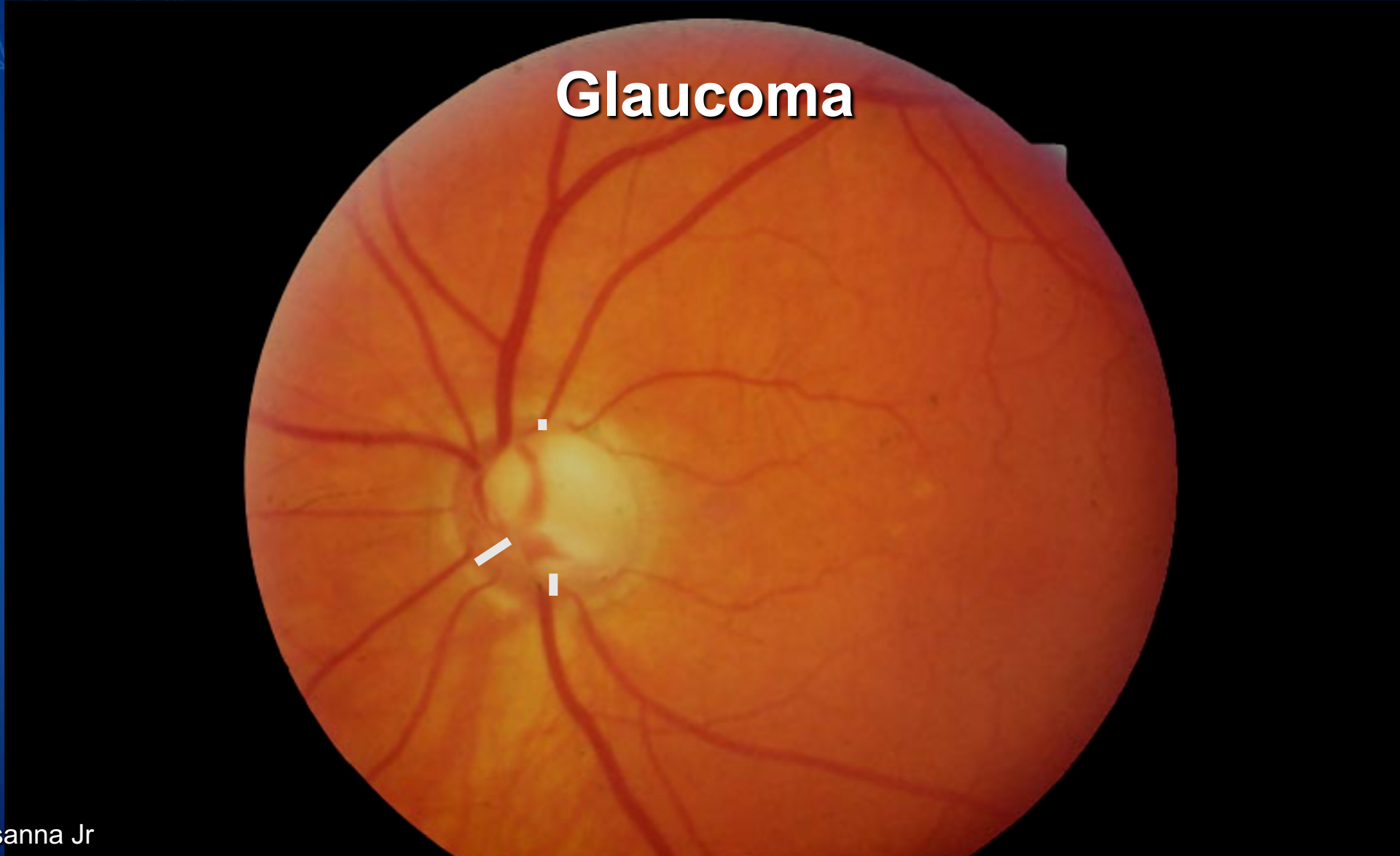


Photos courtesy of GT Sunil and L Vijaya

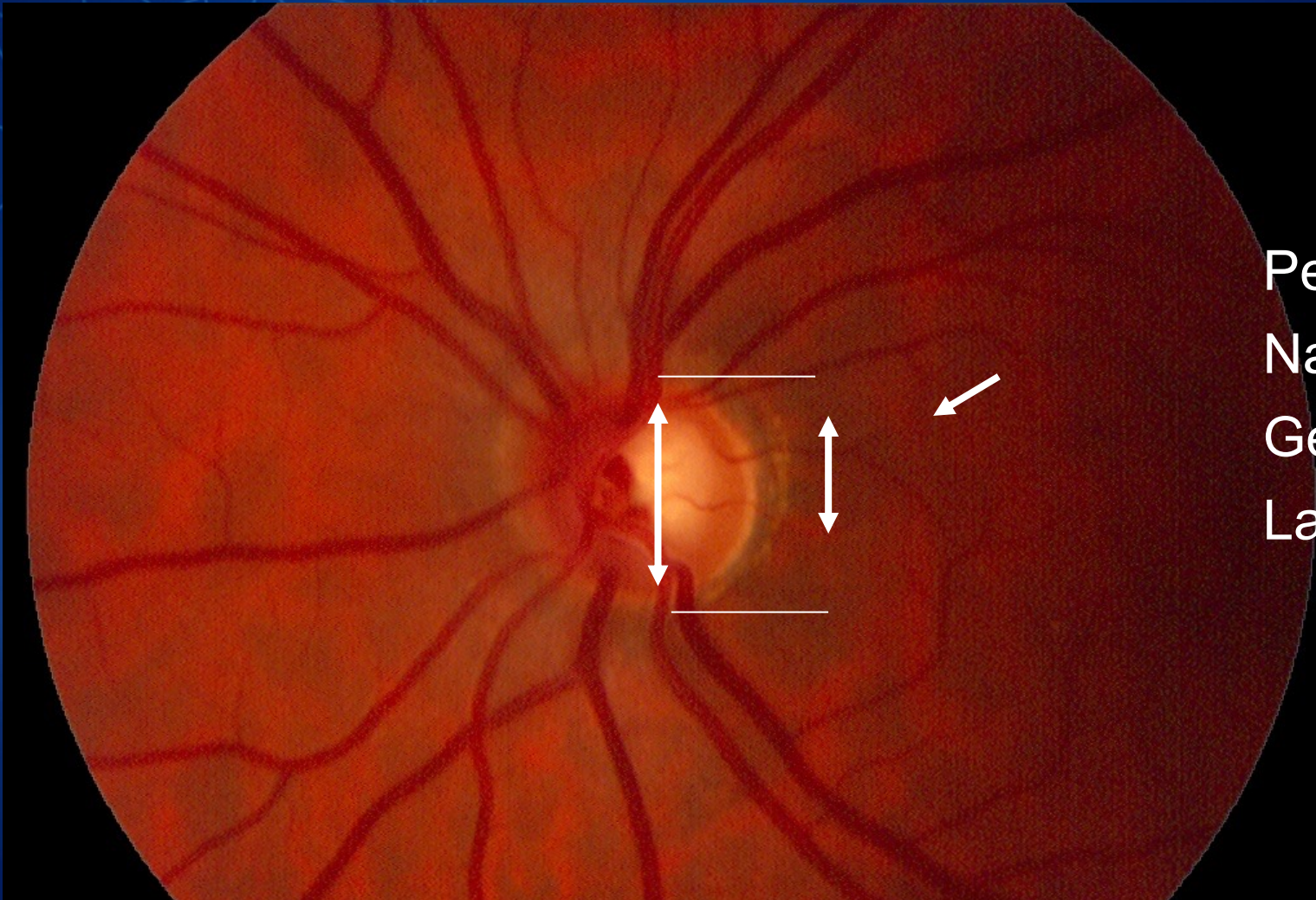


DETECTING GLAUCOMA

ISNT rule is not obeyed ★ ★



Glaucoma – small disc



Peripapillary atrophy



Narrowing of retinal arteries



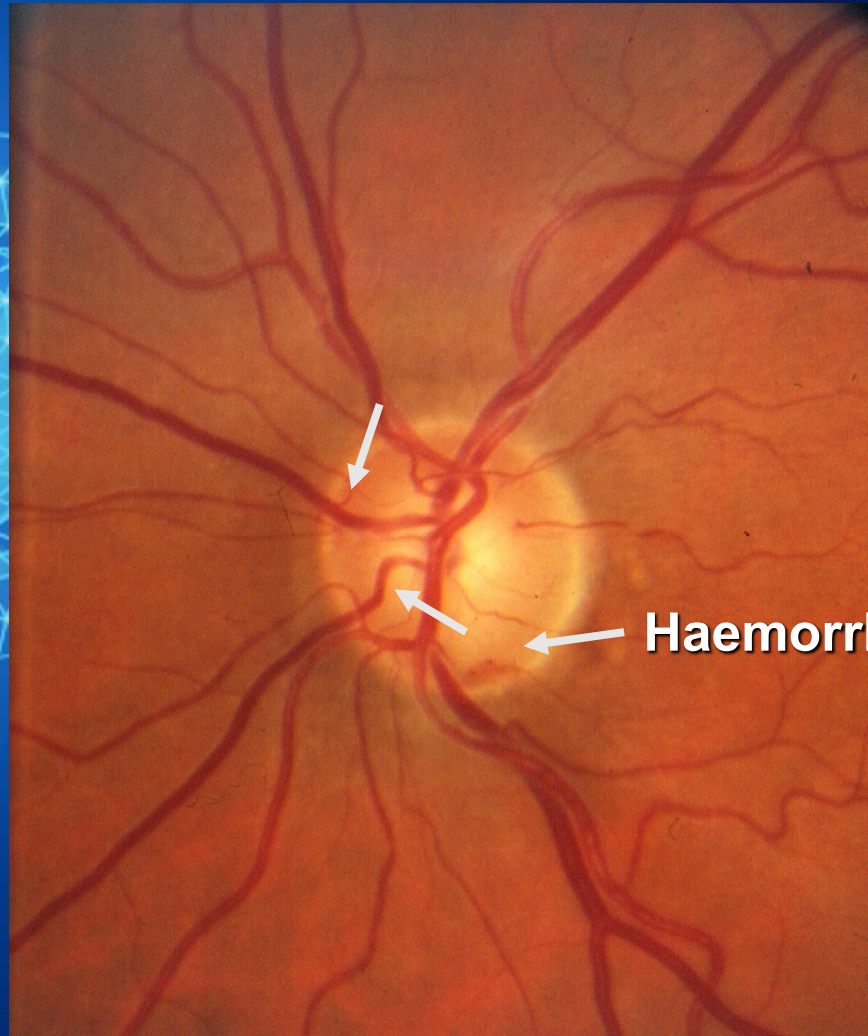
Generalised RNFL loss



Large cup for a small disc



Nasal cupping ★ ★ ★

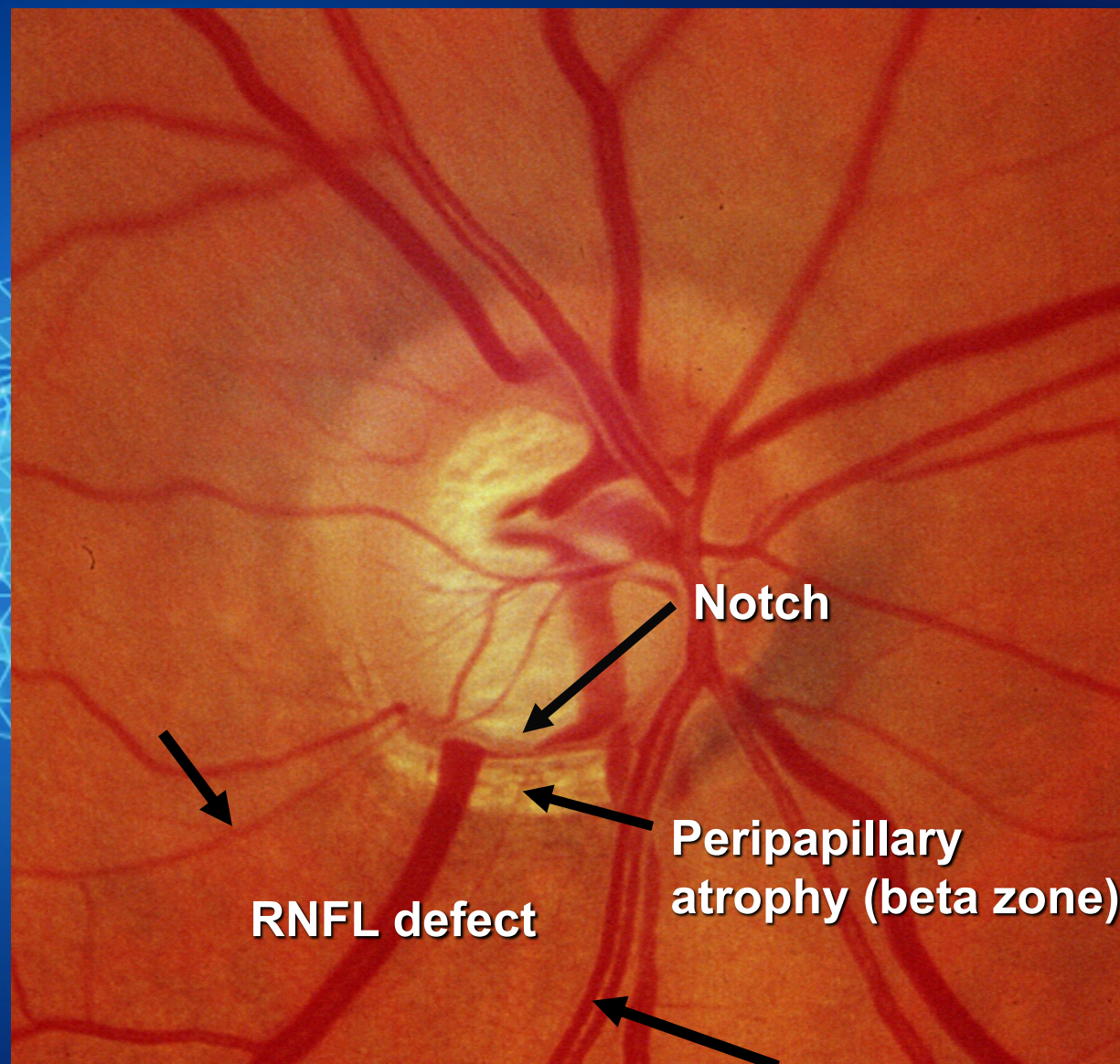


Haemorrhage

Read RM, Spaeth GL. *Trans Am Acad Ophthalmol Otolaryngol* 1974; 78: OP255-74.



Notch (1) ★ ★ ★

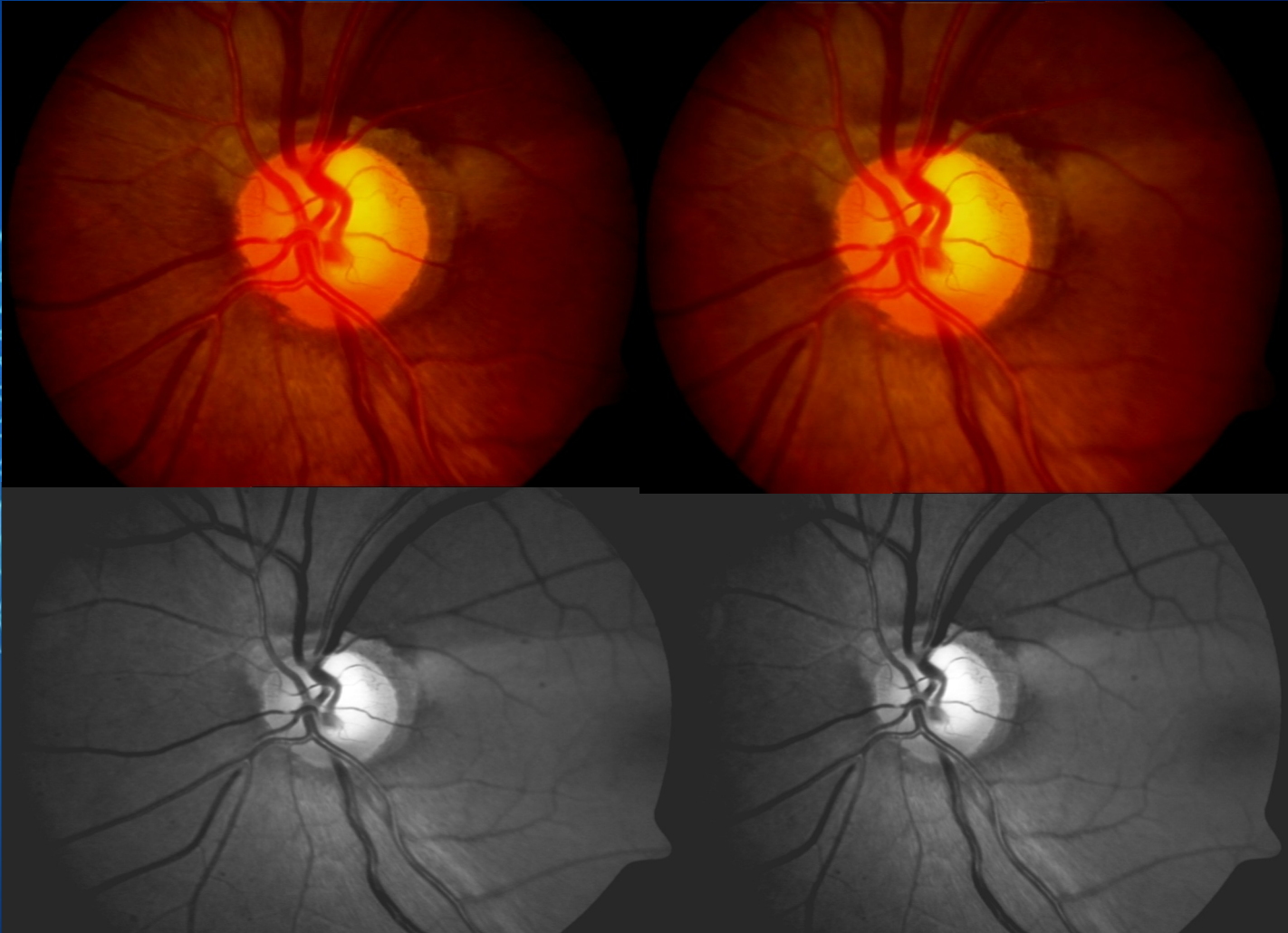


RNFL defect

Notch

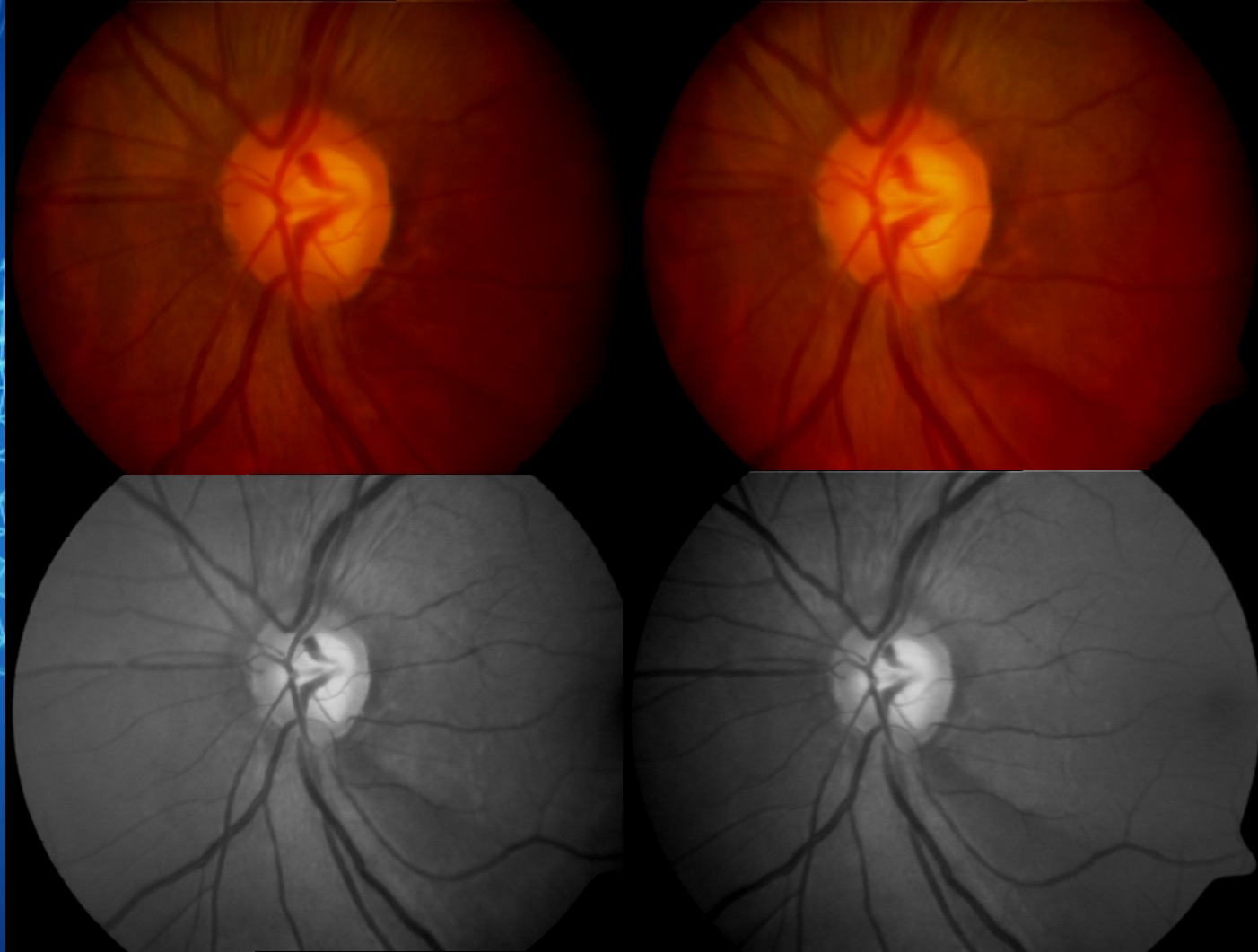
Peripapillary atrophy (beta zone)

Notch (2) ★ ★ ★

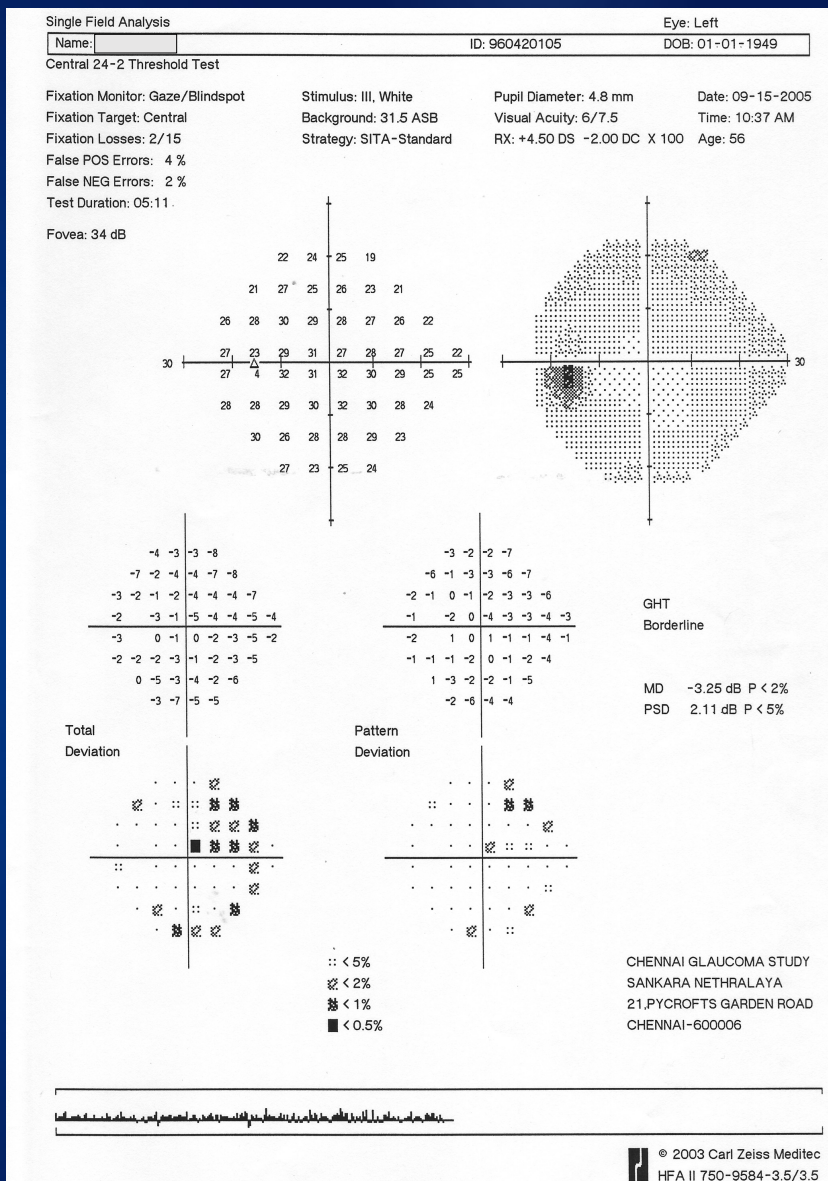
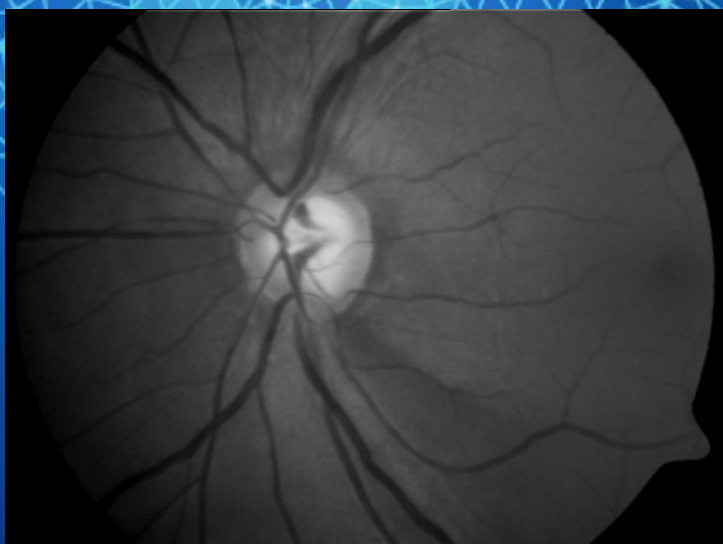


Photos courtesy of GT Sunil and L Vijaya

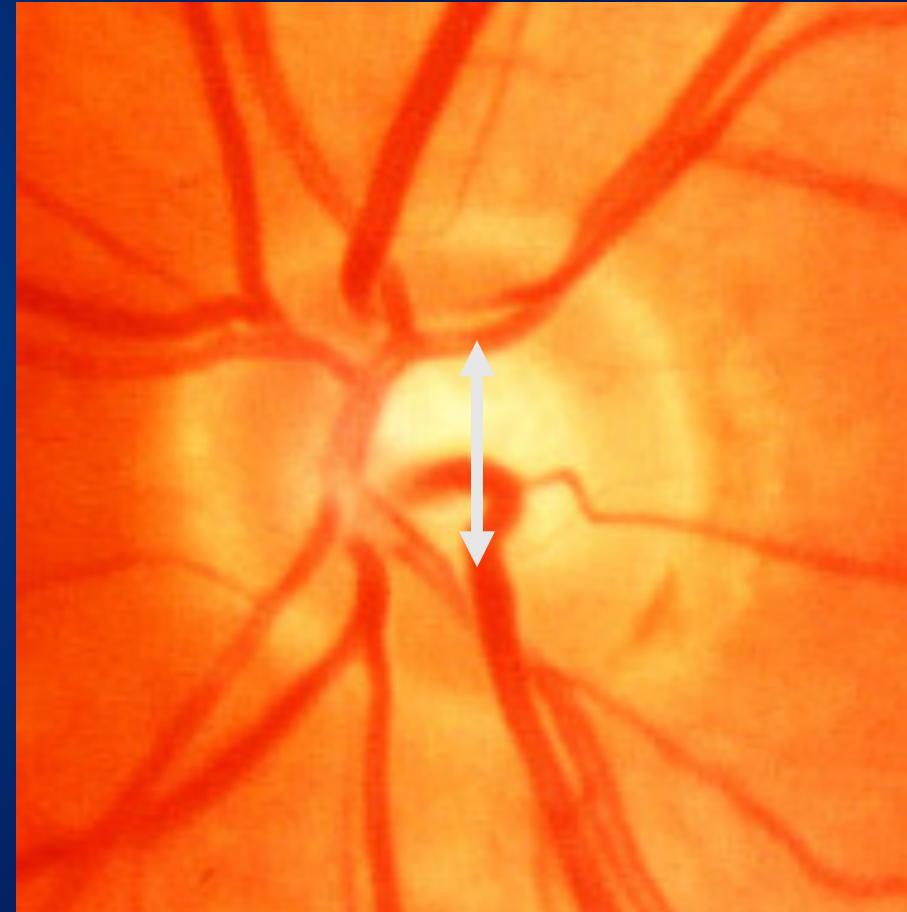
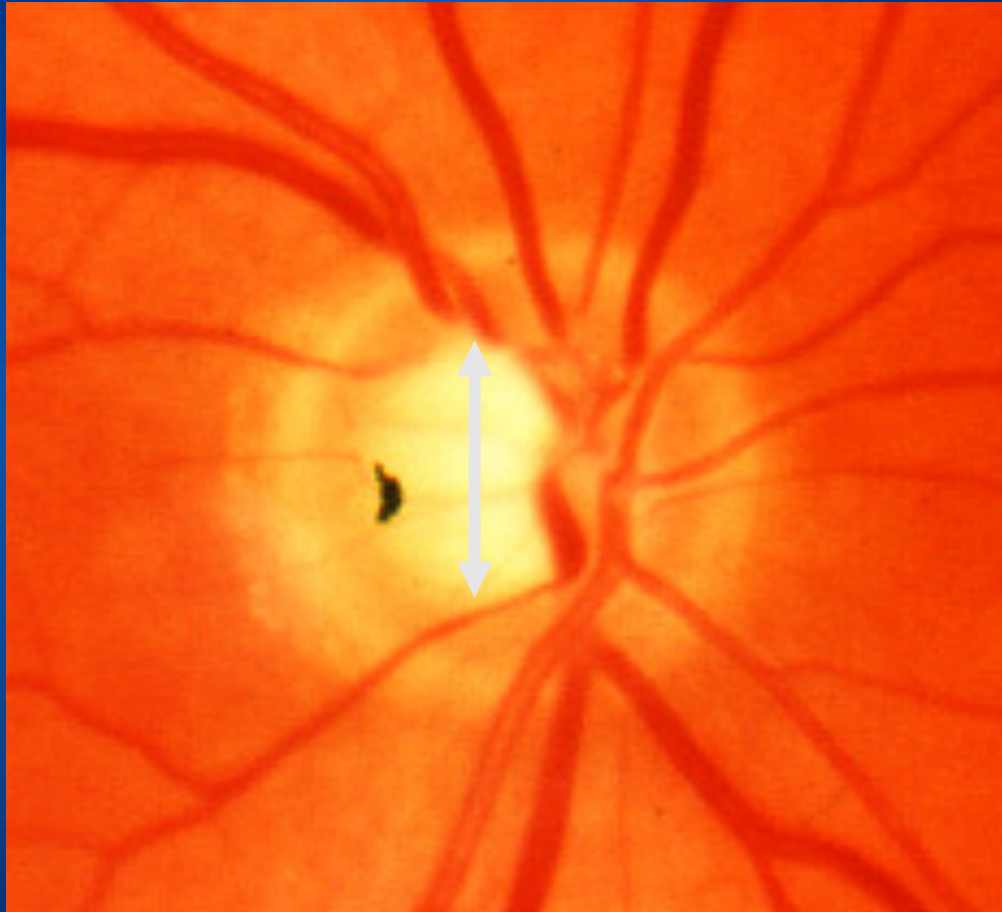
Notch (3) ★ ★ ★



Photos courtesy of GT Sunil and L Vijaya



Cup–disc ratio asymmetry $> 0.2^*$

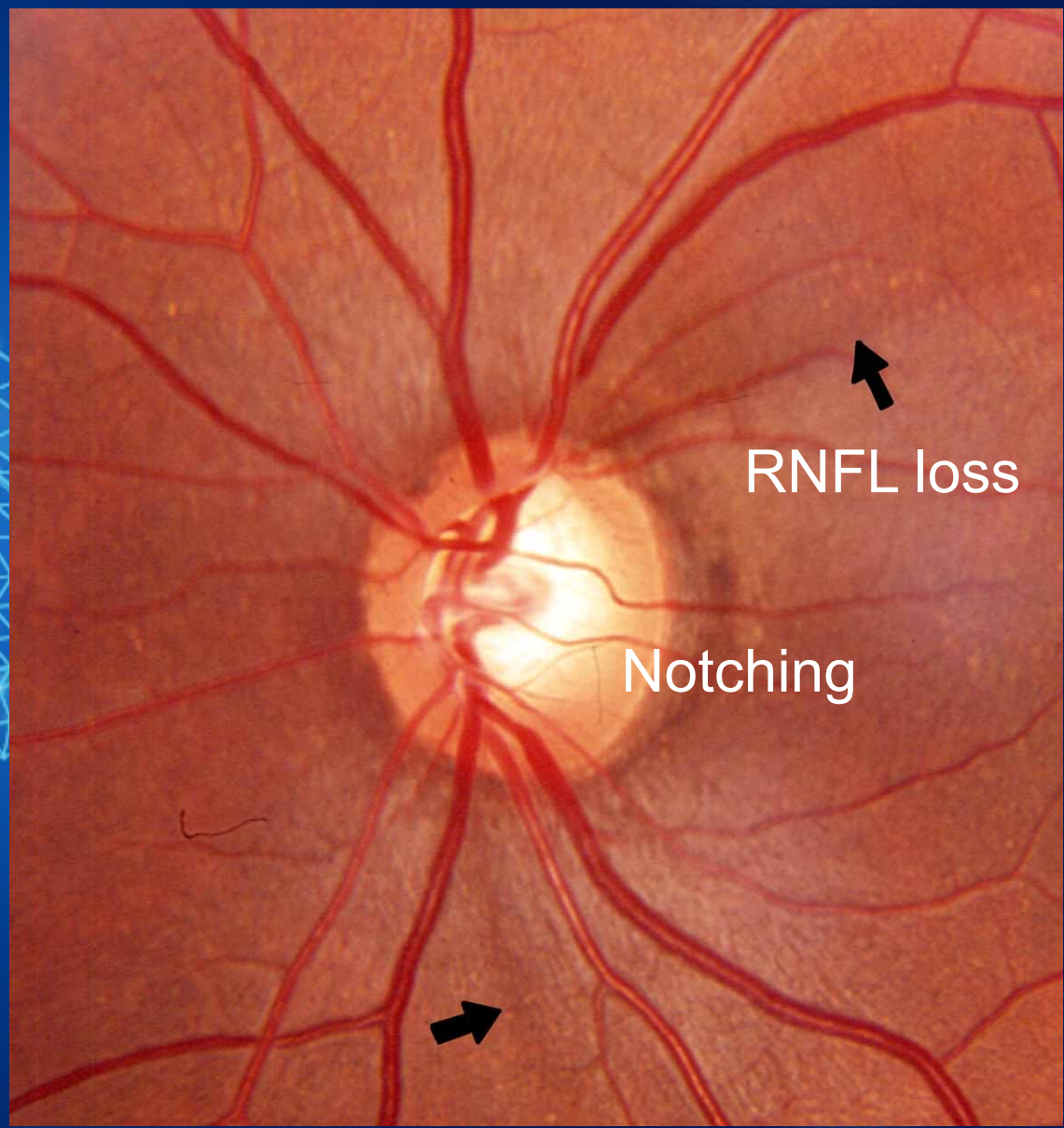
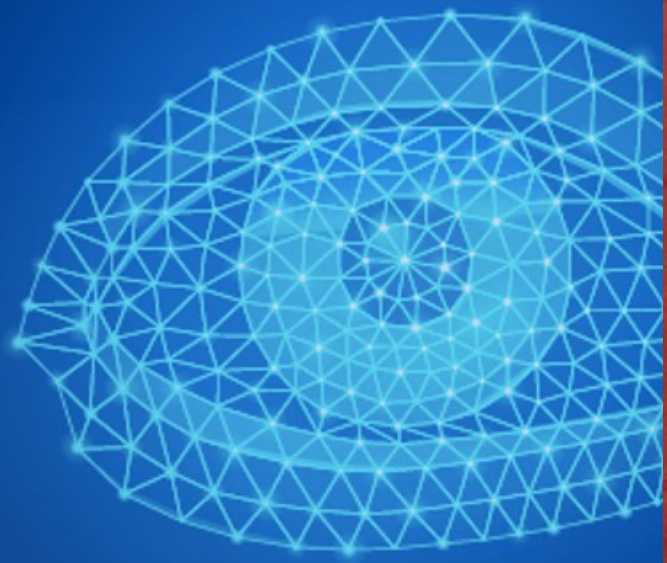


*After accounting for disc size asymmetry.

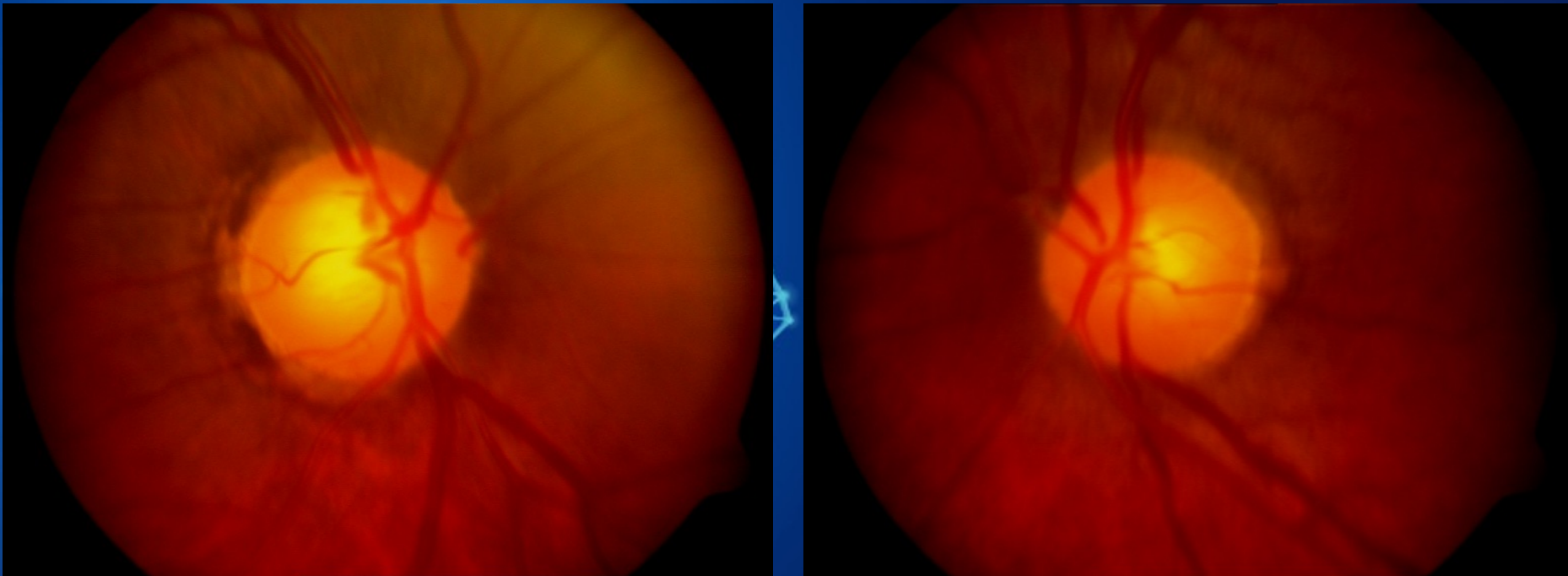
Armaly MF. *Arch Ophthalmol* 1967; 78: 5–43.



Glaucoma (1)



Glaucoma (2)



Cup asymmetry exceeds disc asymmetry



Glaucoma (3)

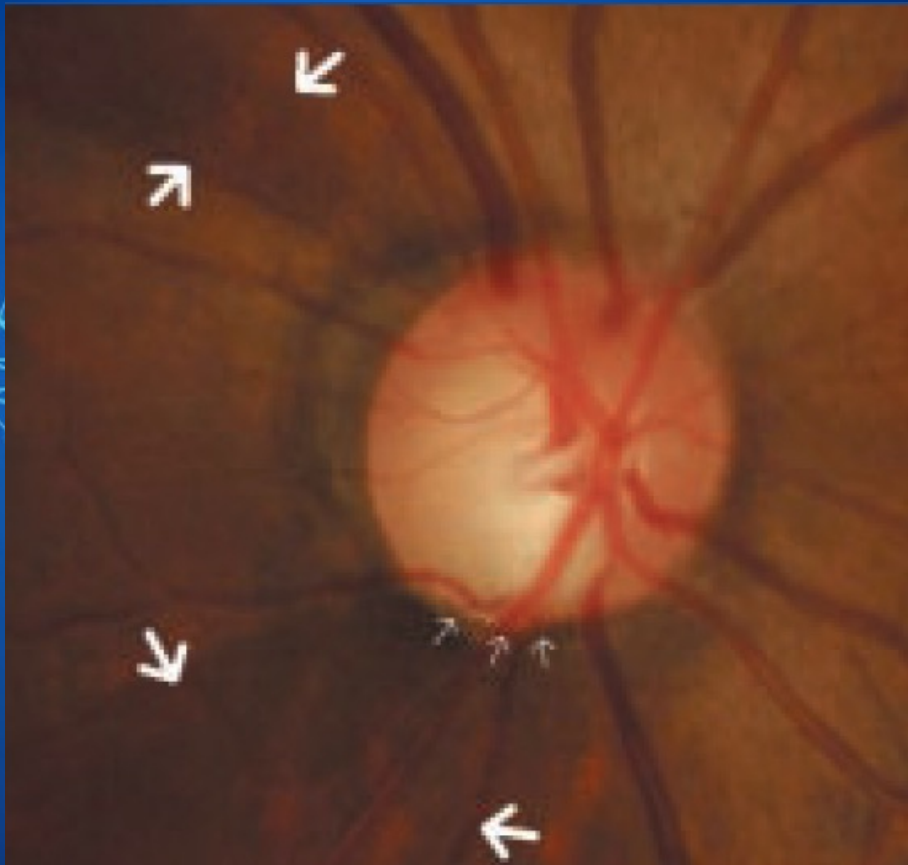


Photo courtesy of Prin Rojanapongpun

- Localised loss of both inferior and superior neuroretinal rim
- Classic inferior notch (small arrows)
- RNFL defect in superior and inferior arcuate area (large arrows)

Glaucoma (4)

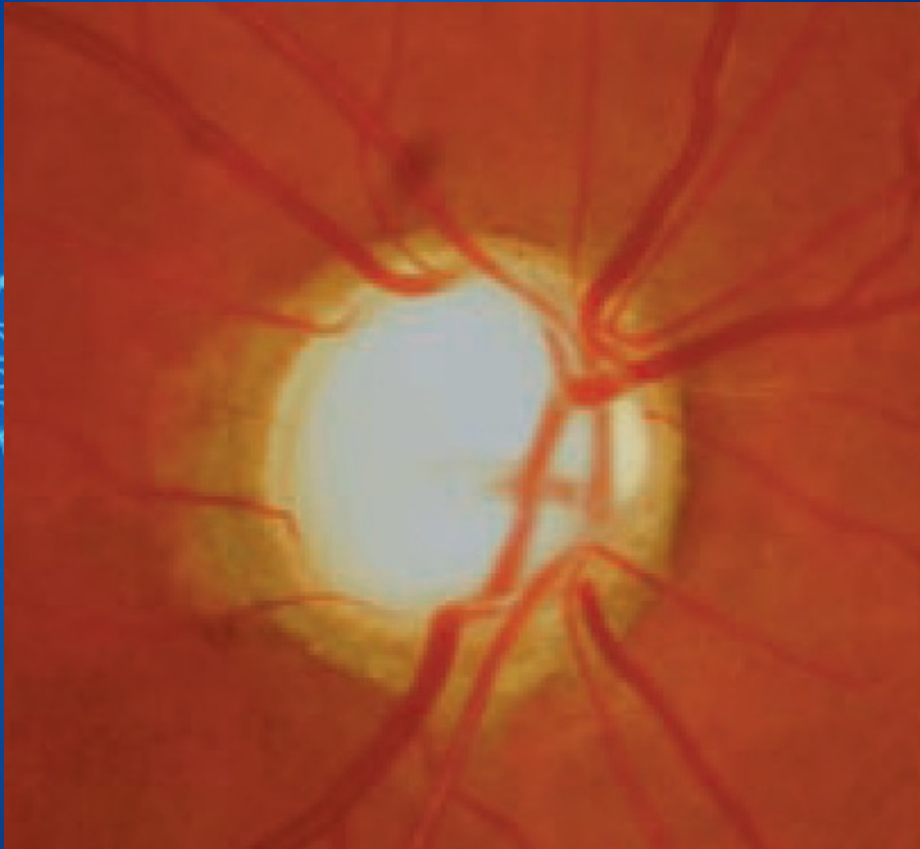


Photo courtesy of Prin RojanaPongpun

- Neuroretinal rim thinning
- The cup extends to the disc rim
- Circumlinear blood vessel bowing
- Bayoneting of the blood vessels
- Peripapillary atrophy

Glaucoma progression

Features of glaucoma progression:

- disc haemorrhage
- focal rim notching
- change in vessel position
- wedge-type nerve fibre layer defects
- generalised rim thinning
- increased cup–disc ratio
- increase in peripapillary atrophy

Detecting progression

- Progression usually occurs over a long period of time, which can make detecting change difficult
- Serial photographs of the optic nerve head may be the most reliable way to detect progression
- For details, see *Module 9: Monitoring for progression*

Save me,
please

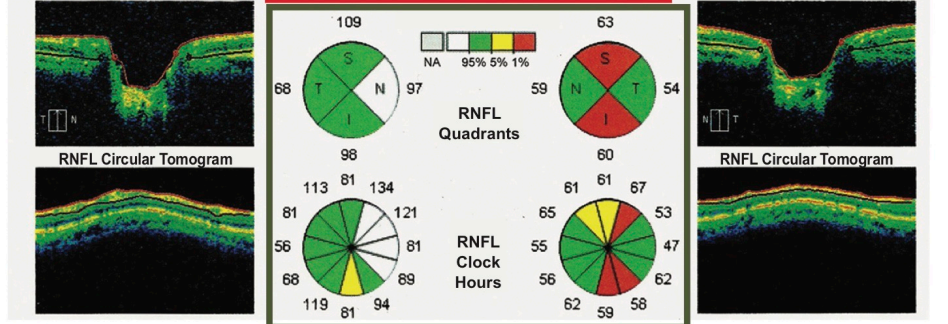
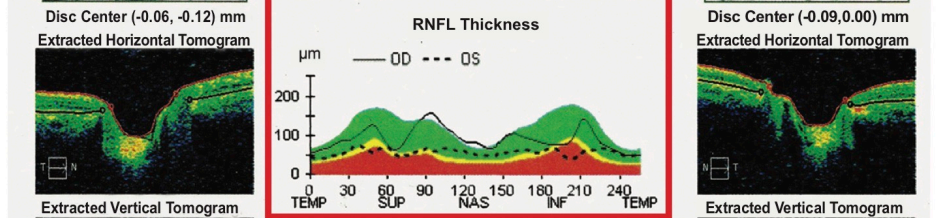
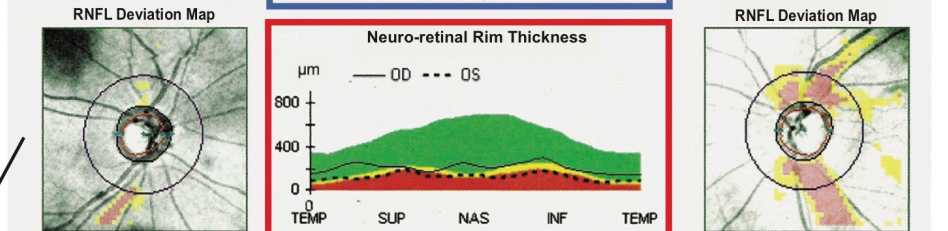
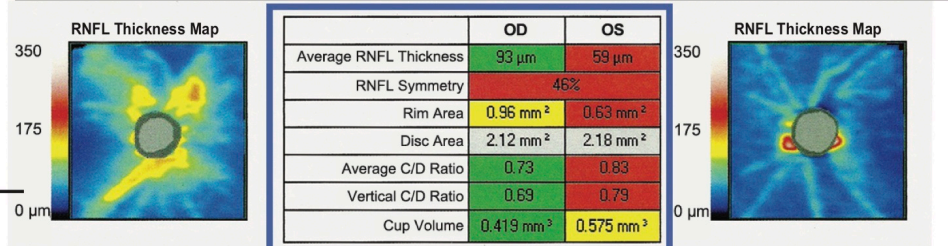


QUANTITATIVE STRUCTURAL ASSESSMENT USING OPTICAL COHERENCE TOMOGRAPHY (OCT)

Cirrus™ OCT Retinal Nerve Fiber Layer (RNFL) and Optic Nerve Head (ONH) Analysis

Name: _____ OD OS
 ID: 113021 Exam Date: 10/6/2011 10/6/2011 St. Lukes QC Int Eye Institute
 DOB: 9/13/1941 Exam Time: 1:09 PM 1:10 PM
 Gender: Female Technician: Q.C., INTL EYE INSTITUTE
 Doctor: _____ Signal Strength: 9/10 9/10

RNFL and ONH: Optic Disc Cube 200x200 OD OS



Patient and Examination Data – Include signal strength value ranging from 0 (weak) to 10 (strong). OCT scans with signal strength below 6 should not be used for analysis.

RNFL Thickness Map – Uses a color-pattern, where cool colors (blues, greens) represent thinner areas and warm colors (yellows, reds) represent thicker areas.

RNFL Deviation Map – Reports the results of a statistical comparison against the age-matched normative database for each pixel, overlaid on the OCT fundus image. Borderline and abnormally thin areas are highlighted in yellow and red, respectively. This map also contains the placement of the 3.46-mm purple RNFL calculation circle where quadrant and clock hour RNFL measurements are based.

Table – Includes average RNFL thickness, RNFL symmetry, and five optic disc parameters. Except for the disc area, each value is compared to the age-matched normative database and is indicated with stoplight color scheme. Optic disc parameters will be gray or not applicable if the disc area is $< 1.33 \text{ mm}^2$ or $> 2.5 \text{ mm}^2$.

Neuroretinal Rim and RNFL Thickness TSNIT Profiles – The neuroretinal rim thickness and the RNFL thickness measurements along the calculation circles are plotted in TSNIT format. Color bands demonstrate the range of normative data.

RNFL Quadrant and Clock Hour Values – These report average thickness along the RNFL calculation circle by quadrants and clock hours. The color associated with each measurement is derived from its comparison to the age-matched normative data.

Chung AN. Quantitative structural imaging of the optic nerve head and retinal nerve fiber layer. In: Aquino MV, Tumbocon JA, De Guzman MHP eds. Glaucoma Handbook. Quezon City: St. Luke's Medical Center; 2012

Figure 4-7. Cirrus (spectral domain) OCT ONH and RNFL analysis (SW 5.1.1.4) in a patient with manifest glaucoma on the left eye and a narrow area of suspiciously thin RNFL anteriorly on the right eye.

OCT circumpapillary Retinal Nerve Fiber Layer (cpRNFL)

Acceptable scan quality indicators

Signal strength ≥ 6

Name: _____ OD OS

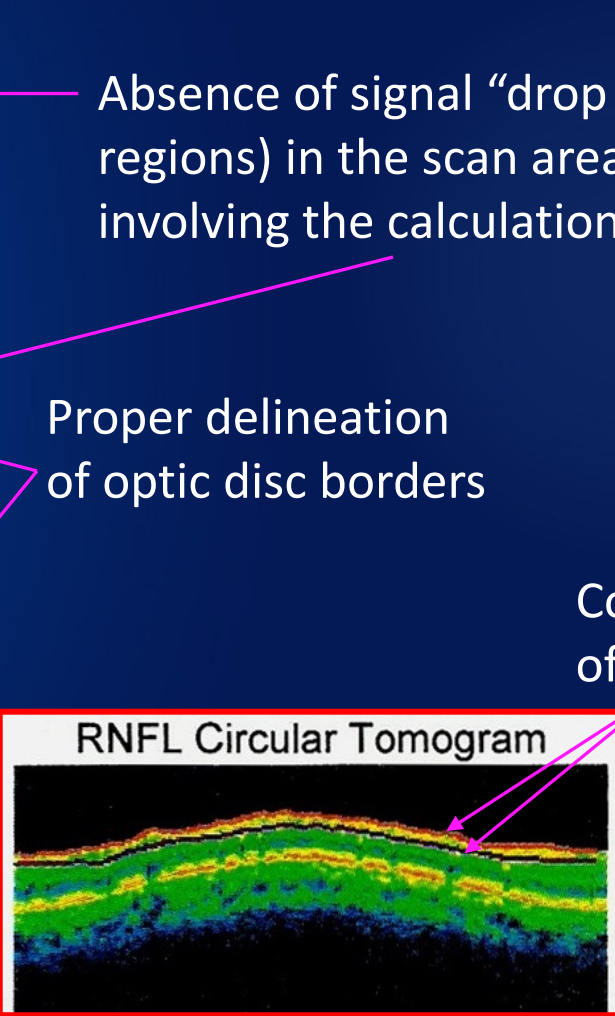
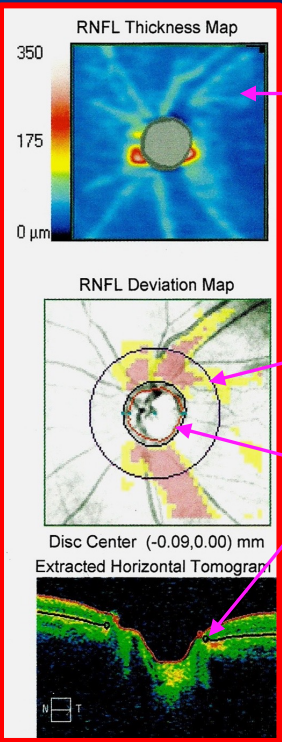
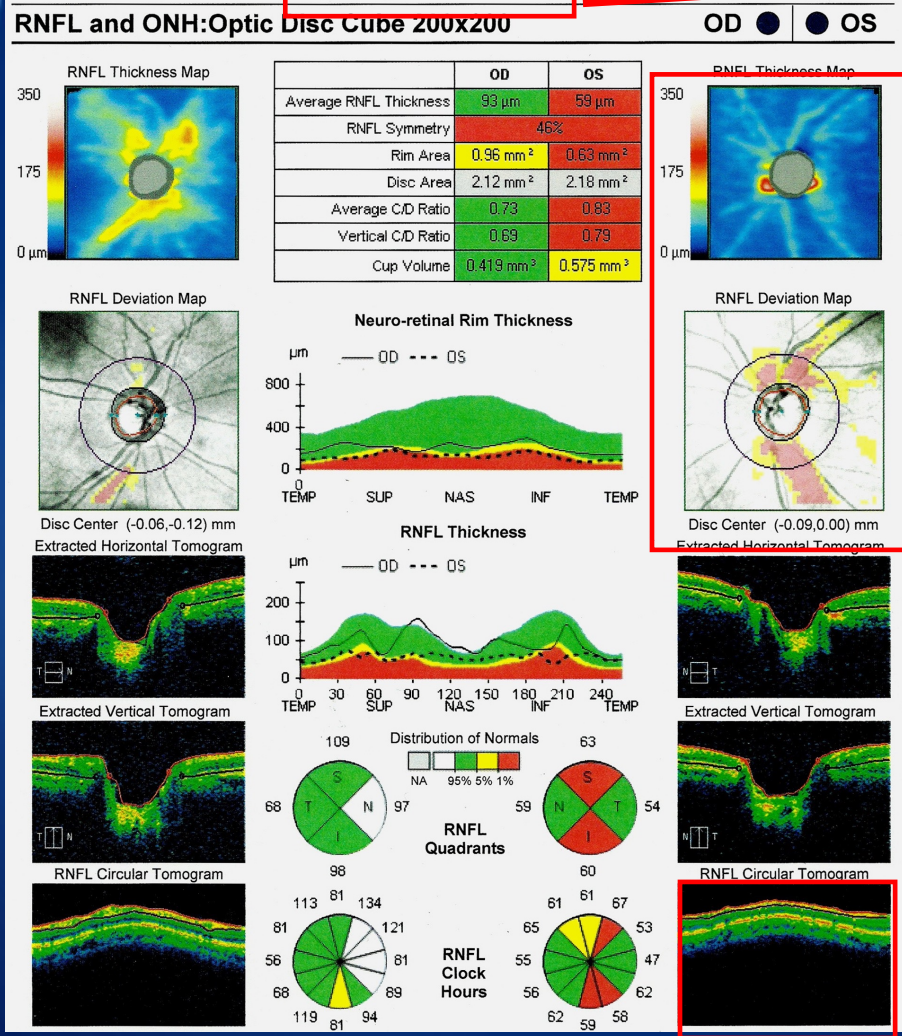
ID: 113021 Exam Date: 10/6/2011 10/6/2011 St. Lukes QC Int Eye Institute

DOB: 9/13/1941 Exam Time: 1:09 PM 1:10 PM

Gender: Female Technician: Q.C., INTL EYE INSTITUTE

Doctor: _____ Signal Strength: 0/40 0/40

Signal Strength: 9/10 9/10



Absence of signal "drop out" (black regions) in the scan area, especially involving the calculation circle

Proper delineation of optic disc borders

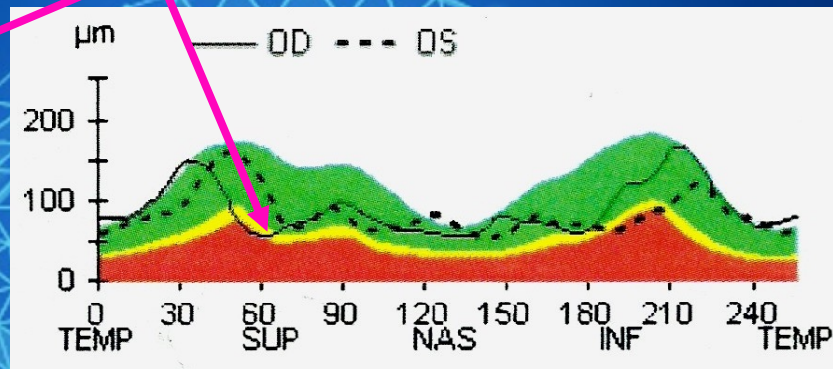
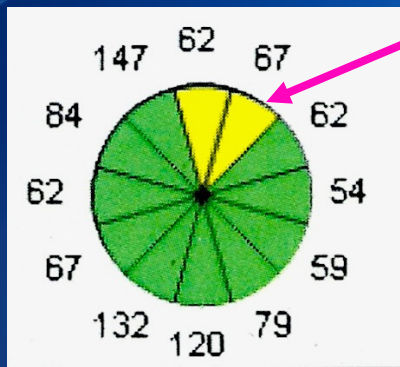
Correct segmentation of the RNFL

Be aware of the reliability of the examinations, "artifacts", statistical outliers, "normal variants" and other causes

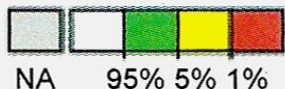
Normal variant: Thicker regions are located more temporal than usual: "Yellow /red disease"

Low signal strength

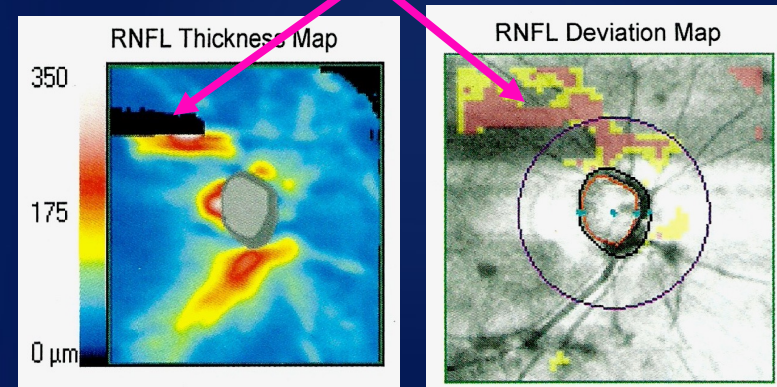
Signal Strength: 4/10



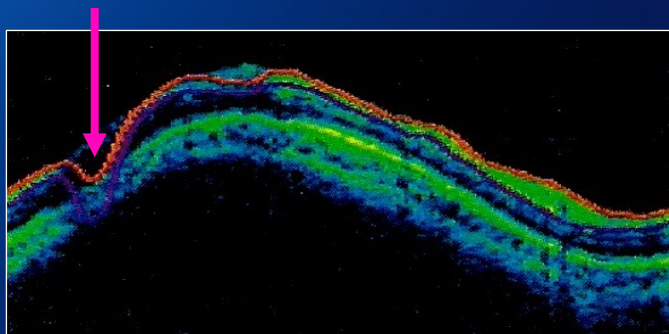
Distribution of Normals



"Signal drop-out"

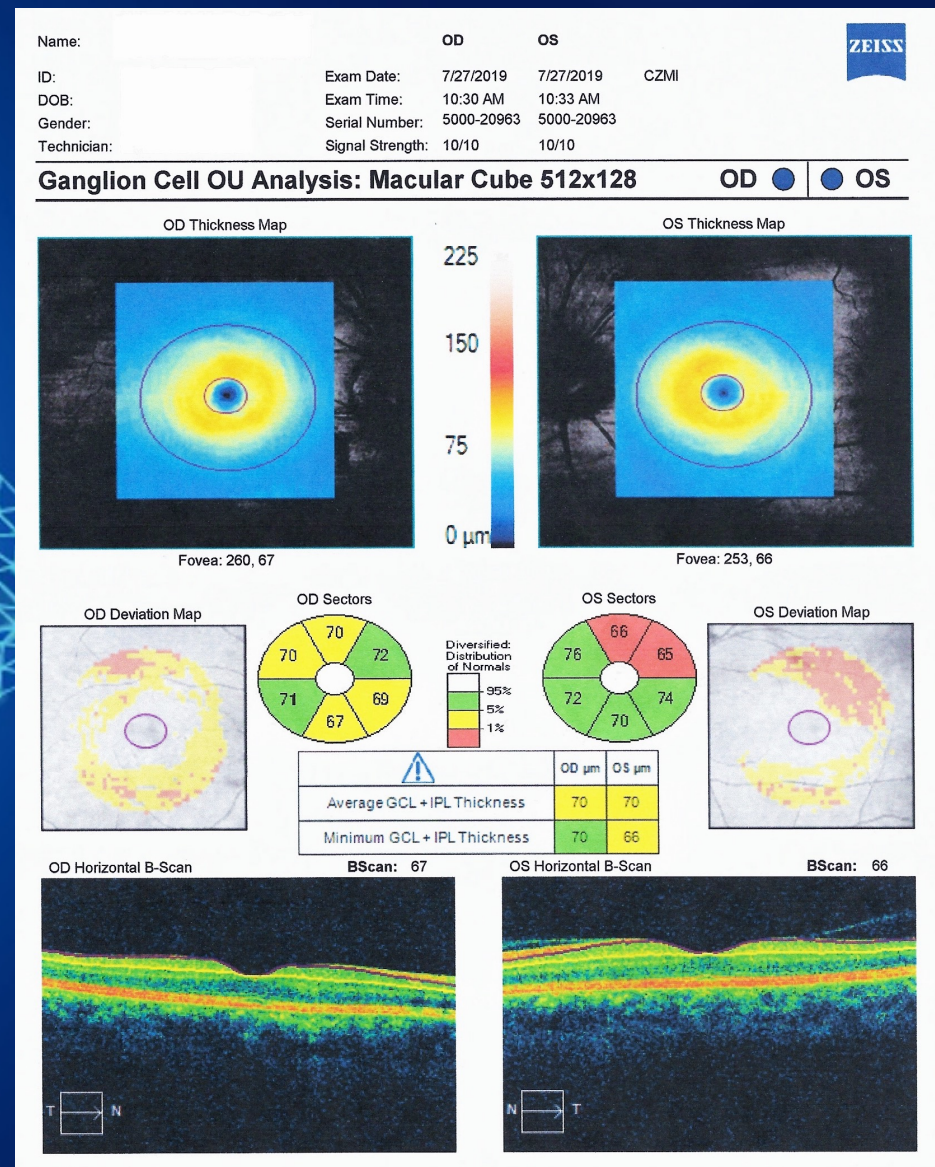
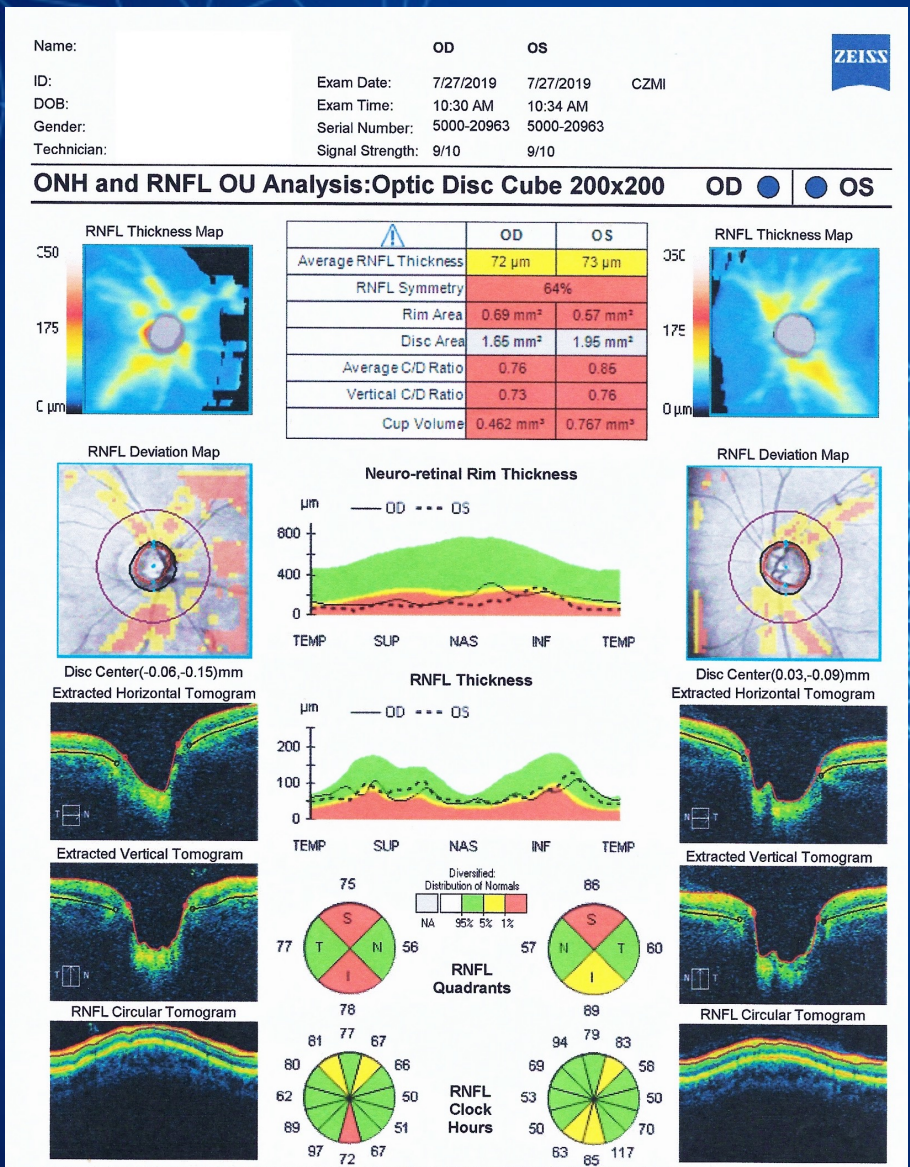


Incorrect RNFL segmentation

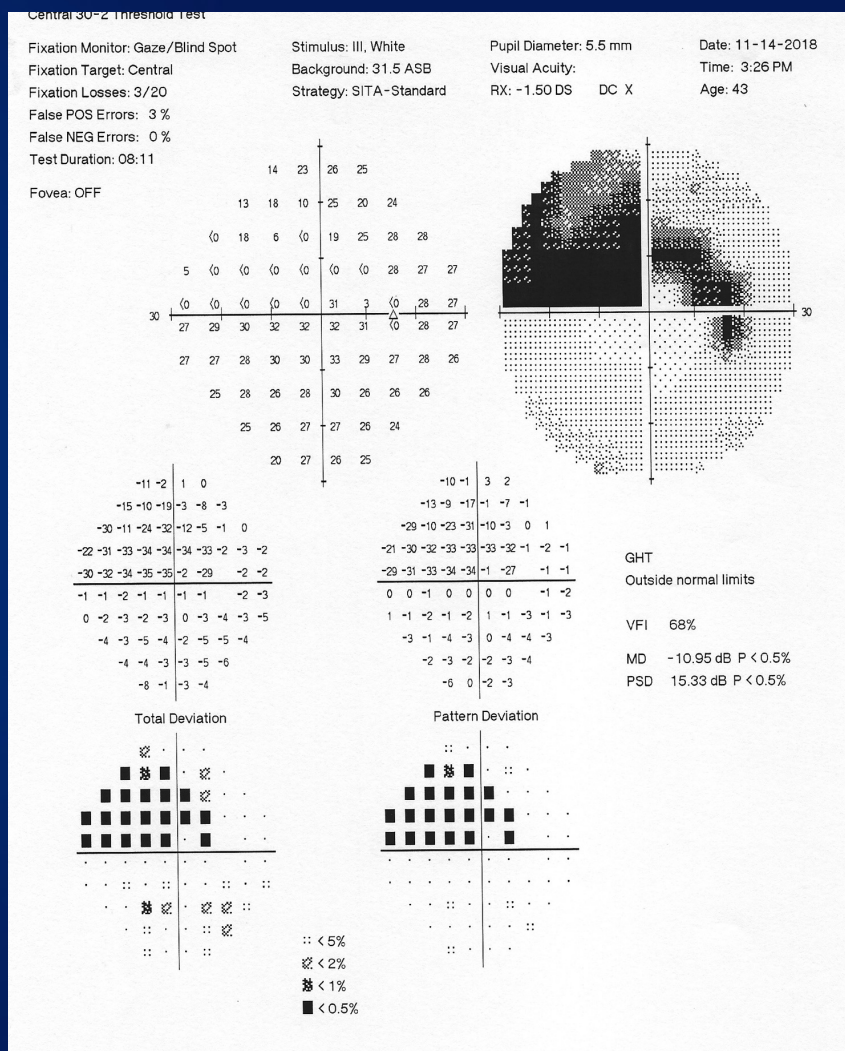
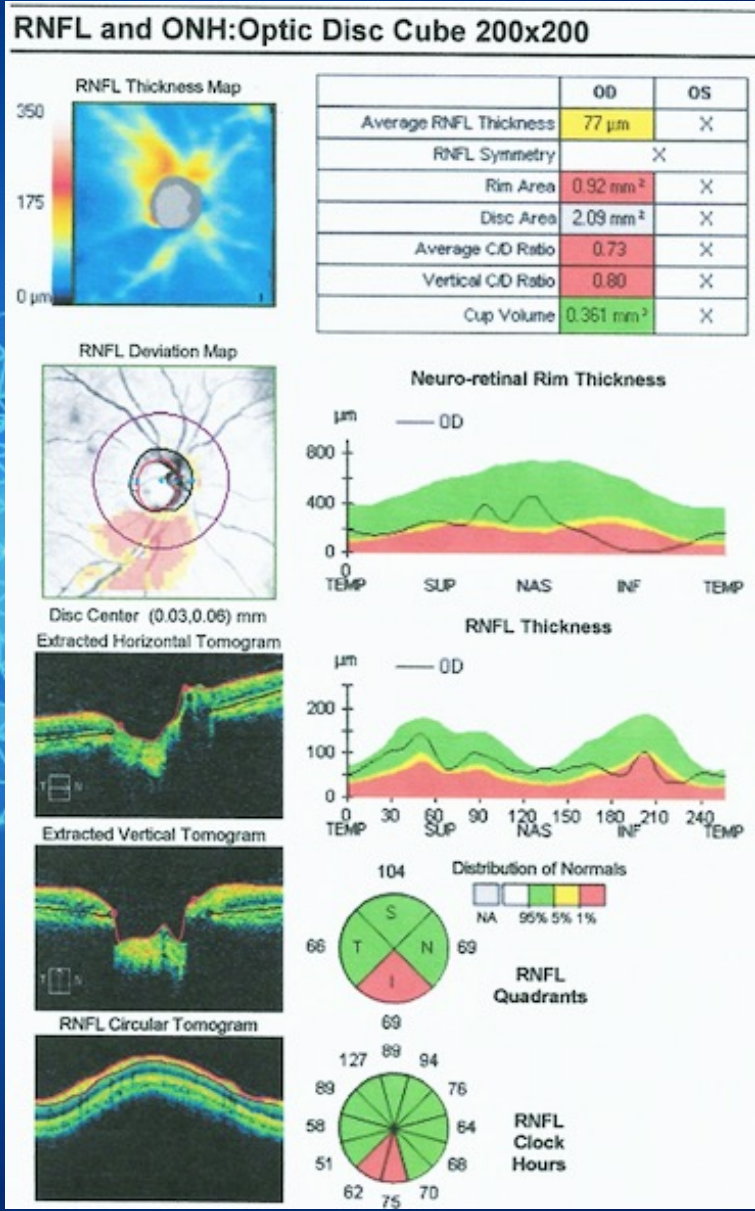


OCT RNFL and ONH

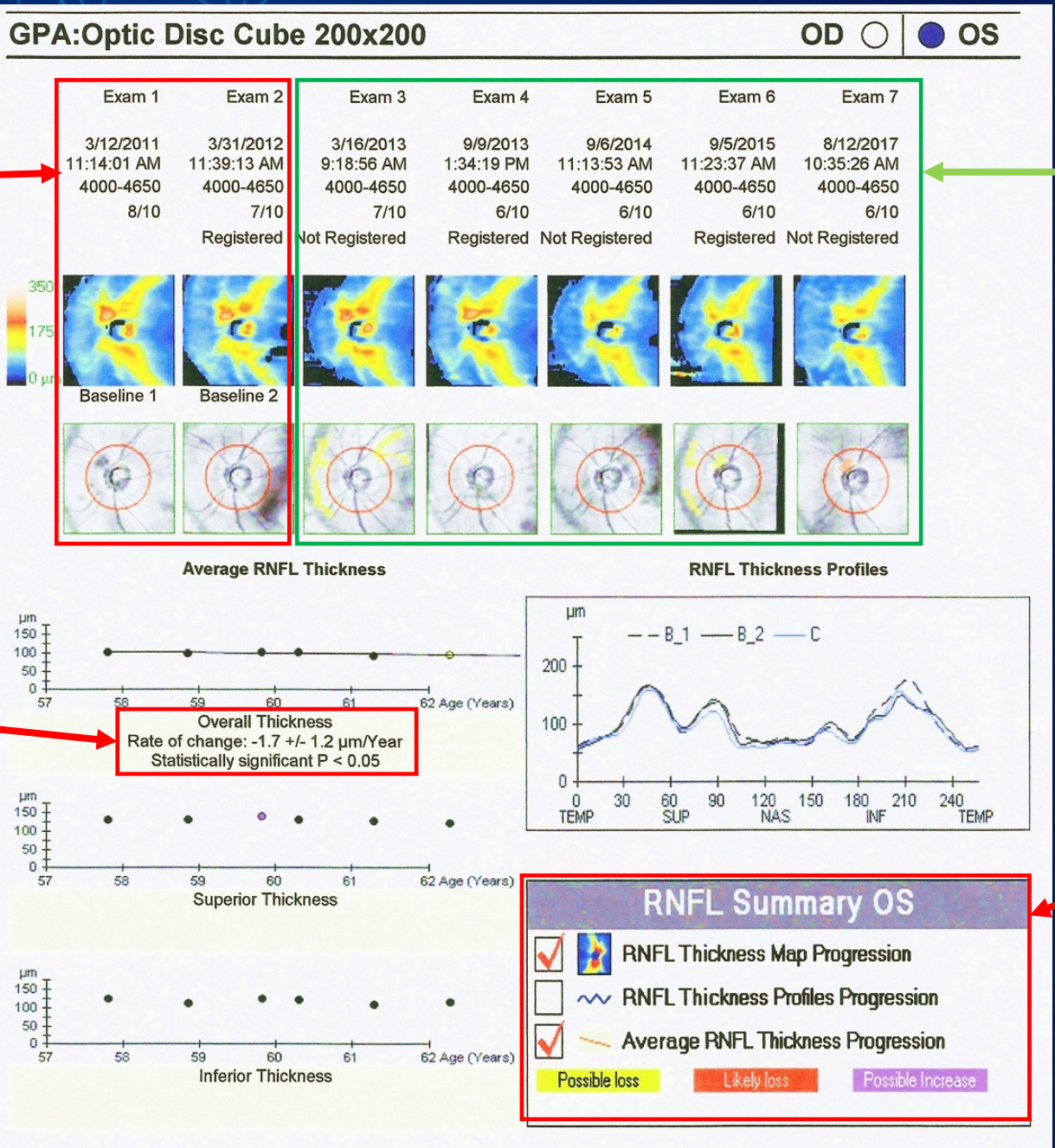
OCT Macular Ganglion Cell Layer + Inner Plexiform Layer (GCL+IPL)



Correlate OCT examination with optic nerve head and automated perimetry findings



Cirrus™ OCT Guided Progression Analysis (GPA)



Baseline tests

Follow-up tests

Rate of Change
(Trend analysis)

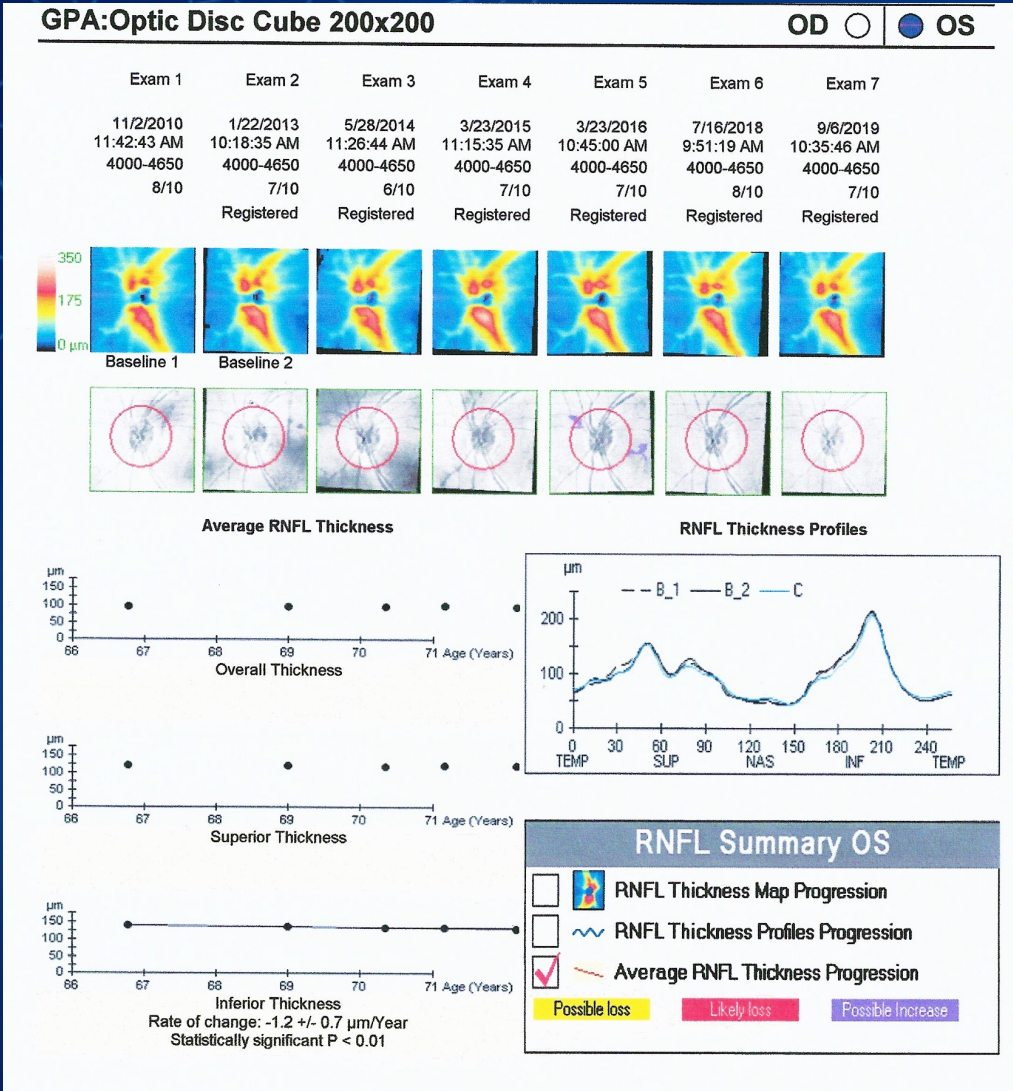
Cirrus OCT Guided Progression Analysis (GPA) compares RNFL thickness measurements over time and determines if statistically significant change has occurred. The analysis includes a chronological display of RNFL thickness maps, RNFL thickness change maps, average RNFL thickness graphs, and RNFL thickness profiles comparing the current exam to the baseline exams.

Statistically significant changes are summarized with flags for possible or likely RNFL thinning
(Event analysis)

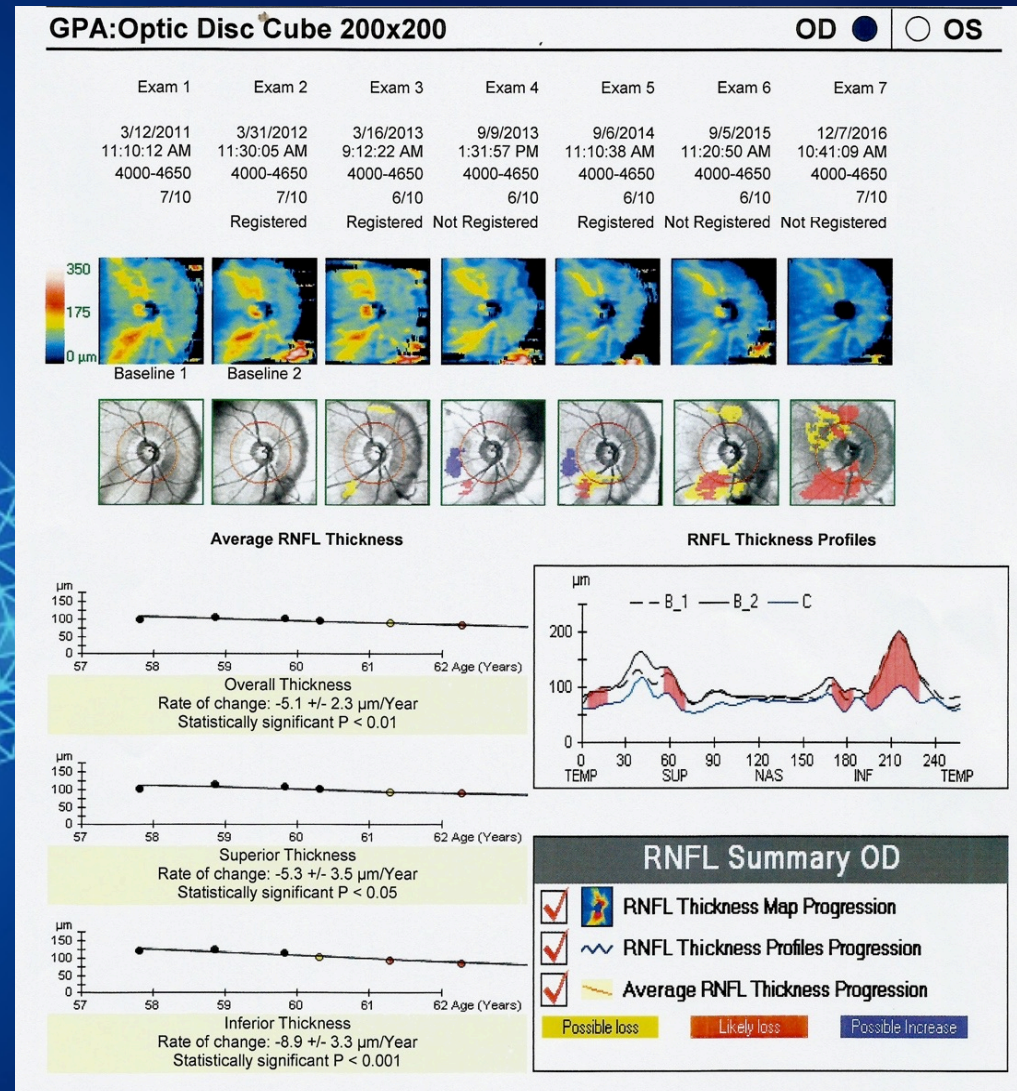


Cirrus™ OCT Guided Progression Analysis (GPA)

Internal use



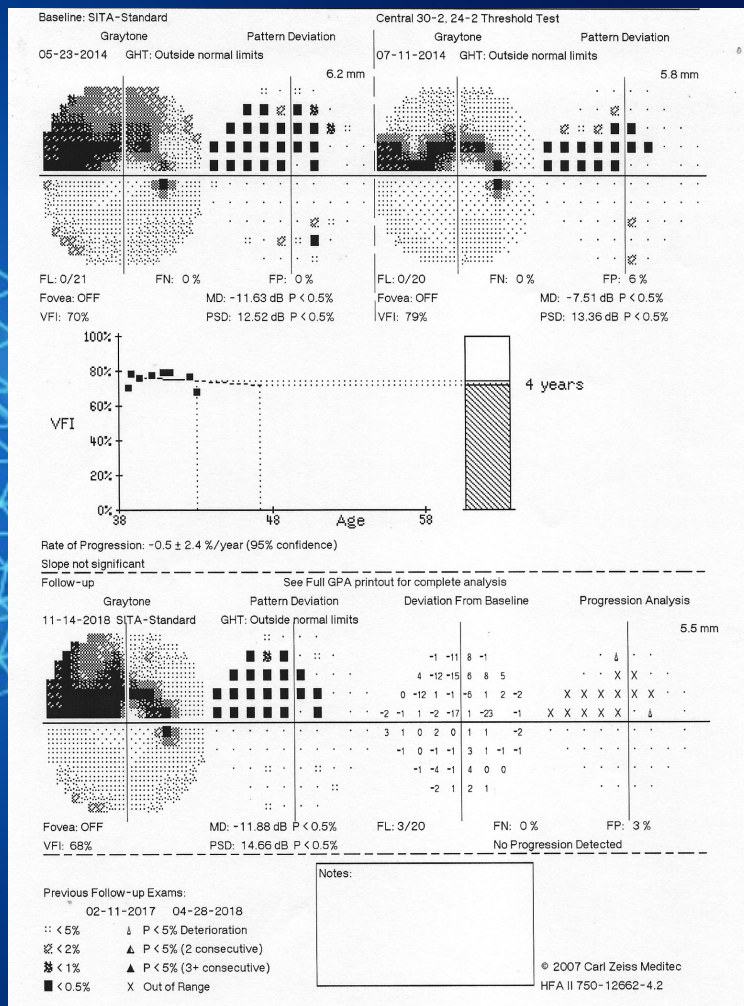
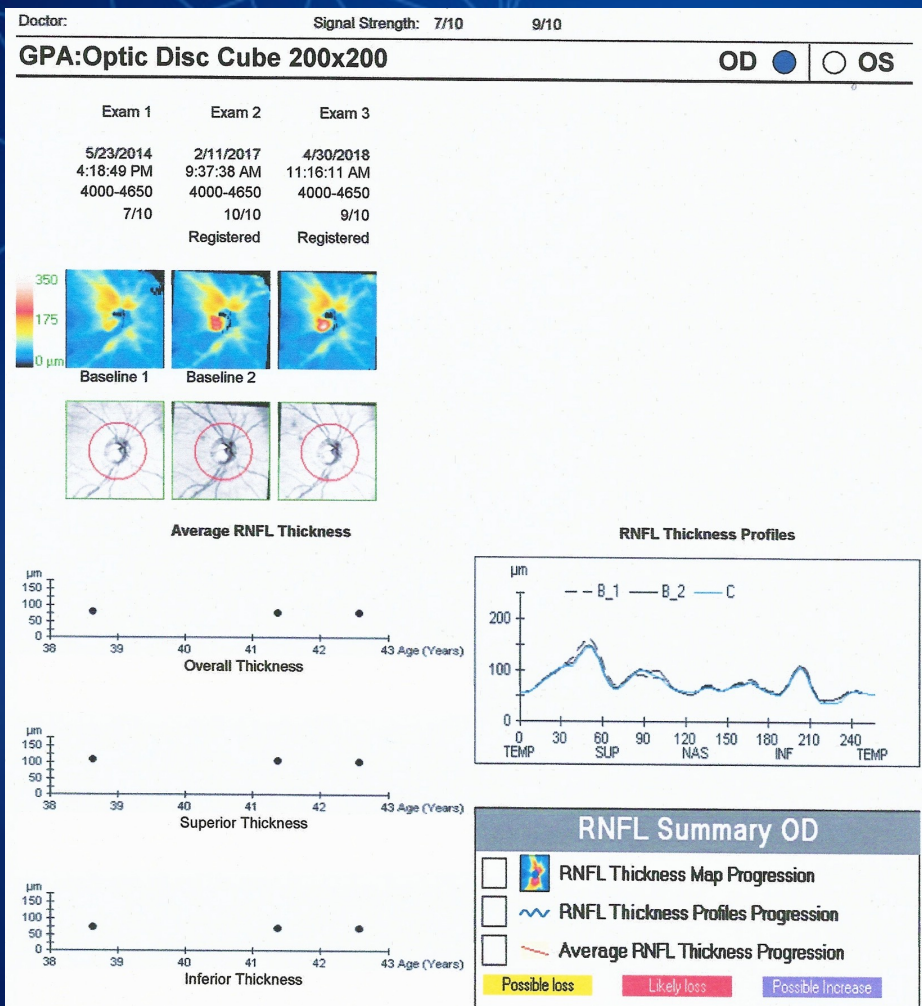
Relatively STABLE RNFL thickness



Significant RNFL THINNING

Note: OCT-RNFL thickness analysis has a "floor effect" and may be less valuable for monitoring advanced glaucoma

Monitor both structural and functional parameters to monitor for glaucomatous progression



- ## Utilize trend and event analyses
- Recommended manner for monitoring glaucomatous progression
 - Defines progression as changes larger than expected from random variability
 - Progression can be measured with both high sensitivity and specificity

Guidelines

- Correlate the structural examinations with functional tests to properly diagnose, stage and monitor glaucoma
- All available clinical information about a patient must be taken into account before treatment decisions are made

For more information, see *Module 9: Monitoring for progression*



APGS

Asia-Pacific Glaucoma Society