Test your knowledge and understanding

This page is designed to help you to test your own understanding of the concepts covered in this issue, and to reflect on what you have learnt.

We hope that you will also discuss the questions with your colleagues and other members of the eye care team, perhaps in a journal club. To complete the activities online – and get instant feedback – please visit www.cehjournal.org

Tick ALL that are TRUE

**Question 1**
Which of the following factors can increase the risk of for ROP during the first 4 weeks of life?

- [ ] a Infection
- [ ] b Poor weight gain after birth
- [ ] c Oxygen saturations that are above 95%
- [ ] d Gestational age of 36 weeks or above
- [ ] e Low body temperature

**Question 2**
Screening for retinopathy of prematurity

- [ ] a The ophthalmologist should identify which babies should be screened
- [ ] b The first screening should take place as soon as the neonatologist says the baby is well enough
- [ ] c An ophthalmologist should visit the unit every two weeks to screen
- [ ] d Babies with plus disease should be screened again in a week
- [ ] e Screening is usually undertaken using an indirect ophthalmoscope

**Question 3**
Treatment of ROP

- [ ] a Laser treatment is painful
- [ ] b ROP in zone 3 has a worse prognosis than ROP in zone 1
- [ ] c The laser spots should be confluent
- [ ] d Stage 2 ROP in zone 2 with plus disease should be treated
- [ ] e After treatment, babies should be seen again in 4 weeks

**Question 4**
Follow-up of babies who developed ROP

- [ ] a Babies who have been treated for ROP have more complications than babies who had ROP that did not need treatment
- [ ] b Strabismus should be operated on as soon as it is detected
- [ ] c High myopia can occur within a few months of laser treatment
- [ ] d Occlusion therapy may be required to prevent or treat amblyopia
- [ ] e Children born preterm may be developmentally delayed

**ANSWERS**

1. a, b, c and e are true. Gestational age of less than 36 weeks is a risk factor.

2. a, b, c and e are true. Zone 1 ROP has a worse prognosis, and babies should be seen within 1–2 weeks of laser to ensure that the disease is regressing.

3. a, b, c and e are true. Laser treatment is painful, and the laser spots should be confluent. The laser spots must be done before 29 days after birth. An examination should be done at this time. The first screening is mandatory.

4. a, b, c, d and e are true. In children with strabismus, who were born prematurely, the degree of myopia can vary so the decision about when to operate is more difficult.