

# 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.



CLARE GILBERT

**Preterm baby being given unmonitored supplemental oxygen (via the blue tube). The baby is very pink and hyper-oxygenated. This increases the risk of ROP and must be avoided.**

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](http://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 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 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 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, c, and d 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. e is true. The neonatologist should identify which babies need to be screened, and screening must be done before 30 days after birth. An ophthalmologist should visit the unit once a week, and all babies with plus disease require treatment.  
 4. a, c, d, e are true. In children with strabismus who were born preterm, the degree of misalignment can vary so the decision about when to operate is more difficult.