

# Terengganu experience in studying an outcome of intravitreal injection in ophthalmology clinic: A prospective cross-sectional study

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## ABSTRACT

**Objective:** To study an alternative way to deliver an outstanding and better service patient subjected for intravitreal injections (comparison between injection in OT and clinic/office setting). **Method:** a Prospective cross-sectional study was done from January till February 2018. The data were taken from HIS system (computerised patient's details). Re-evaluation cross-sectional prospective study was done in March until April 2018. The study had been carried out after implementation of the remedial actions. All subjects were recruited from those who had attended the Ophthalmology Medical Retina Clinic in Hospital Sultanah Nur Zahirah. **Results:** Total patients injected in OT: 73 patients (March and April). The average OT waiting time is 235 minutes and the average procedure time is 47 minutes. The longest waiting time in OT for a patient is 380 minutes and the procedure time was 100 minutes. The shortest waiting time in OT was 71 minutes and the procedure time was 12 minutes. From the above analysis of data, we have changed the location of intravitreal injection to the clinic setting without compromising the safety of the procedure and the results are as follows: Total patients injected in the clinic was 107 patients (March and April) an increment of 46.5%. The average clinic waiting time was 65 minutes (reduction of waiting time by 72.3%) and the average procedure time was 14 minutes (reduction of procedure time by 70.2%). The longest waiting time in the clinic was 235 minutes and the procedure time was 43 minutes. The shortest waiting time in the clinic was 5 minutes and the procedure time was 4 minutes. **Conclusion:** This study showed the effectiveness of intravitreal injection in the clinic for all patients subjected and attended the Ophthalmology Medical Retina Clinic (Procedure Room) without compromising patients care and safety by evidence of no cases of endophthalmitis among all these patient.

## KEY WORDS:

*Intravitreal injection*

# The BEST's family

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## ABSTRACT

**Objective:** To report two generations of Best's disease in a family. **Method:** a Case report. **Results:** A healthy 18-year-old lady presented with complains of bilateral gradual painless blurring of vision for eight years accompanied by a recent onset of central scotoma. Her best corrected visual acuity (BVCA) was 6/36 for both eyes. Anterior segment examinations were unremarkable. Fundus examination revealed sub-retinal RPE hypopigmentation and clumping lesions at the macula. OCT showed a medium sized sub-retinal area at macula showing RPE disruption and thickening suggestive of pigment accumulation. A clinical diagnosis of Best's disease was made. Further enquiry showed the patient's father and all her six siblings had a similar complaint in the past. Unfortunately, their BVCA were poor and fundus examinations showed mainly macula scarring with chorioretinal atrophy. The mapping of their family tree disclosed the presence of a consanguineous marriage between their grandparents who were first cousins. **Conclusion:** Consanguineous marriage has been practised globally since the early existence of human society. Thou there is a shift in practice towards non-consanguineous marriage in the recent times, this emphasizes the importance of thorough family history taking and genetic counselling in order to establish the correct diagnosis and monitor the condition for severe complication such as choroidal neovascularization (CNV). Hence measures should be taken to screen family members and educate them before they lose their vision.

## KEY WORDS:

*Bests disease, consanguinity, vitelliform macular dystrophy*