

YAG Study Finds Doctors of Optometry are Safe, Effective and Timely

Key Takeaways

- In a post-procedure survey, 99% of subjects reported subjective improvement in vision. 95% showed objective visual improvement, which allowed for a better quality of life.
- Study findings prove that capsulotomies can be effectively and safely performed by doctors of optometry with minimal risk to patients, significant benefit to visual function and support the use of YAG capsulotomy in optometric practice.

Background

- This is the first study to formally assess the efficacy and safety of optometrist-performed YAG capsulotomies.
- This study also compared data from previously reported YAG studies. It was reviewed and approved by an independent ethical review board and conforms to all applicable principles and guidelines.
- The primary strength of this study was the prospective nature and the broad inclusion and limited exclusion criteria for subjects being seen in primary care optometric locations.
- Report published in *Optometry and Vision Sciences*.
- No conflict of interests or financial support/funding.

Methods

- Subjects diagnosed with posterior capsule opacification (PCO) were chosen. The number of subjects was equal or greater than many recently published YAG capsulotomy studies.
- Doctors of optometry performed this procedure in six different clinics, including
 - Northeastern State University Oklahoma College of Optometry
 - 5 private locations throughout OK and LA
- Baseline exam to confirm all criteria met.
- All procedures were performed in states which allow doctors of optometry to utilize lasers and done by doctors of optometry who have received the required training necessary.

Results

- 77 out of 78 (99%) of patients reported improvement in vision after the procedure.
- Vision improved from 20/40 to 20/23 with no increase in interocular pressure, lens pitting, inflammation, macular edema or retinal detachment.
- No significant adverse events were noted in any subject.

Conclusion

- 35% of necessary YAG procedures by doctors of optometry are performed in the office, same day.
- With minimal risk, a quick learning curve, and required slit lamp skills already possessed by optometrists, laser procedures can be effectively used by optometrists to provide patients easier access to high quality eye care.
- Based on the outcomes of this study, YAG laser capsulotomies are effective treatments to improve patient vision that can be safely and effectively performed by optometrists.

