



Case study template and guidance

- Your case study should be approximately 1,000 words in length and follow the structure below.
- Use abbreviations contained in our guidance: [https://www.college-optometrists.org/clinical-guidance/guidance/guidance-annexes/annex-2-ophthalmic-abbreviations-\(1\)](https://www.college-optometrists.org/clinical-guidance/guidance/guidance-annexes/annex-2-ophthalmic-abbreviations-(1))
- Any other abbreviations should be defined on first use.

Structure

Quick title and full title

- What is novel or interesting about this case?

Author(s) name(s), job title(s) and brief one line description

Presentation

- Include patient age, gender (and ethnicity when relevant to the case)
- Where did you examine the patient: community practice, hospital clinic or other?
- Why did the patient come in for an appointment? What were the presenting symptoms?
- When did they last attend an eye examination?

Medical and ocular history

- Ocular history
- General health and allergies
- Medication
- Relevant family history

Clinical examination

- VA – including pin hole and refraction where appropriate
- Findings – it is best to present this within a table, with details of relevant information as appropriate for the case e.g.

Right	Structure	Left
	Lids & lashes	
	Conjunctiva	
	Sclera	
	Cornea	

	Anterior chamber	
	Iris and pupils	
	Lens	
	Vitreous	
	Optic disc	
	Macula	
	Vessels	
	Peripheral retina	

- Additional information as appropriate for the case e.g. IOPs, visual fields, OCT, motility

Management

- Diagnosis or suspected/preliminary diagnosis
- How advanced was the condition?
- Could the condition be treated or managed?
- Advice given (including lifestyle changes) and any medication prescribed – name of drug, concentration, dosing regimen and duration.
- Did the check-up detect a wider health problem? If so, what was it? Did the patient already know about this health condition? What did they do as a result of the health problem being detected?
- Was follow-up information provided as appropriate or were they discharged?
- Any referral made?
- If relevant, how have subsequent changes to the patient's eye health/sight made small, positive changes to their everyday life?

Discussion

- This should cover differential diagnosis and an overview (aetiology, pathophysiology, typical signs/symptoms, prognosis, and treatment options) of the conditions that were detected.
- Please include citations for any relevant studies that support the management of these conditions.

Learning points

- If you could give one piece of advice to peers relating to this case study what would it be?

Figures with explanation

- Graphics/image should be supplied in one of the following formats:
 - Tiff
 - eps
 - Ai
 - Png
 - jpg (or jpeg)
- Smallest size should be 1MB and be as large as possible.

- Images should ideally be your own. Generic images taken from other sources will need to be cleared for copyright and/or permission obtained to reproduce.
- Images should be clearly labelled and provided with an explanation

Checklist

- Consent form signed by your patient (form is available from *Acuity*)
- Image(s) correctly labelled with explanation