



Symptom Management: How to Manage Visual Issues

ASSOCIATED WITH RARE NEUROIMMUNE DISORDERS



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Overview

- ▶ Rare Neuroimmune Disorders affecting Vision
- ▶ Visual Symptoms
- ▶ Functional Impact of Visual Disturbances
- ▶ Low Vision Rehabilitation
- ▶ Management Strategies and Resources

Rare Neuroimmune Disorders affecting Vision

- ▶ Optic Neuritis
- ▶ MOG Antibody Disease
- ▶ Neuromyelitis Optica Spectrum Disorder

Visual Symptoms / Disturbances

- ▶ Eye pain
- ▶ Blurred vision
- ▶ Loss of color perception & contrast sensitivity
- ▶ Distortions with depth perception
- ▶ Visual field deficits
- ▶ Photopsia: perceived flashes of light

Functional Impact of Visual Disruption

Eye Pain

- ▶ Discomfort
- ▶ Concentration difficulties
- ▶ Light sensitivity
- ▶ Interruption to daily routines



Blurred Vision

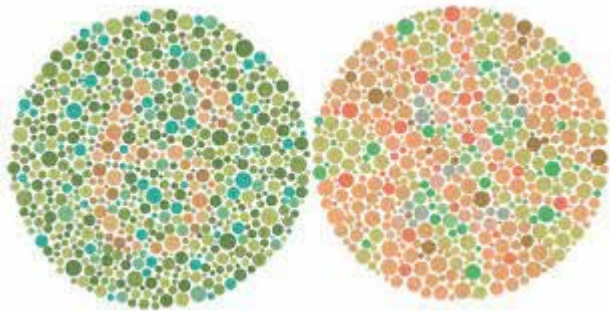
- ▶ Reading and writing difficulties
- ▶ Driving insecurity



Functional Impact of Visual Disruption

Loss of Color Perception

- ▶ Color discrimination



Decline in Contrast Sensitivity

- ▶ Reading difficulties
- ▶ Navigation
- ▶ Facial recognition
- ▶ Activities of Daily Living (ADLs)
- ▶ Reduced dark light adaptation
- ▶ Night blindness



Functional Impact of Visual Disruption

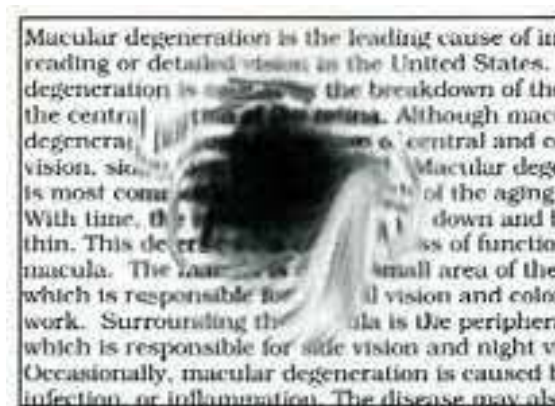
Depth Perception Distortion

- ▶ Reaching and placing objects
- ▶ Travel / Navigation
- ▶ Increased risk of falls / balance
- ▶ Driving: spatial perception and response time relative to distance



Visual Field Deficits

- ▶ Reading difficulties
- ▶ Impacts concentration/working speed
- ▶ Reduced visual attention
- ▶ Social interactions



Functional Implications Add Up



Difficulty with daily routines

- * Shopping
- * Reading
- * Driving
- * Laundry & Cleaning
- * Cooking
- * Mealtime feeding



Fatigue & Frustration

- Increased stress
- Decreased rest
- Perpetuating cycle



Health Consequences

- Withdrawal / Isolation
- Depression

Low Vision Resources to support and optimize personal wellness

- ▶ Low Vision Rehabilitation Service
- ▶ Uses of Assistive Technology
- ▶ Orientation & Mobility Training
- ▶ Vocational Rehabilitation Agencies
- ▶ National Advocacy Organizations

Low Vision Rehabilitation & the OT Role

- ▶ Objective of Low Vision Rehab is to help you learn to use your remaining vision effectively and develop new strategies for completing everyday tasks to maintain your quality of life and optimize independence.
 - ▶ Education regarding visual condition or status
 - ▶ Functional Assessment: how is vision loss impacting your daily life, roles, responsibilities, and aspirations
 - ▶ Environmental Assessment: how is the setting contributing to one's ability to use remaining vision and safety of environment
 - ▶ Home modifications or adaptations to improve access/usability, leisure pursuits, and quality of life
 - ▶ Visual Skills Training which may involve education in the use of magnification
 - ▶ Accommodation strategies and assistive technology trials
 - ▶ Resource connection

Daily Routine Management Strategies

- ▶ Is lighting influencing your functional vision?
- ▶ Simplify the environment - organize space, rely upon routines
- ▶ ADL modifications & adaptations – gadgets that work
- ▶ Environmental Technology – Alexa, Google Assistant
- ▶ Community needs – Instacart, shoppers aid

Assistive Technology

- ▶ Low Tech Magnifiers
- ▶ CCTV or Hand Held Video Magnifier
- ▶ Tablet: voice over setting
- ▶ Apps: Seeing AI, Be My Eyes, Brighter and Bigger, AriadneGPS
- ▶ Screen Reader: JAWS
- ▶ Audio Description: Netflix
- ▶ Talking or Enlarged Devices: clocks & watches, food scale, food thermometer, money reader, low vision remotes or phones
 - ▶ Maxiaids.com



Additional Specialties providing training in the Low Vision Rehab Journey

- ▶ Certified Orientation and Mobility Specialists (COMS) teach you to travel safely and efficiently in home, work, and community environments.
 - ▶ Orientation refers to knowing where you are by using clues from your environment.
 - ▶ Mobility means moving safely from place to place by planning and navigating your route.
- ▶ Vocational Rehabilitation Agencies
- ▶ Organized Support Groups
- ▶ Bloggers, Podcasts, YouTube

National Advocacy Organizations

- ▶ National Federation of the Blind
 - ▶ Nationwide organization of blind Americans with state chapters that interact with policy makers at the local, state, and national levels to advocate for equality of opportunity for the blind community.
- ▶ American Foundation for the Blind
 - ▶ Advocacy organization that serves to mobilize leaders, advance understanding, and champion impactful policies and practices using research and data
- ▶ American Printing House for the Blind
 - ▶ Nonprofit company providing educational, workplace, and independent living products for people who are blind and visually impaired



NATIONAL FEDERATION
OF THE BLIND

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AMERICAN
PRINTING
HOUSE

The Big Message

- ▶ Loss of vision does not equate to loss of living well.
- ▶ Rehab does not improve your vision, but it can improve your ability to use the vision you have to productively engage in the world around you.
- ▶ There are professionals that can guide you through developing your skills and confidence to live independently.

References

- ▶ Council of State Administrators of Vocational Rehabilitation <https://www.csavr.org/stateagencydirectory>
- ▶ Job Accommodation Network. <https://askjan.org/>
- ▶ National Federation of the Blind <https://www.nfb.org/>
- ▶ Free white cane application https://www.nfb.org/images/nfb/documents/pdf/free_white_cane_application.pdf
- ▶ American Printing House <https://www.aph.org/>
- ▶ Maxiaids Products <https://www.maxiaids.com/blind-and-low-vision-store>
- ▶ The Blind Life <https://www.youtube.com/channel/UCNbzN3eHbLKPzItSB560DkA>
- ▶ The Tommy Edison Experience <https://www.youtube.com/user/TommyEdisonXP>
- ▶ Molly Burke <https://www.youtube.com/user/MollyBurkeOfficial>

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