

## Abstract

### **Visual outcome in strabismic and anisometropic amblyopia after patching therapy**

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**Purpose:** To assess the visual outcome after occlusion therapy in amblyopia and to compare the results of occlusion therapy in strabismic and anisometropic amblyopia.

**Study Design:** A hospital based prospective interventional study.

**Setting:** Pediatric Ophthalmology unit of Al-Shifa Trust Eye Hospital Rawalpindi from June 2000 to February 2001.

**Methods:** Complete history of all patients was taken. Visual acuity was checked both for near and distance, with and without glasses, and with pinhole followed by cycloplegic refraction. Slit lamp / fundus examination was performed to rule out any organic pathology. Most accurate optical correction and then part-time occlusion therapy was instituted while alternate patching was advised in bilateral amblyopes. All the patients were followed for a minimum period of 6 months.

**Results:** The study population comprised of 50 amblyopic children. The age of these patients ranged from 3 to 8 years with a male to female ratio of 3:2. Unilateral amblyopia was detected in 40 (80%) patients while 10 (20%) had bilateral amblyopia. 15 (30%) patients had purely strabismic amblyopia, 22 (44%) patients had mixed amblyopia while 13 (26%) patients had purely refractive amblyopia. 10 (20%) patients had mild amblyopia, 30 (60%) patients had moderate amblyopia, 10 (20%) patients had severe amblyopia. After treatment 39 (78%) patients achieved the level of successful visual acuity (6/12 or better).

**Conclusions:** Younger the patient when treatment was first instituted, the better was the result. If the visual acuity was better in the amblyopic eye before treatment, the better was the prognosis. High anisometropia tends to worsen the prognosis. Al-Shifa Journal of Ophthalmology 2009; 5(2): 71-78 © Al-Shifa Trust Eye Hospital, Rawalpindi, Pakistan.