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Pattern of Retinitis Pigmentosa in a Tertiary Eye Care Hospital.

KEYWORDS: Green Housing, Green House Rating, Jerry Buildings, IGBC, AGBR

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ABSTRACT ***AIM:*** *To study the profile of patients diagnosed with Retinitis Pigmentosa.*

MATERIAL AND METHODS: *This is a Hospital based Retrospective study conducted at Govt. Regional Eye Hospital .Visakhapatnam. From Jan 2014 to June. 2015. The medical records of the patients attending retina clinic was analyzed from Jan 2014 to June 2015 and those diagnosed with Retinitis Pigmentosa were identified. The age, gender, visual acuity and diagnosis was noted and analyzed.*

RESULTS: *A total of 145 patients were diagnosed as having RETINITIS PIGMENTOSA. Males are more involved accounting for 53.4%.and 97% of cases it is bilateral. Maximum number of patients in the age group of 21-40 years. The most common type of RP is Typical RP.*

Conclusions: *The high degree of consanguineous marriage might be responsible for the high number of cases found here. Retinitis Pigmentosa being a genetic disorder, makes genetic counselling the most important measure.*

INTRODUCTION:

Retinits pigmentosa is a term coined by DONDERS in 1855.It is not one disease rather a group of rare genetic disorders, most cases are familial, and some are sporadic. It is the most common of inherited retinal dystrophies. It is considered to be one of the frequent causes of blindness during working life in industrialized countries (Haim 2002). Retinitis pigmentosa is characterized by progressive degeneration of retinal photoreceptors predominantly involving the peripheral retina that may result in severe visual loss that may lead to blindness.

The manifestations include Poor night vision,Constriction of peripheral vision which is progressive. Tunnel vision is seen late in the course.

AIM: To study the profile of patients diagnosed with Retinitis Pigmentosa at the retina clinic of Government Regional Eye Hospital,Visakhapatnam .

MATERIAL AND METHODS: This is a Hospital based Retrospective Study. The *Study period* extends from Jan 2014 to June 2015.The medical records of the patients attending retina clinic was analyzed from Jan. 2014 to June. 2015 and those diagnosed with Retinitis Pigmentosa were identified. The age, gender, visual acuity and diagnosis was recorded and analyzed.

RESULTS: This is a retrospective study. A total of 145 patients were identified from records .Males are more involved (82) 56.5%.than females (63)43.4%.

In our study most common presentation is bilateral which accounts for 96.6%(140)and unilateral in 3.44% (5) of cases. In our study 46.20%(67) of cases seen in third and fourth decades,8.27%(12)in the first decade,15.86%(23)cases in second decade,17.9%(26)of cases in fifth decade,5.5%(8)of cases in sixth decade and 4.82%(7)of cases seen in seventh decade.

Typical Retinitis Pigmentosa is the most common pattern of presentation in our study. It accounts for 93.1 %(135) cases. Inverse and sine pigment presented in 4.82 %(7) and2.06 %(3)of cases respectively. Macular edema present in15.17 %(22) of cases and lenticular opacities present in 1.37% (2) of cases. In 1.37% (2)of cases associated with Laurence moon baidel syndrome.

Visual acuity in 35.17 %(51) cases is<6/60-PL,in 4.8%(7) of cases no perception of light,in15.86% of cases>6/18is present. Constriction of visual fields seen 26.20 %(38) of cases.

DISCUSSION: Retinitis pigmentosa is a slow,degenerative disease of the retina.The term Retinitis pigmentosa coined by DONDERS in 1855. It involves both eyes, beginning in childhood and results in blindness in middle or advanced age. Males are more involved (82) 56.5%.than females (63)43.4%(.Fig:1)This is inconsistent with a study conducted by Vipin kumar et al in Manipur reported 67 cases of RP out of 749 patients with majority being males(68%). mean age at presentation was 33.45. In our study most of the patients in the age group of 3rd and 4th decade (Fig: 2) .It is seen that prevalence increasing during the first four decades of life. Similar observation found in "Retinitis pigmentosa –A Brief Review" by S.Natarajan .In our study the visual acuity was 1/60-PL in 51 (35.17%)(Fig:4) patients, in 33 (22.75%) patients 6/18 – 6/60,in 23(15.86%) patients <6/18,.in 16 patients<6/60-3/60 ,in 15 patients <3/60-1/60and in in 7(4.8%) patients no PL. The most common presentation is typical Retinitis pigmentosa(.Fig:3) In 22(15.17%) cases macular oedema was present. Macular oedema frequently causes decrease in visual acuity. Acute macular oedema responds to treatment, but the macular

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oedema in RP cases is most often chronic and not respond to treatment. In 2 (1.37%) cases lenticular opacities present. In our study 94.48%(137)cases were Non syndromic Retinitis Pigmentosa and 5.51%((8)of cases were associated with syndromes.

In 6 cases4.13%ofcases associatedwithUshers Syndrome. In 2 (1.37%) cases RP associated with LMB syndrome.

Conclusions: Retinitis pigmentosa is abiotrophic in nature and is genetically determined. Treatment is eminently unsatisfactory. In majority of families consanguinity of parents is present. So, genetic counselling is advised to families with history of Retinitis Pigmentosa. Counselling should be given to individual with Retinitis pigmentosa regarding marriage and future life style. Low vision aids should be given to needy patients.

Limitation of study: The limitations of our study include the diagnosis was not confirmed by electrophysiological tests.

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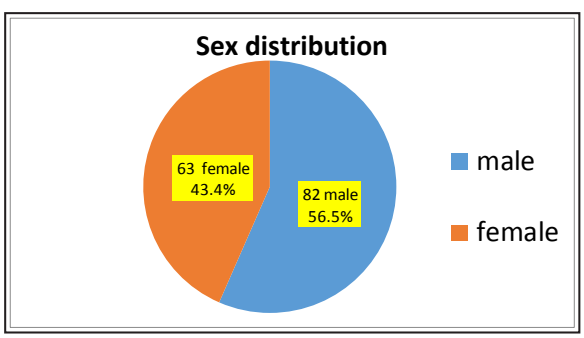

Fig:1

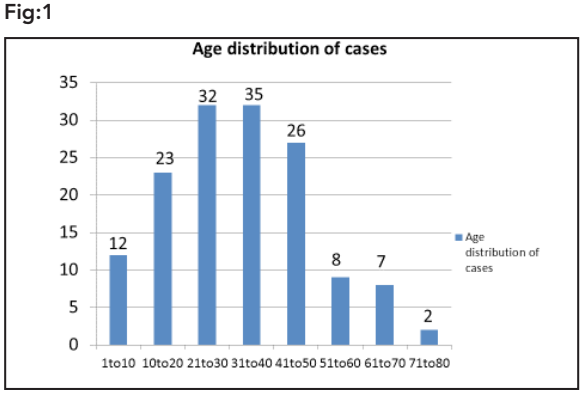

FIG:2

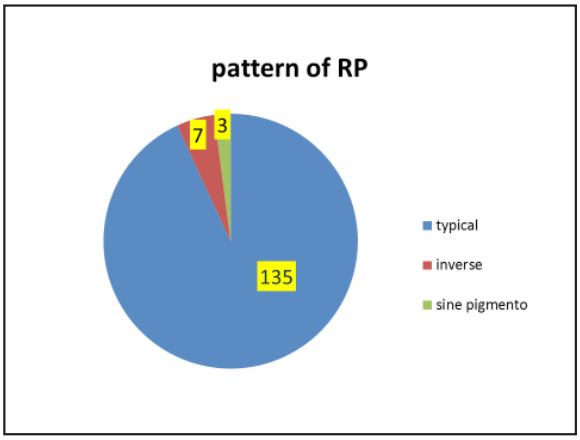

FIG:3

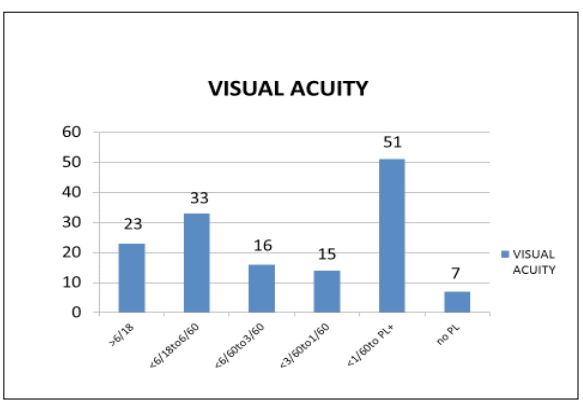

FIG:4

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