



Amblyopia (Initial and Follow-up Evaluation)

(Ratings: A: Most important, B: Moderately important, C: Relevant but not critical **Strength of Evidence:** I: Strong, II: Substantial but lacks some of I, III: consensus of expert opinion in absence of evidence for I & II)

Initial Exam History (Key elements)

- Ocular symptoms and signs **(A:III)**
- Ocular history **(A:III)**
- Systemic history, including review of prenatal, perinatal, and postnatal medical factors **(A:III)**
- Family history, including eye conditions and relevant systemic diseases **(A:III)**

Initial Physical Exam (Key elements)

- Assessment of visual acuity and fixation pattern **(A:III)**
- Ocular alignment and motility **(A:III)**
- Red reflex or binocular red reflex (Brückner) test **(A:III)**
- Pupil examination **(A:III)**
- External examination **(A:III)**
- Anterior segment examination **(A:III)**
- Cycloplegic retinoscopy/refraction **(A:III)**
- Fundusoscopic examination **(A:III)**
- Binocularity/stereoacuity testing **(A:III)**

Care Management

- Choose treatment based on patient's age; visual acuity; compliance with previous treatment; and physical, social, and psychological status. **(A:III)**
- Treatment goal is to achieve equalization/normalization of fixation patterns or visual acuity. **(A:III)**
- Once maximal visual acuity has been obtained, treatment should be tapered and eventually stopped. **(A:III)**

Follow-up Evaluation

- Follow-up visits should include:
 - Interval history **(A:III)**
 - Tolerance to therapy **(A:III)**
 - Examinations and testing as indicated **(A:III)**

Amblyopia Follow-up Evaluation Intervals During Active Treatment Period (A:III)

Age (years)	High- Percentage Occlusion (70% or more of waking hours/ \geq 6 hours per day)	Low-Percentage Occlusion (<70% of waking hours/<6 hours per day) or Penalization	Maintenance Treatment or Observation
0-1	1-4 weeks	2-8 weeks	1-4 months
1-2	2-8 weeks	2-4 months	2-4 months
2-3	3-12 weeks	2-4 months	2-4 months
3-4	4-16 weeks	2-6 months	2-6 months
4-5	4-16 weeks	2-6 months	2-6 months
5-7	6-16 weeks	2-6 months	2-6 months
7-9	8-16 weeks	3-6 months	3-12 months

Patient Education

- Discuss diagnosis, severity of disease, prognosis and treatment plan with patient, parents and /or caregivers. **(A:III)**
- Explain the disorder and recruit the family in a collaborative approach to therapy. **(A:III)**

* Adapted from the American Academy of Ophthalmology Summary Benchmarks, November 2010 (www.aao.org)