PAM EXAMINATION: SAMPLE CASE 3

Demographics
> 21-year-old Asian male; college student

Chief complaint
> problems with contact lenses

History of present illness
> **Character/signs/symptoms:** contact lenses move excessively and are uncomfortable
> **Location:** OD, OS
> **Severity:** mild
> **Nature of onset:** gradual
> **Duration:** 3 months
> **Frequency:** constant
> **Exacerbations/remissions:** worse when moving eyes
> **Relationship to activity or function:** when wearing contact lenses
> **Accompanying signs/symptoms:** itchiness, redness

Secondary complaints/symptoms
> wants new back-up spectacles

Patient ocular history
> last eye exam 3 years ago; wears opaque/colored conventional soft contact lenses; last replaced 2 years ago; occasionally sleeps with the contact lenses; uses multi-purpose solution

Family ocular history
> father: retinal detachment at age 20

Patient medical history
> last physical examination 1 year ago

Medications taken by patient
> Claritin®

Patient allergy history
> seasonal allergies; skin allergies; NKDA

Family medical history
> father: prostate cancer

Review of systems
> **Constitutional/general health:** denies
> **Ear/nose/throat:** frequent runny nose
> **Cardiovascular:** denies
> **Pulmonary:** denies
> **Dermatological:** denies
> **Gastrointestinal:** denies
> **Genitourinary:** denies
> **Musculoskeletal:** denies
> **Neuropsychiatric:** denies
> **Endocrine:** denies
> **Hematologic:** denies
> **Immunologic:** denies

Mental status
> **Orientation:** oriented to time, place, and person
> **Mood:** appropriate
> **Affect:** appropriate

Clinical findings

VA with current CLs:	Distance	Near	Pinhole
OD:	20/30	20/30	no improvement
OS:	20/30	20/30	no improvement

> **Pupils:** PERRL, negative RAPD
> **EOMs:** full, no restrictions
> **Confrontation fields:** full to finger counting OD, OS

Keratometry:

    OD: 45.25 @ 180 / 44.50 @ 090; mires slightly distorted

    OS: 45.50 @ 180 / 44.75 @ 090; mires slightly distorted

Subjective refraction:	VA Distance	VA Near
OD: -7.50 DS	20/20	20/20
OS: -8.25 DS	20/20	20/20

Slit lamp:

    lids/lashes/adnexa: unremarkable OD, OS

    conjunctiva: mild bulbar injection OD, OS; palpebral see **Image 1 OD**, OS similar to OD

    cornea: mild diffuse superficial punctate keratitis OD, OS

    anterior chamber: deep and quiet OD, OS

    iris: normal OD, OS

    lens: clear OD, Mittendorf's dot OS

    vitreous: clear OD, OS

    contact lens assessment: see **Image 2 OD**, OS similar to OD

IOPs: 15 mmHg OD, 17 mmHg OS @ 3:15 PM by applanation tonometry

Fundus OD:

    C/D: 0.4H/0.45V

    macula: normal

    posterior pole: normal

    periphery: lattice degeneration without holes 360°

Fundus OS:

    C/D: 0.5H/0.5V

    macula: normal

    posterior pole: normal

    periphery: lattice degeneration without holes 360°

Blood pressure: 116/70 mmHg, right arm, sitting

Pulse: 68 bpm, regular

**Image 1: following instillation of fluorescein sodium, using cobalt filter**
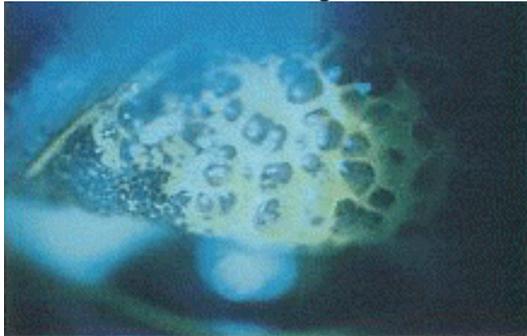
Image 2: contact lens assessment OD
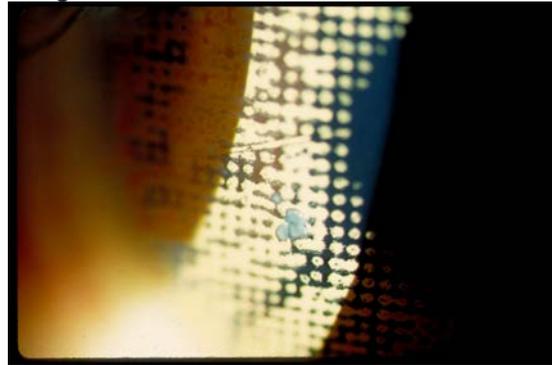
<mark>correct answer</mark>

1. **Which of the following is the most likely diagnosis of this patient's ocular condition?**
   (Diagnosis)

   a. Adult inclusion conjunctivitis
   b. Bacterial conjunctivitis
   c. Viral conjunctivitis
   <mark>d. Giant papillary conjunctivitis</mark>

2. **Which type of antibody is involved in atopic disease?**
    (Clinical Correlation of Basic Science Principles)

    a. IgA
    b. IgE
    c. IgG
    d. IgM

3. **Which of the following is the most appropriate <u>INITIAL</u> treatment for this patient's ocular condition? (Treatment / Management)**

    a. Discontinue contact lens wear
    b. Artificial tears
    c. Replace contact lenses
    d. Topical ophthalmic antibiotic

4. **Once the patient's condition has resolved, which of the following would be the most appropriate contact lens wear modality? (Related to Treatment / Management)**

    a. Disposable, 1-day daily wear soft
    b. Disposable, 1-week extended wear soft
    c. Frequent replacement, 3-month soft
    d. Conventional daily wear soft

5. **When refitting this patient with contact lenses, which of the following contact lens powers is most appropriate? (Related to Treatment / Management)**

	<u>OD</u>	<u>OS</u>
a.	-6.50 DS	-6.75 DS
b.	-7.00 DS	-7.50 DS
c.	-7.50 DS	-8.00 DS
d.	-8.00 DS	-8.50 DS

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