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Convergence insufficiency

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Introduction: Convergence insufficiency (CI) is a common binocular disorder in which the eyes do not work at near easily. CI is the leading cause of asthenopia, transient blurred vision, diplopia, headaches. Difficulty sustaining near-visual function and abnormal fatigue.

Purpose: Detection and diagnosis of convergence insufficiency in the school children from 6-15 years old.

Material & Methods: 72 children from 6 – 15 years old, that have complained of blurred vision and/or headaches, loss of comprehension after short periods of reading or performing close activities were examined at the University Eye Clinic in Skopje. The ocular and orthoptic examinations were done and it was found that 26 of them have convergence of insufficiency. Were it was necessary, we gave them spectacle correction. In all diagnosed patient with CI we gave the orthoptic exercises.

Results: After the treatment of the convergence insufficiency by orthoptic procedures, between the great numbers of patients above symptoms were reduced or disappeared.

Conclusion: Convergence insufficiency disorder frequently goes undetected in school age children. Standard ophthalmic and orthopic examination will enable detection of this binocular disorder. Convergence insufficiency can be successfully managed and it will allow these patients more comfortable and better quality of life.

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