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24 hour IOP monitoring: Concepts and an overview including triggerfish

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Intraocular pressure (IOP) is still one of the most important modifiable risk factors for glaucoma progression. Hence naturally, the measurement, monitoring of IOP and its lowering by various methods (surgical, medical, laser) remains the mainstay of effective management of this potentially blinding chronic condition. Goldmann applanation tonometry remains the gold standard but a single IOP measurement in the clinic during office hours cannot account for the diurnal variation, nocturnal IOP profile and postural variations which have all been found to be important. Though many of these need development, the developments are exciting. Triggerfish (Sensimed), a Contact Lens Sensor (CLS) is an exciting and innovative device to monitor the 24-hour IOP. Though there are some inherent assumptions and limitations of this technology, the potential, safety and reproducibility profile is very good. I have led the successful setting up of the first triggerfish center in NHS England along with my team. The potential advantages as well as the limitations of this triggerfish technology and the other methods/attempts to address this unmet of 24 hour IOP monitoring will be discussed.

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