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Diabetic retinopathy-English practice in a Greek setting: Effective implementation of a UK evidence based diabetic retinopathy screening program in Greece

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Diabetic retinopathy screening program in a local community in Greece based on available evidence from relevant screening programs originally implemented in the United Kingdom: Diabetic retinopathy is a major complication of poorly controlled glucose control and constitutes the most common cause of vision loss among people with diabetes and a significant cause of blindness worldwide. Moreover, it represents a diagnostic challenge for the clinician in terms of appropriate classification and early detection, factors that can potentially impact on available treatment options. The goal of our scientific team was to establish an annual screening program for patients with diabetes mellitus in order to timely diagnose diabetic retinopathy and appropriately refer patients for specialized treatment. During the time period between January and May 2016 we have examined 225 patients with diabetes mellitus. We have used a standardized form to obtain medical history in addition to a questionnaire specific to quality aspects of screening for diabetes mellitus complications. The fundoscopy was performed with the use of a slit lamp together with a Volk Digital Wide Field lens. The clinical assessment of the patients and classification of the observed clinical findings were based on guidance published by Public Health England in line with the scope of the NHS diabetic eye screening (DES) program. The results of our project support our initial expectations that models of validated clinical practice could certainly be incorporated in the health care delivery of other countries and successfully enhance patient experience and provision of care.

Biography

Andreas Mitsios is a GMC registered Physician, graduated with an upper second class honors MBBS degree from the Medical School of University of Thessaly in Greece. Currently, he serves as a Community Doctor in The Medical Center of Farkadona in Central Greece and he intends to specialize in Ophthalmology in the United Kingdom. He is particularly interested in medical retinal disorders like diabetic retinopathy and age related macular degeneration and he is currently leading a diabetic retinopathy screening program and other associated preventive actions aiming to increase patient awareness and education in relevant conditions.

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