

# Patient reported intravitreal injection (IVT) -related anxiety in the IVT service.

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## Background

- At Moorfields, we have a well-established intravitreal (IVT) injection service through which over 150,000 patients have been treated, approx. 38,000 episodes per year.
- Intravitreal injections of therapeutics have become the mainstay of several ophthalmological conditions including age-related macular degeneration, diabetic macular oedema and retinal vein occlusions.
- Patients undergoing this procedure often express anxiety and discomfort related in part due to the actual procedure and in part due to the psychological wariness of having a needle stuck into the eye.

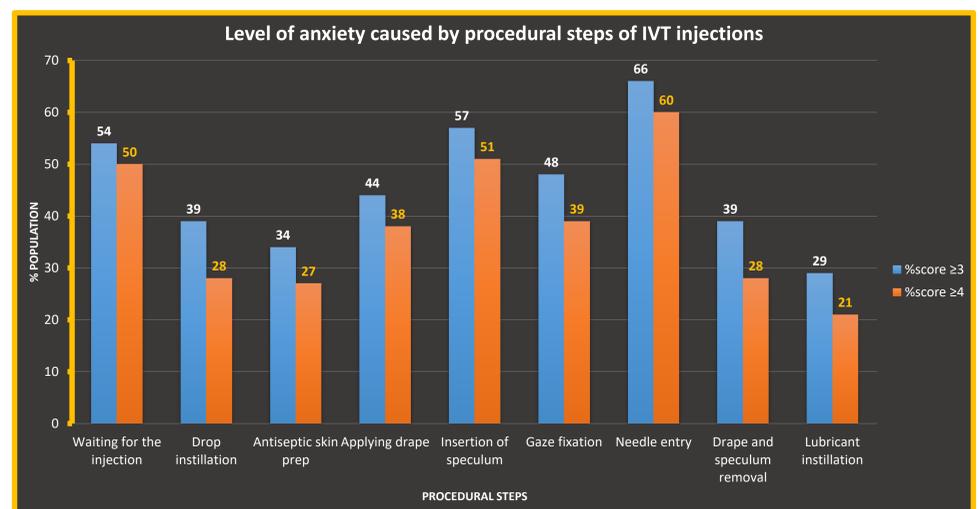
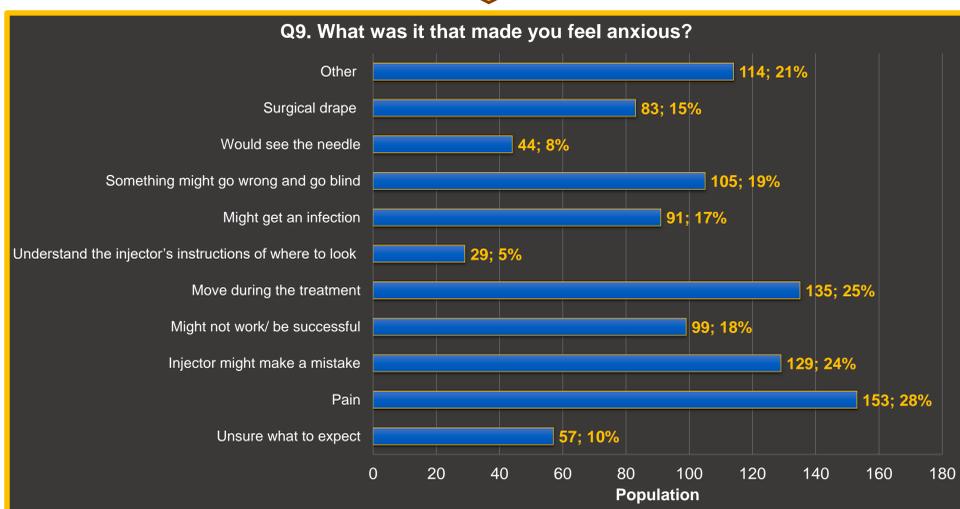
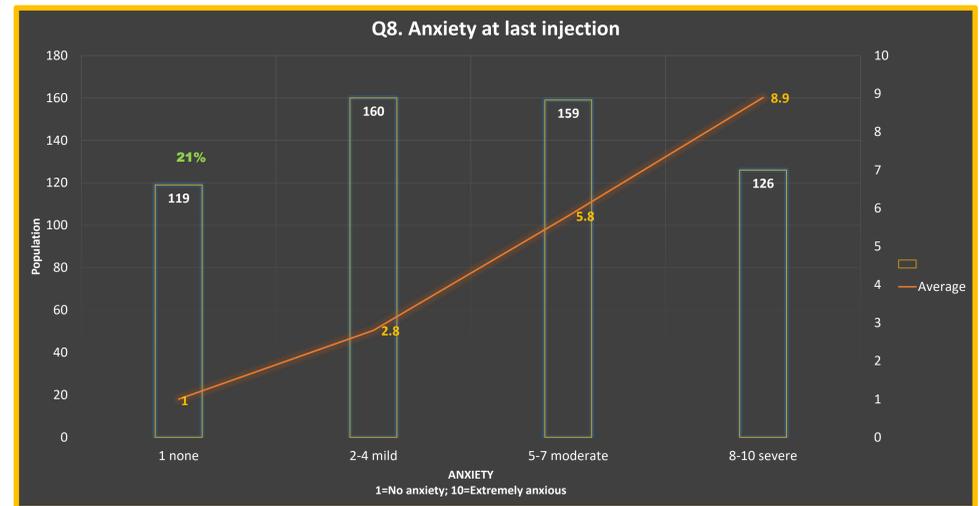
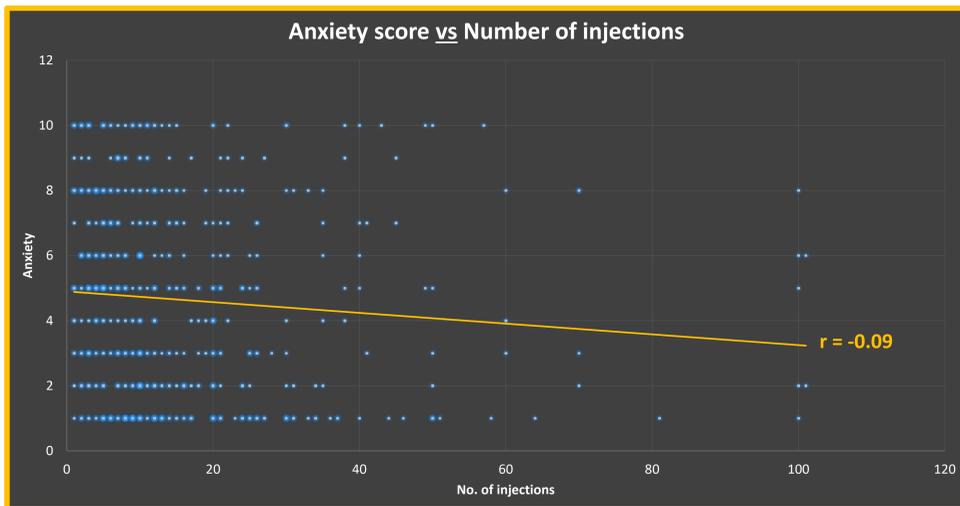
## Aim

- Level of anxiety
- Which aspects of the injection causes most anxiety
- Impact IVT therapy on patient relaxation to anxiety experienced.

## Method

592 consecutive patients who have had at least one IVT injection:

- level of IVT-related anxiety experienced at last injection
- causes of IVT-related anxiety
- level of IVT-anxiety associated with steps of the injection procedure
- impact of injections on daily life
- duration of anxiety pre- and post-injection
- impact of IVT-related anxiety on activities of daily living



## Conclusion

- High levels of IVT-related anxiety were reported in this patient population.
- Having a good experience at every injection may be important in reducing overall anxiety levels.
- Most of the reported reasons for anxiety are amenable.
- More patient-focussed research should be conducted to determine what measures may help the majority of patients.

