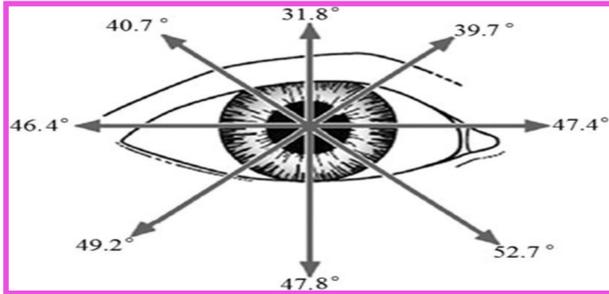


The use of novel non-invasive interventions to improve the patient experience of intravitreal injections (IVT): Gaze fixation.

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Background:

- An audit of the IVT service (n=592) found that 30% of patients were anxious due to the inability/hesitation to follow instructions to correctly position the eye in preparation for the needle insertion (gaze fixation).
- Issues with gaze fixation caused significant discomfort in 48% of patients and severe discomfort in 39% of patients.

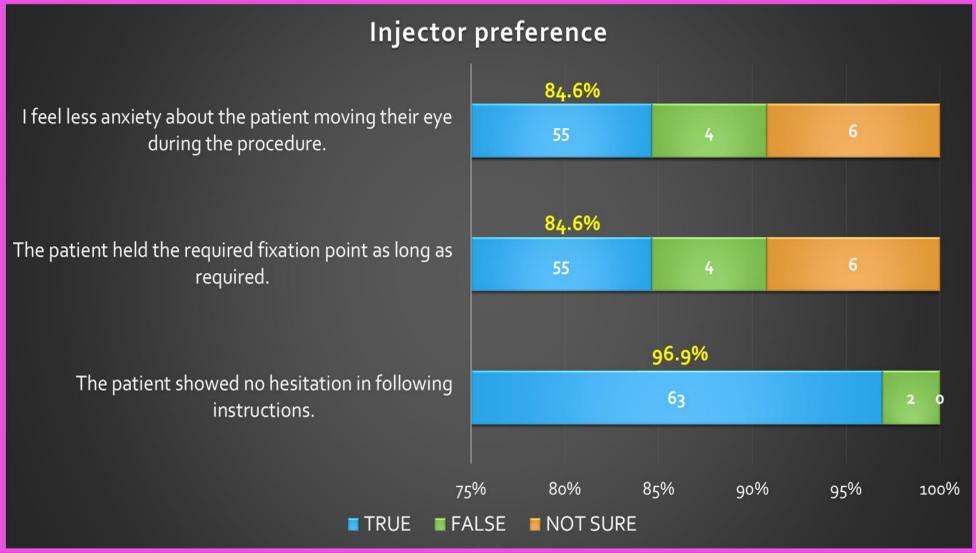
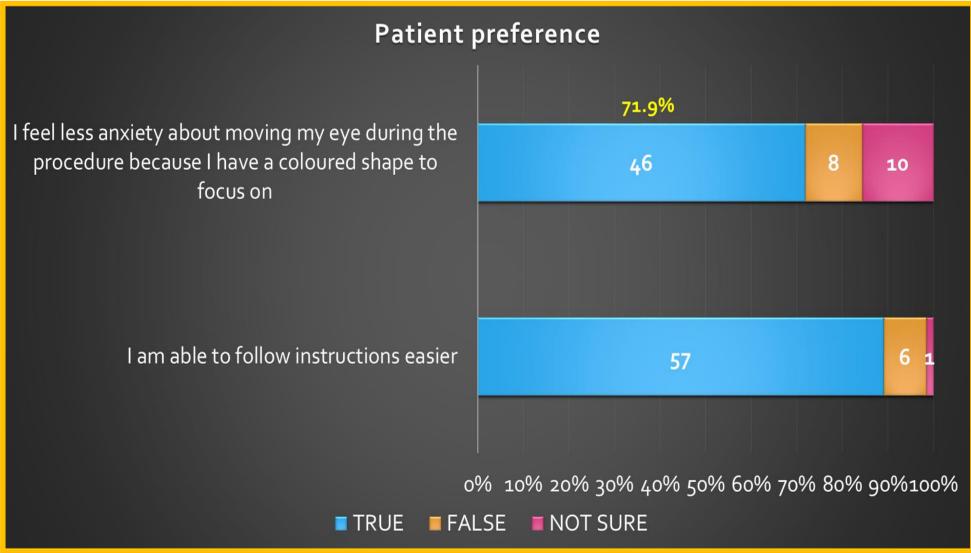
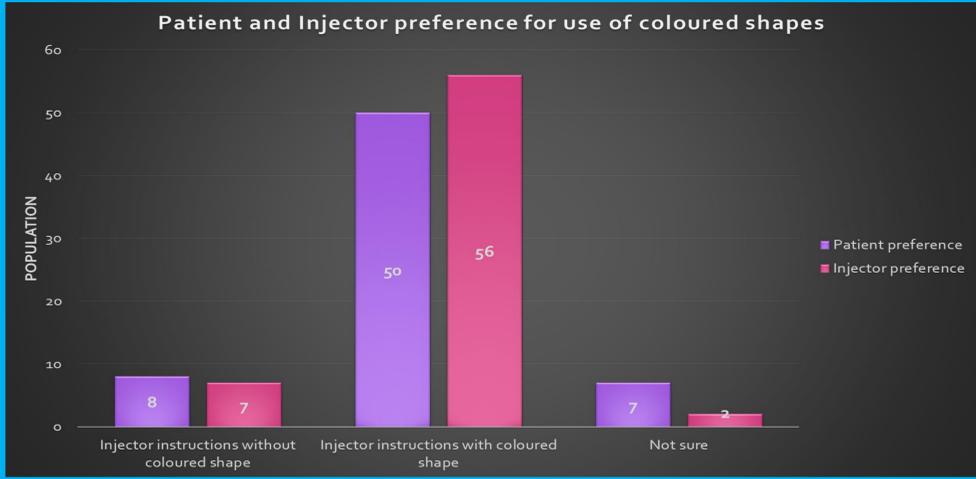
Methodology:

- All patients were required to have had at least one previous injection using standard injection procedures.
- Injectors were either medical staff or nurses.
- Gaze fixation points were used by the injector to instruct for globe positioning for both superotemporal and inferotemporal injection site access.
- Questionnaires about the experience of using this novel approach was administered to both the patient and the injector after the procedure.
- A3 sized coloured shapes were used as points of gaze fixation for the patients during the IVT procedure.



Results:

- N = 65 patients
- Gender: 56.9% female
- Mean age: 74±11.7 years
- Employment status: 67.7% retired
- Diagnosis:
 - AMD 56.9%
 - RVO 43.1%
- Mean number of previous injections (patient experience): 13±4.2, range 4- 23
- 78.5% of injectors were nurses



Conclusion:
The use of gaze fixation points, to enhance the instructions given to patients for globe positioning has been shown to be acceptable to the vast majority of patients and injectors. Both patients and staff reported less anxiety associated with this aspect of IVT administration.

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