

Retinal screening for people living with diabetes

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➔ ALL YOU NEED TO KNOW ABOUT RETINAL SCREENING FOR PEOPLE LIVING WITH DIABETES



RETINAL SCREENING

- People with any type of diabetes over the age of 12 years are eligible annually.
- This is in addition to optician appointments, even with retinal photographs.
- Helps identify problems caused by raised glucose levels. This can prevent progression and potential visual impairment or sight loss.
- Drops dilate the pupils to allow high quality images to be taken of the back of the eye.
- People should not drive afterwards as sight will be blurry for a few hours.
- After grading the results will be sent to the patient, GP and/or diabetes team.



RESULTS

- The images are graded according to the retinal and macular grading definitions.
- The patient will then be referred for annual screening, regular monitoring or ophthalmology for further tests/treatments.



Retinopathy grades:

R0 - No retinopathy

R1 – Background retinopathy

R2 – Non-proliferative retinopathy

R3A – Active proliferative retinopathy

R3S – Stable proliferative retinopathy

Maculopathy grades:

M0 – No maculopathy

M1 - Maculopathy



PRIMARY CARE ROLE:

- Management of: blood glucose, blood pressure and lipid levels is essential to maintain eye health and improve long term health.
- Screening can find changes to the retina early, before any visual impairment is experienced. Getting treatment early can reduce or stop sight loss. It's an important part of diabetes care.

For further information contact:

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