Diagnosis of visual stress: overview of the Delphi criteria

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Controversy: 2016 2 systematic reviews

<table>
<thead>
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<th>Feature</th>
<th>Griffiths et al</th>
<th>Evans &amp; Allen</th>
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<td>Scope</td>
<td>Dose order improve reading</td>
<td>Controlled trials, visual stress, Intuitive system</td>
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<td>Selection criteria</td>
<td>Experimental studies of reading performance with any coloured filters</td>
<td>Experimental studies of reading performance or symptoms with Intuitive Overlays of Intuitive Lenses in people diagnosed with visual stress</td>
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<td>Results</td>
<td>Table of limitations of studies</td>
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<td>Interpretation</td>
<td>Do not consider effect of over-diagnosis</td>
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<td>Conclusions</td>
<td>Need for better diagnostic criteria</td>
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Criteria given

What is a Delphi study

- Structured communication method relying on a panel of experts
- Well-suited for consensus-building by using a series of questionnaires delivered in multiple iterations to collect data from experts
- Need to take care not to lead participants
- Example: Behrens et al 2006 used Delphi process for diagnosis of Dysfunctional Tear Syndrome

PLAN

Introduction
What is a Delphi study?
Delphi study: Methods
Delphi study: Results
Clinical implications

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Delphi study

- Contacted 26 practitioners selected as frequent prescribers of precision tinted lenses
- Round 1
  - Sent list of indicators of visual stress from literature
  - Asked to rank, and add any additional criteria
- Round 2
  - Reread and comment on revised list
  - All independent, except
    - 3 optometrists from one clinic
    - 2 optometrists from one (different) clinic

Clinical implications

- The Delphi criteria are putative, but
  - A significant step on the path towards rigorous diagnosis
  - Excludes other optometric causes of symptoms
  - As in C.Optom guidelines
  - Explain controversial – differing viewpoints
    - Also applies to other interventions where evidence is weak, for example: correcting hypermetropia in pre-presbyopes, for example: correcting hypermetropia in pre-presbyopes, in disseminated sclerosis.
  - Clinical implications
    - Low rating for WRRT 5% criterion
EYE MOVEMENTS, VISUO-PERCEPTUAL?

TEST WITH INTUITIVE OVERLAYS OR DIGITAL DEVICES

PASS DELPHI CRITERIA?

INTUITIVE COLORIMETRY

PRECISION TINTED LENSES (PTL)

Evans (1994); Lightstone & Evans (1995); Evans et al. (1999); Evans et al. (2017)