Breaking old cataract habits: if you always do what you’ve always done.....

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An acquired behaviour pattern regularly followed until it has become almost involuntary
A better way
ICCEs and ECCEs
Minimally Invasive Cataract Surgery

- Phacoemulsification
- Smaller incisions
- Foldable lenses
- Torics, multifocals
- Femtosecond laser
NZ Fellows Survey

- Mode of anaesthesia
- Anaesthetist
- IV line
- Sedation
- Antibiotic delivery
- Bilateral surgery
Mode of Anaesthesia

- SubTenon
- Topical + Intracameral
- Topical
Lee RM et al. Severe adverse events associated with local anaesthesia in cataract surgery: 1 year national survey of practice and complications in the UK. Br J Ophthalmol 2016 Jun;100(6):772-6

Anaesthetic intervention

- Anaesthetist
- Sedation
- IV line
Presence of Anaesthetist

- Yes: [High Value]
- No: [Low Value]
Sedation

Bar chart showing frequency of sedation levels:
- Sometimes: 70
- Never: 20
- Always: 10
The Evidence

Lee RM et al. Severe adverse events associated with local anaesthesia in cataract surgery: 1 year national survey of practice and complications in the UK. Br J Ophthalmol 2016 Jun;100(6):772-6


Personal experience: >6700 cases. 4% oral sedation.
The Evidence


Bilateral Surgery

- Sometimes
- Never
- Always
Interval between eyes

- >14 days
- 8-14 days
- 1-7 days
The Evidence


Personal experience: 1000 bilateral cataracts presented last year
Summary

- Topical/intracameral
- No need for anaesthetist
- No need for IV line
- Intracameral antibiotics
- Bilateral surgery