

Management of a case of infective retinitis

Risk factors:

- 1) Patients on systemic immunosuppression
- 2) History of cancer
- 3) History of solid organ/stem cell transplant
- 4) HIV/AIDS
- 5) Previous history of viral meningo-encephalitis
- 6) Elderly

Please note – Viral retinitis can occur in healthy young individuals

Clinical Features of VZV/HSV Retinitis*:

- 1) Patchy or confluent areas of white or cream coloured retinal necrosis initially affecting the peripheral retina and extending centripetally
- 2) Vitritis
- 3) Occlusive vasculopathy involving arterioles
- 4) Optic nerve swelling
- 5) Anterior Chamber can present with signs that can help in the diagnosis.
Anterior uveitis of varying intensity – usually granulomatous, may be associated with hyphaema or blood-stained hypopyon, associated with elevated IOP

Investigations to be done in Eye Casualty before commencing treatment: (1-3 **MUST** be done)

- 1) PCR analysis of aqueous humour for HSV, VZV, CMV, Toxoplasma DNA – sample to be sent urgently to Micropathology Ltd.
- 2) Blood tests including - FBC, ESR, CRP, U&E, LFT, ACE, Treponemal serology, HIV.
- 3) Chest X-ray.
- 4) If available – widefield retinal imaging (Optos), OCT macula (Spectralis).

Commence empirical treatment: (**MUST** check renal function before commencing treatment)

- 1) PO Valaciclovir 1g tds**
- 2) PO Cotrimoxazole 960mg bd (check not allergic to sulphonamides)
- 3) Treat anterior chamber inflammation with topical steroids and topical mydriatics

Please contact the Uveitis Team immediately to handover the case for further management.

*Holland GN 'Standard diagnostic criteria for the acute retinal necrosis syndrome – Executive Committee of the American Uveitis Society' Am J Ophthalmol 1994;117:663-667

** Please issue an internal prescription as the drug is not uniformly available in the community. The patient needs to take the prescription to the Main Pharmacy in City Hospital, Main spine, Ground Floor. The Pharmacy opening times during the nCOVID19 pandemic is as below –

Monday – Friday 9 am to 5pm; Saturday, Sunday and Bank Holidays – 10am to 4pm

Out of hours – Please contact the Oncall Duty Manager in City Hospital who will dispense the first dose of Valaciclovir from the emergency cupboard. This should be prescribed on Unity.

Patient should return the next day to the eye casualty at 9 am for review and to pick up medications from Main Pharmacy.