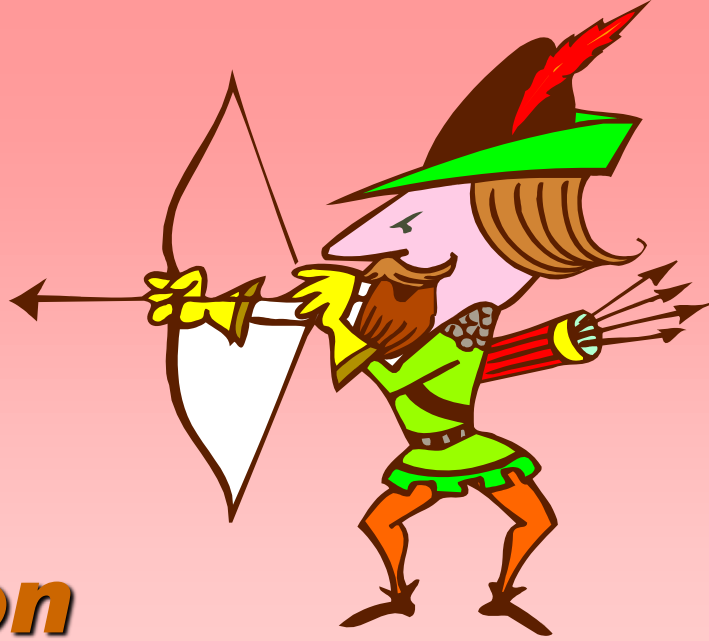


Introduction

Target IOP, what is it?

Definition

- The American Academy of Ophthalmology defines TARGET IOP as - “Upper limit of IOP that prevents further glaucomatous damage”.
- Also called the “Ideal Pressure”, “Safe Level of IOP”
- Neuropathy progresses very slowly as long as the pressure for the individual remains below this value.

Definition...

- It is not an ABSOLUTE value, but needs to be re-assessed with time.
- Target IOP may be classified under 3 heads -
  - Ideal Target Pressure - Least risk of progression
  - Acceptable Target Pressure - Low risk of progression
  - Borderline Target Pressure - High risk of progression.

Examples

- Healthy ONH, no field changes, presenting IOP = 28 mm Hg
  - Ideal Pressure --- 20-22 mm Hg
  - Acceptable Pressure --- 23-24 mm Hg
  - Borderline Pressure --- 25-26 mm Hg

Examples...

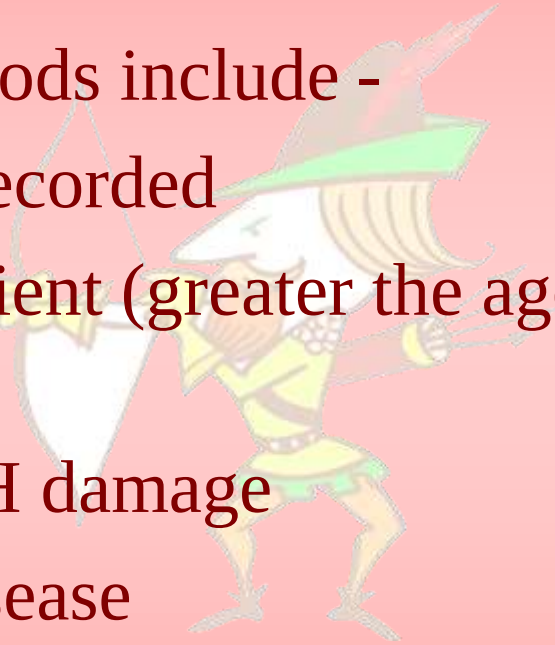
- Near total cupping, corresponding visual field changes, IOP = 18 mm Hg
  - Ideal Pressure --- 8-10 mm Hg
  - Acceptable Pressure --- 11-13 mm Hg
  - Borderline Pressure --- 14-15 mm Hg

Methods to determine the Target IOP

- Numerical Methods
  - Always aim for an IOP < 21mm Hg
  - Lower the IOP by 30%
  - Lower the IOP by 1/3 of the baseline
  - Lower the IOP as much as possible
  - Calculate the T.IOP = ((1-RP+VFS)/100) x RP

Methods to determine the Target IOP

- Theoretical Methods include -
  - Highest IOP recorded
  - Age of the patient (greater the age, lower the IOP)
  - Extent of ONH damage
  - Pace of the disease
  - Systemic disorders (DM, HT, etc.)



Methods to the determine Target IOP Theoretical (ONH changes)

Upto 0.3 cupping	20%
0.4-0.5	30%
0.6-0.7	40%
0.8 to total cupping	60%

Methods to determine the target IOP Theoretical (VF changes)

Visual Field Loss	Pre-treatment IOP (mm Hg)			
	20	30	40	50
Mild VFL	16	23	25	30
Moderate VFL	14	20	25	25
Severe VFL	10	15	20	20

Classifying VFL (AAO classification)

- Mild VFL -
  - Optic nerve abnormalities consistent with glaucoma, but VF are normal
- Moderate -
  - VF abnormalities restricted to either hemifield but do not extend within 5° from fixation
- Severe -
  - VF abnormalities in both hemifields or within 5° from fixation

Summary

- Set higher Target IOP levels for -
  - Higher IOP at initial presentation
  - Shorter life expectancy
  - Early ONH damage
- Set lower Target IOP levels for -
  - Lower IOP at initial presentation
  - Longer life expectancy
  - Advanced ONH damage

Thank you!