

FALLS IN GLAUCOMA STUDY

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Goodbye for now

After 10 years at Johns Hopkins and 3 years with our FIGS study, our wonderful study coordinator **Jess Shackelford** is moving on to an exciting new career opportunity to be closer to her family who is moving to the Eastern Shore. Jess has been an invaluable member of our team and her endless energy and joyful mood will be missed. We wish her and her family all the best with their new adventure.



FIGS PARTY



A Letter from Dr. Ramulu

This was a very eventful fall season for us. We are three-quarters through our third year of the study and, in October, we took some time out of the busy schedule to celebrate with our 3rd annual FIGS party.

It was a great celebration and our research team was able to share some of the novel findings from the study. As always, this would not be possible without the continued dedication of time and effort of our wonderful FIGS participants so, thank you very much. It has been a pleasure getting to know you over these past 3 years and I look forward to continuing our work together in this final study year.

We have dedicated this issue of the newsletter to re-capping some of the presentation highlights in addition to some special announcements about our team. We wish everyone a happy holiday season and look forward to seeing you all in the New Year.

Sincerely,

Pradeep Ramulu
Principle Investigator

AWARD



Congratulations to

Dr. Ramulu who received the prestigious Pisart Award for his groundbreaking work in low vision and vision loss. The award was presented at the New York Historical Society on October 29th. Dr. Ramulu was awarded by the Lighthouse Guild, a leading healthcare organization with the aim of addressing the needs of blind or visually impaired individuals.

Questions or feedback?

Please feel free to call our FIGS number:
(571)-429-3447
Or email us at:
FIGS3447@jhmi.edu

STAFF PROFILES



Aleks Mihailovic: Aleks finished her master’s in epidemiology at the Johns Hopkins School of Public Health. She handles data management and analysis.



Rani Mukherjee: Rani completed her post-bac pre-med program and is completing a year of research before applying to medical school.



Regina de Luna: Regina is a third year medical student at Johns Hopkins. She is completing a research year before applying into ophthalmology residency.



Rhonda Miller: Rhonda has been with Wilmer for 15 years in both a clinical and research capacity. She will take over Jess’ responsibility as your falls calendar liaison.



Will Plum: Will is a third year medical student at Johns Hopkins. He is completing a research year before applying into ophthalmology residency.

FIGS PARTY PRESENTATIONS

Study Updates presented by Jess Shackelford Falls calendars have been returned with an outstanding 96% return rate. We have had 372 reported falls and 2,168 near falls. We have also started our year four testing. For those completing fourth year testing, we are introducing a new machine, the OCT-angiography machine that allows us to see the density of blood vessels in the back of the eye by high-resolution vascular mapping .

Vision and Gait Parameters Associated with Fall Risk presented by Aleks Mihailovic Falls are a leading cause of accidental death in older adults and cost the healthcare system almost \$50 billion. Over the course of this study, 60% of patients have had a fall and 40% of patients have had an injurious fall. In this study, we found that the loss of inferior peripheral vision and several gait parameters are associated with increased fall rates in glaucoma patients. These results indicate that falls prevention interventions can be directed at gait modification .

Balance and Visual Field Loss presented by Regina de Luna Balance is a critical element of health essential for an independent lifestyle. Vision is an important sensory input in balance. We found that patients with greater visual field loss had more difficulty standing on a foam surface than those with less visual field loss. We also found that vision loss in the superior visual field was significantly associated with balance difficulties. Therefore, it is important to be aware that if your glaucoma is advanced, your balance may be poor.

The Home Assessment and Circumstances and Locations of Falls presented by Andrea Younge The goal of the home assessment is to evaluate different areas of visually impaired patient’s homes for hazards that may contribute to fall events. We found that the most fall hazards were in the bathroom and on the stairs (A). We also found that of the 330 total falls reported by patients at the time that we were analyzing the data, 43% resulted in injury while 3% resulted in a hospital admission. We analyzed the most common surfaces (B) that patients fell on and saw that 34% of falls occurred on a cement surface.

