

# **Psychosocial Adaptation, Task Adjustment, and Functional Success in Low Vision Rehabilitation: A Low Vision Portrait of Claude Monet**

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Psychosocial adaption and task adjustment are central to patient management in low vision rehabilitation, as are concepts of clinical versus functional success. These concepts are illustrated by artists, like Monet, who suffered visual impairment, and can be used to change the way we approach low vision rehabilitation and patient care in general.

- Appreciate the importance of the stage of psychosocial adaptation in the success of low vision rehabilitation
- Demonstrate how relatively simple task adaptations can be utilized, with and without optical devices intervention, to increase functional success
- Understand the need for an appropriate level of patient education and counseling to explain condition, management, and appreciate patient expectations
- Understand the concepts of clinical and functional success and the impact on patient needs and goals
- Appreciate the need for a holistic approach to the provision of care for low vision rehabilitation and patient care in general

## Outline

### 1) Background

#### a) Increasing prevalence of visual impairment

##### (1) Changes in demographic trends

1. Increase in proportion of elderly
2. Increase in proportion of population with chronic disease
3. Increase in proportion of population with visual impairment

#### b) Case study example: Monet's visual impairment

##### (1) History

##### (2) Ocular condition

##### (3) Clinical findings

- 2) Impact of psychosocial adaptation on success of low vision rehabilitation
  - a) Factors impacting adaptation to visual impairment
  - b) Stages of psychosocial adaptation: Kubler-Ross framework
  - c) Impact on low vision rehabilitation
  - d) Case study: Monet's stage of psychosocial adaptation
- 3) Non-optical interventions and task adjustment in low vision management
  - a) Non-optical intervention
    - (1) Lighting
    - (2) Contrast enhancement
    - (3) Glare reduction
    - (4) Color adjustment
  - b) Case study: Monet's workplace task adjustments
- 4) Differences between clinical and functional success
  - a) Defining success
    - (1) Clinical success based on practitioner perspective
    - (2) Functional success based on patient perspective
  - b) Interaction between clinical and functional success
  - c) Impact on approach to patient care
  - d) Case study: Monet post-cataract surgery perspective
    - (1) Clinical findings: pre & post-surgery
    - (2) Surgeon perspective
    - (3) Monet's perspective

## 5) Conclusions

## 6) References

- Nathan J. The painter and handicapped vision. *Clinical & Experimental Optometry* 2002; 85; 5: 309-314.
- Ravin J. Monet's Cataracts. *Journal of American Medical Association* 1985; 254, 3: 394-399.
- Steele M, O'Leary JP. Monet's Cataract Surgery. *American Surgeon* 2001; 67,2: 196-8.