Injectable medications in eye care

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No financial disclosures

Injectable medications

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Injections by OD's

- Allowed in 36 states
- 22 of those allow for counteraction of anaphylaxis only
- 14 allow for varying degrees of diagnostic and therapeutic use

Types of injections

- Subcutaneous
- Intramuscular
- Intravenous
- Periocular
- Intraocular

- Always ask about allergies!

NBEO

- Injections now a permanent NBEO Part III station
- Sterile technique
- IM
- IV
- Model arm pads only

Sterile draw technique

- Gloves
- Alcohol swab cleaning of vial top
- Always inject an amount of air in to vial first that is equal to amount of desired fluid removal: Vacuum sealed
- After draw, remove any air from syringe before use
Sharps
- All needles disposed of in a sharps container

One hand scoop technique: NBEO
- Needle used only for the drawing up of a fluid to be capped (FL) using the “one hand scoop technique”

Re-capping needles
- Needles that have been used on people are never re-capped before discarding them
- High risk of “stick” with contamination

Syringe basics
- 1ml (TB)
- 3ML
- 5ML
- Larger (less common except for blood draws)

Needles / Syringes

Needle basics
- Bevel
- Gauge: larger number = smaller needle
- 19, 23, 25, 27, 30
- May have second # indicating length: 27 ½ G
Injection sites

Subcutaneous
- Deposits medication below the skin
- Can use any site that is not over a bony structure and is free of large blood vessels and nerves
- Typical sites include the thigh, back of the arm, and abdomen
- CPT code 96372

Subcutaneous sites

Subcutaneous technique
- Clean site
- Pinch skin
- Insert needle at 90 degree angle
- Inject medication
- Release skin

Subcutaneous technique

Subcutaneous
- Medication absorbed more slowly when injected in this manner than with intramuscular or intravenous injections
- Requires small, thin needles which are short
- Used with insulin, anesthetics, PPD testing, copaxone
- Good for small doses of non-irritating solutions. Bad for larger volumes and irritating solutions
Intramuscular

- Deposits medication into muscular tissue free of major vessels and nerves
- Typically given in the deltoid or gluteus muscles (outer buttocks)
- Much more rapid onset of action than SQ route due to the greater blood supply of the tissue
- Good for concentrated or oily substance
- Requires thick, long needles (epipen and obesity?)
- CPT code 96372

Intramuscular technique

- Clean site
- Pull skin taught
- Insert needle at 90 degree angle
- Pull back syringe to assure not in blood vessel
- Inject medication

Intravenous

- Utilized in eye care for IVFA, ICG angiography, and laser assisted macular surgery (visudyne, etc.)
- Very rapid onset of action
- Greater chance of early onset allergic response
- Remember……once a medication is injected by any means it can not be retrieved!

IV injections: tools

- Must first fill 3 or 5 CC syringe with fluorescein using large needle
- Then discard that needle and attach butterfly tubing: the shorter the better!

IV Injections: technique

- Place tourniquet on upper arm (downstream from injection site)
- Locate vein in antecubital space (preferred) or back of hand (if you must)
- With bevel up, inject butterfly needle (23 – 25 gauge) in to vein at an angle of around 30 degrees

IV technique
**IV Injections**

- Draw back on syringe to get blood flow into tubing until full (unless tubing filled with saline)
- Remove tourniquet and inject 3-5 cc of dye depending upon %

**Periocular injections**

- Intralesional
- Subconjunctival
- Subtenons
- Peribulbar/local anesthetic blocks
- Specialty uses - botulinum toxin

**Intralesional injections**

- Utilized in the treatment of chalazia and less frequently pyogenic granulomas. Form of subdermal/SQ injection
- Inject steroids into the lesion to hasten resolution
- Typically will use kenalog 10 or 40 mg/ml (triamcinolone) or dexamethasone 2.0 or 4.0 mg/ml
- Dexamethasone is a clear solution and is more readily absorbed than the kenalog suspension - more later!

**Intralesional injections**

- Contraindications/adverse reactions include allergic responses and skin depigmentation with kenalog (questionable - personal experience)
- Follow up in two weeks… some lesions will require a second injection
- Billable procedure with its own CPT code 11900, 11901 if more than seven!

**Intralesional injection**

- Utilize TB syringe with 27 or 30 gauge needle
- Bevel up
- Inject approximately .2 cc of steroid (usually kenalog) into lesion
- Can do skin side or palpebral side; skin side more comfortable. Can’t really pinch skin
- Lesion may be too hard
Intralesional injection

- Utilized to deliver high dose of long acting steroid or antibiotic to the anterior segment
- Main uses include steroid delivery in cases of recalcitrant inflammation or CME as well as post operative administration of antibiotics and steroids
- Can give antibiotic injection for severe corneal ulcers or in endophthalmitis cases

Subconjunctival injections

- Adverse reactions include allergic response and increased IOP with steroids
- IOP elevation can be difficult to control because med can not be "discontinued" like with topical steroids
- Can occur weeks to months after the injection
- Can occur with long history of not pressure responding to topical steroids
- Dexamethasone or Durezol trial?

Subconjunctival injections

- Perform on bulbar conjunctiva under upper lid (hides any subconj. heme)
- Use jewelers / colibri forceps to tent conjunctiva and create potential space
- Insert small gauge needle bevel up in to space, release conjunctiva, and inject .1-.2 cc
- CPT code 68200

Colibri forceps
Subtenons injections
- Similar to subconjunctival in uses and indications
- Only difference in procedure is that the needle penetrates Tenon’s capsule
- Indications include pars planitis or other forms of intermediate uveitis and CME
- In the majority of cases this technique holds little advantage over a more simple subconjunctival injection
- New glaucoma meds?

Subtenons injection
- Utilizing small needle (27 or 30 gauge), insert needle in to lower fornix where bulbar and palpebral conjunctiva meet
- Move needle laterally and observe globe to ensure no movement
- Inject approximately .2 cc
- CPT code 67515

Intravitreal injections
- Generally not performed by OD’s
- Kenalog, Lucentis, Avastin, Macugen, Eylea, Jetrea
- Many uses

Anesthetic application
- Done to prepare for surgical procedures such as lid lesion removal, chalazion excision, etc.

Peribulbar block

Specialty uses-Botulinum
- Botulinum toxin is derived from the organism that is responsible for botulism
- It is a very powerful neurotoxin and its use results in paralysis of muscles
- It is utilized in the management of blepharospasm and strabismus
- Also used by plastic surgeons and dermatologists to temporarily remove wrinkles
Botulinum

- In blepharospasm cases, it is injected SQ at several locations to paralyze affected muscles and eliminate or decrease the spasm
- Has to be repeated every few months
- Complications include ptosis and exposure problems secondary to incomplete lid closure

Pharmacokinetics

- Absorption dependent upon several factors......
  - 1) route of administration
  - 2) concentration of medication
  - 2) solution / suspension (sol. Is more rapidly absorbed and shorter acting)

Steroids

- One of the most common medications delivered via injection when it comes to eye care
- Uses include chalazia, recalcitrant iritis, CME, pars planitis, and others

Injectable steroids

- Three main injectable steroids
  - 1) Dexamethasone
  - 2) Kenalog (Triamcinolone)
  - 3) Depo-medrol (methylprednisolone)

Dexamethasone

- Dexamethasone 4.0 or 2.0 mg/ml
- Water soluble and very short acting
- Clear solution, not milky suspension like kenalog
- Duration of action is often too short to be utilized effectively with uveitis or long-standing chalazia
Kenalog
- Triamcinolone 10 or 40 mg/ml
- Trivaris (Allergan) 80 mg/ml
- Suspension: slow absorption and moderately long acting
- Great choice for chalazia, sub-conjunctival / sub-tenons treatment of uveitis (usually 40 mg/ml)
- Watch for IOP increase and PSC!

10 mg/ml Kenalog

Depo-medrol
- Depo (long acting) version of methylprednisone
- Very slowly absorbed and very long acting
- Duration of action is often too long to be practical (increased IOP, etc)

Lucentis / Avastin
- Both designed to fight cancer, only Lucentis FDA approved for the eye
- Both work by blocking VEGF and stopping vessel growth
- Avastin very cost effective compared to Lucentis
- AMD, CRVO, DBM other causes of CNV, etc. What about geographic atrophy?
- Also Eylea (VEGF trap)

Intravitreal injections
- Not routinely performed by OD’s right now in any state
- What about nurses? Eye 2014; 28 (6):734-740. Retinal specialists in England trained NP’s to give intravitreal shots. Out of 4000 shots, the only complication was SCH (5.7%)

Contrast dyes
- Fluorescein and Indocyanine Green
- Fluorescein is an inert, vegetable based dye that is yellow-orange in color (10% or 25%)
- Absorbs blue wavelengths and fluoresces at 520-530 nm
- Inject 3cc of 25% or 5cc of 10%
Fluorescein

- Leaks from all vessels except those in the central nervous system (retina)
- 80% binds to plasma proteins leaving only 20% free to fluoresce
- Allergic reactions are rare but can cause hives (.05%) and even death (.00045%). Must have injectable epinephrine on hand

Fluorescein

- Nausea in 15%, vomiting in a small number of those
- Contraindicated in pregnancy or nursing
- Yellowing of skin and urine
- Extravasation of dye causes local pain
- IVFA CPT code of 92235

Fluorescein Dye

Normal IVFA
Diabetic edema

Indocyanine Green

- Water soluble trycarbocyanine dye (5% sodium iodide) that is better suited for choroidal pathology
- 98% binds to plasma proteins
- Contraindicated in pregnancy, lactation and allergy to iodine or shellfish but lower adverse reaction rate than fluorescein dye
### Indocyanine Green

- Iodine free version known as infracyanine 25 can be formulated but is only stable for 12 hours.
- Used for choroidal pathology: does not leak as readily from choroidal vessels and RPE blocks the fluorescence less.
- CPT code 92240.

### Anesthetics

- Utilized to prep for lid lesion removal, etc.
- Injected subcutaneously at site.
- Marcaine and Lidocaine (Xylocaine) available in 1% or 2% solutions with or without 1:100,000 epinephrine.
- Epi decreases bleeding and loss of effect through systemic absorption.

### Botulinum toxin

- Purified neurotoxin complex made from Botulinum toxin type A (Clostridium Botulinum) : Botox.
- Comes in 100 unit vials, powder that is reconstituted with saline.
- Used for blepharospasm, strabismus, cosmesis.
- Side effects include ptosis, exposure.
- Must be used within a few hours.
Others

- Questions?