

INTERDISCIPLINARY MANAGEMENT OF ISCHEMIC OPTIC NEUROPATHY: OPHTHALMOLOGY, INTERNAL MEDICINE, AND NEUROLOGY IN SARDJITO HOSPITAL

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Latar Belakang: Neuropati optik vaskular adalah kerusakan saraf optik akibat gangguan pembuluh darah yang dapat menyebabkan penurunan penglihatan hingga kebutaan. Diagnosis ditentukan melalui evaluasi klinis dan riwayat pasien. Faktor risiko meliputi hipertensi, diabetes melitus, hiperlipidemia, stroke, serta penggunaan obat antihipertensi yang dapat menurunkan tekanan darah berlebihan saat tidur sehingga memicu NAION. Di Indonesia, prevalensi stroke meningkat dari 7 menjadi 10,9 per 1.000 penduduk (Riskesdas 2013–2018). Oleh karena itu, diagnosis dan tata laksana memerlukan pendekatan interdisipliner antara dokter mata, penyakit dalam, dan saraf untuk mencegah komplikasi serta meningkatkan keselamatan pasien melalui komunikasi dan koordinasi yang baik.

Tujuan: Penelitian ini bertujuan menekankan pentingnya kolaborasi interdisipliner antara dokter spesialis mata, neurolog, dan internis dalam memastikan ketepatan diagnosis serta penanganan komprehensif neuropati optik dengan komorbiditas. Penelitian ini membandingkan hasil penglihatan antara pasien yang ditangani oleh satu spesialis dengan mereka yang mendapatkan tata laksana interdisipliner.

Metode: Data diambil dari rekam medis elektronik selama lima tahun terakhir pada Departemen Neuro-Oftalmologi RSUP Dr. Sardjito pada pasien dengan diagnosis neuropati optik vaskular. Data dianalisis menggunakan desain kohort retrospektif.

Hasil: Karakteristik demografis dan tajam penglihatan awal serupa di kedua kelompok sehingga perbandingan klinis valid. Tata laksana interdisipliner menunjukkan perbaikan tajam penglihatan dan temuan funduskopi yang lebih besar secara numerik, meskipun tidak signifikan secara statistik. Secara klinis, perbaikan ini setara dengan hampir dua baris Snellen pada kelompok interdisipliner, yang menunjukkan peningkatan fungsi visual yang bermakna.

Kesimpulan: Kedua kelompok menunjukkan perbaikan tajam penglihatan yang bermakna secara klinis dari awal hingga tindak lanjut. Meskipun perbedaannya tidak signifikan secara statistik, kelompok interdisipliner menunjukkan tren luaran yang lebih baik, setara hampir dua baris Snellen.

Kata kunci: Neuropati Optik, Vaskular, Interdisipliner, Hasil Penglihatan, Komorbiditas

ABSTRACT

Background: Vascular optic neuropathy is damage to the optic nerve caused by vascular problems, leading to vision loss ranging from mild impairment to blindness. Diagnosis and treatment rely on clinical evaluation and patient history. Major risk factors include hypertension, diabetes mellitus, hyperlipidemia, stroke, and excessive nighttime blood pressure reduction from certain antihypertensive drugs, which may trigger non-arteritic anterior ischemic optic neuropathy (NAION). In Indonesia, stroke prevalence increased by 56% from 2013 to 2018. Therefore, interdisciplinary management involving ophthalmologists, internists, and neurologists is essential to improve diagnostic accuracy, prevent further damage, and ensure effective treatment through proper coordination and communication.

Objective: The research aim is to emphasize the critical importance of interdisciplinary collaboration among ophthalmologists specializing in eye diseases, neurologists managing neurological conditions, and internists overseeing complex diseases. This collaborative approach is crucial in ensuring accurate diagnosis and comprehensive management of optic neuropathy with comorbidities. In this study, the analysis will focus on comparing visual outcomes between patients managed by a single specialist and those under interdisciplinary management

Methods: Data extracted from electronic medical records over the past five years from Neuro-Ophthalmology department in dr. Sardjito hospital of patients diagnosed with vascular optic neuropathy. Data will be analyzed through a retrospective cohort analysis.

Results: The demographic characteristics and baseline visual acuity were comparable, allowing valid clinical comparison. The interdisciplinary care showed greater numerical improvement in visual acuity and fundoscopic findings, although the differences were not statistically significant. However clinically speaking, it is equivalent to almost two Snellen lines of improvement in the interdisciplinary group, which reflects a clinically relevant gain in visual function

Conclusion: The patients experienced clinically meaningful visual acuity improvement from baseline to follow-up in both groups. Although the difference between groups was not statistically significant, the interdisciplinary group showed a favorable trend, with outcomes equivalent to nearly two Snellen lines of improvement.

Keywords: Optic Neuropathy, Vascular, Interdisciplinary Management, Visual Outcome, Comorbidity