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TITLE: Neuro-optometric Visual Rehabilitation Therapy (NORT) with Visual Snow Syndrome Patients – Case Study

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ABSTRACT

Visual Snow Syndrome- VSS is a rare neurological condition, with no clear cause, whose main symptoms are visualization of white, black, transparent or colorful dots flashing persistently throughout the visual field. (Brodsky, 2016; Dodick, 2016; Bou Ghannam, 2017).

Objective

To report a case of VSS treated with Neuro-Optometric Visual Rehabilitation Therapy (NORT), from January to April 2023, through visual exercise protocol as an intervention for improving the quality of life of these patients after three months.

Case Report

Patient 1 - 27-year-old male, wears glasses and contact lenses, complains he has been able to see visual snow since he was 7 years old; migraine
Motor dominant eye: O.S, Sensory dominant eye: O.D;
Distance Visual Acuity (DVA) OU with correction: 20/20

Conclusions




After 3 months with visual protocol exercises, patients improved their vision in aspects such as: reading activities and using mobile; in social interactions; to drive and work; in activities that use distance vision; in concentration for studies; and in contrast vision.

Optometrists, ophthalmologists, psychologists and other health care professionals must be aware of the conditions of VSS. For further studies, it is suggested to evaluate the level of stress and anxiety of the patient with VSS and verify the need for psychological support during interventions with visual exercises. There is a lot of ongoing research on this topic and it is still necessary to carry out methodological rigor researches on the pathophysiology of SSV and effective treatments for Visual Snow Syndrome, since Neuro Optometric Visual Rehabilitation Therapy (NORT) brings hope of improvements in the patient's quality of life.



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BIOGRAPHY (upto 300 words)

Daniela Yoshida, 36-year-old, Brazilian, writer, Neuro-optometrist and Visual Therapist, Bachelor in Marketing (USP), graduated Technology in Optics and Optometry - with a grade of 2930 hours and postgraduate in Neuroeducation with over 360 hours of studies from Braz Cubas University.

It has additional courses in: Behavioral Diagnosis and Treatment of Non-Strabismic Binocular Problems (120 hours); Pediatric Optometry, (IESVP); Digital Acupuncture (CEATA); Aromatherapy; Crystal therapy; Chromotherapy; Syntonics Phototherapy (CSO), BRMT INTERNATIONAL (Level 1, 2 and 4), Training and Mental Development; Development and Leadership (INEXH).

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