

Opticians' referral protocol for suspected retinoblastoma

It is essential to ensure **all practice staff**, including receptionists and dispensing opticians, are aware of the most common signs of retinoblastoma (a white or abnormal pupil reflex in a photo or a new onset squint) and the need for urgent assessment by a GP / optometrist.

If a parent attends or contacts the practice with a child and reports noticing a white 'glow' in the pupil of an eye, or a pale pupil reflex in a photo

- Parent to be told that the child **must** be examined urgently by an optometrist, ophthalmologist or GP to rule out a serious eye condition.
- If your practice does not examine babies and small children, ensure the parents understand that urgent arrangements must be made for the child to be examined elsewhere (another optometrist or ophthalmologist who does examine young children, or their GP).

The main signs of retinoblastoma are:

- A white reflex in the pupil ("leukocoria") or an abnormal pupil reflex in flash photographs
- A recent onset squint
- A change in the colour of the iris
- A deterioration in vision

Rarely retinoblastoma may present as a red, sore or swollen eye without other signs of infection such as discharge.

Any of these in isolation can indicate retinoblastoma.

When parental concern is raised, the examining optometrist / GP should assess any available photographic images and use a direct ophthalmoscope / retinoscope to assess the quality of the red reflex.

- It is common to see a white reflex in the adducted eye during a flash photograph taken with the child looking away from the camera, this is not necessarily a sign of retinoblastoma
- A white reflex occurring with the child looking straight at the camera is cause for concern
- If a normal red reflex is elicited from each eye using direct ophthalmoscopy or retinoscopy, no further action is necessary
- If a white or abnormal reflex is elicited, urgent referral (according to local referral protocols) to an ophthalmology department, A&E or GP is recommended - stating absent or abnormal red reflex as appropriate.

If a parent continues to have concerns about their child's eye, the child should be taken back to the GP / optometrist.