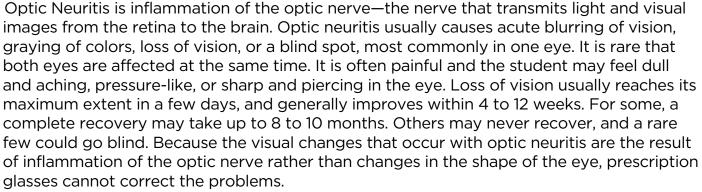
School Services

School Guide for Students with Optic Neuritis

What is Optic Neuritis?



Optic neuritis is not contagious. It is caused by inflammation, and might indicate a future diagnosis of multiple sclerosis.

How can optic neuritis affect School Performance?

All of the following symptoms may not occur in all cases; however, they are the most common problems associated with optic neuritis.

- Pain with eye movement (more than 90% of patients)
- Tender, sore eye
- Mild to severe decrease in central vision
- Dull, dim vision
- Reduced color perception
- Decreased peripheral vision
- Central blind spot
- Headache
- Nausea
- Decreased vision following exercise, hot bath or shower, or extreme heat (This symptom may persist long term following recovery of vision.)
- Flashing lights (even with eyelid closed)



How can schools assist students with optic neuritis?

Each of the following should be individualized to meet the student's needs.

Academic:

- Start academic interventions right away for Section 504 or IDEA for Other Health Impairment
- Assess for assistive technology as soon as possible
- May need visual assessment for visual devices
- Provide a hard copy (enlarged) of notes prior to class or record class lecture
- Have reading assignments on tape or enlarge written material
- Have student wear an eye patch when reading or on the computer to relieve symptoms

Social/ Emotional

- Provide information on optic neuritis to any staff involved with the student
- Provide counseling to address any social and emotional stress
- Select a support person to address any concerns that may arise
- Frequent communication among student, parents, school nurse and medical team

Physical

- Incorporate rest period in student's schedule the first 4 weeks of illness
- Student may be involved in school activities, but with possible limitations (i.e. preferential seating, low stadium seating)
- Preferential seating
- Consider student's needs when giving tests and projects
- When necessary, avoid activities that elevate body temperature
- Avoid extreme heat
- Permanent nurse pass

Resources

www.mayoclinic.com/health/opticnueritis/DS00882 www.myelitis.org/ optic_neuritis.htm www.mult-sclerosis.org/opticneuritis.html

School Services Department

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