

**TREATMENT BURDEN FOR PATIENTS WITH NEOVASCULAR AGE-RELATED  
MACULAR DEGENERATION IN NORWAY**

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**PURPOSE:** Patients with neovascular age-related macular degeneration (nAMD) are treated with frequent intravitreal injections to maintain vision. The treatment frequency impacts the life of patients and caregivers, and poses a major capacity challenge for Norwegian ophthalmology clinics. The purpose of this study was to understand how the disease and the treatment impacts Norwegian nAMD patients and caregivers.

**METHODS:** A digital survey was shared with nAMD patients. The survey included questions about time spent on each treatment appointment, the need for caregiver support, treatment intervals, and the emotional impact of the treatment.

**RESULTS:** In total, 130 patients responded to the survey. The majority of patients received nine or more injections per year (48,8%). Many patients needed caregiver support for every treatment appointment (37,7%) and experienced the treatment as uncomfortable (54,6%). Interestingly, the results suggested a variation in treatment frequency and time spent on each treatment between Norwegian hospital regions.

**CONCLUSIONS:** This survey uncovers how treatment with intravitreal injections represents a substantial burden for Norwegian patients with nAMD. More research on how the treatment burden impacts nAMD patients, may lead to more patient-centered care and help guide treatment decisions. New treatments with longer intervals between injections are likely to reduce the treatment burden and improve capacity at ophthalmology clinic

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