

18th International Conference of the
Research Institute of Ophthalmology

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ROYAL MAXIM PALACE KEMPINSKI, CAIRO

Management of nystagmus in children

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Management - of nystagmus in children

1

Diagnosis



2

Reviews



3

Treatments



Improve the lives of children with nystagmus

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Why is PROPER diagnosis important?



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What do we need to know for diagnosis?

- Is it nystagmus?
- Previous medical history?
- Other neurology?
- Squint?
- Milestones?
- Medications?
- When did it start?
- Is it constant?
- Bilateral and symmetrical?
- Head movement?
- Periodicity?
- Family history?
- MLN features?
- Intensity?
- Foveal morphology?
- Vision?
- Photophobia?
- Refraction?
- Direction of fast phase?
- Convergence dampening?
- Oscillopsia?
- ERG and VEP?



RED and GREEN flag signs

RED flag	GREEN flag
Acute onset after 6 months of age	
	Minimal or no oscillopsia
Non-horizontal nystagmus	
Difference in nystagmus intensity between the two eyes	
	Beats in the direction of gaze horizontally
	Only seen in extreme gaze positions
	Other ocular findings including congenital cataract, strabismus etc.
No slow component to eye movements and therefore not	

Nystagmus Examination Template

Review history/notes

Gross phenotype

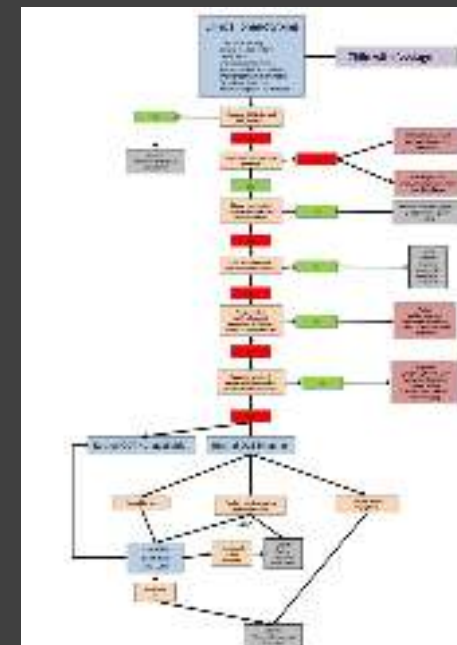
Clinical Features

Date:

Age at onset	
Sex	
Family history	
Associated features	
Visual acuity	
Strabismic	
Concomitant	
Compensatory	
Frequency	
Amplitude	
Direction	
Latency	
Reversal	
Suppression	

NUKE

NYSTAGMUS UK EYE RESEARCH GROUP



Concise Practice Points

Managing Nystagmus in Childhood

Published: 2019
Updated: 2019



Introduction

This document provides a concise overview of the clinical features and management of nystagmus in childhood. It is intended for use by clinicians and researchers in the field of nystagmus. The document is based on the latest evidence and clinical practice. It is a living document and will be updated as new evidence emerges.

The document is divided into two main sections: Clinical Features and Management. The Clinical Features section provides a detailed overview of the clinical features of nystagmus in childhood. The Management section provides a detailed overview of the management of nystagmus in childhood.

The document is a living document and will be updated as new evidence emerges. It is a collaborative effort and we welcome feedback from clinicians and researchers in the field of nystagmus.



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Reviews

- Typically, until 8yr old
- BUT....diagnosis is **KEY**



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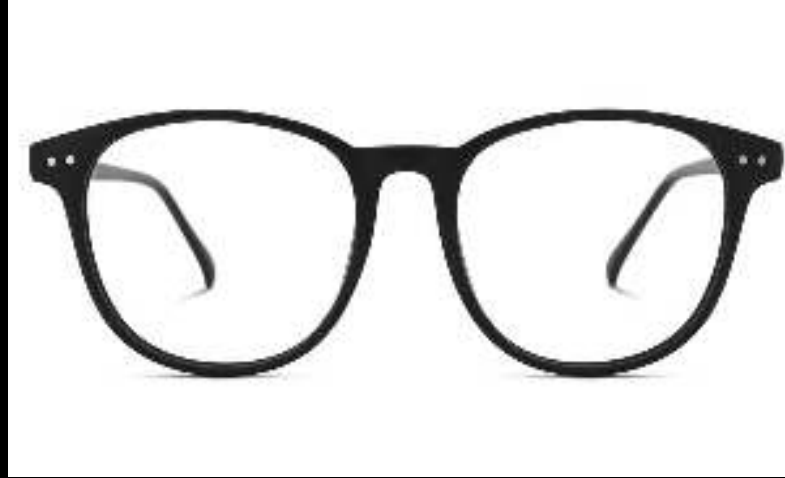
Treatments



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Treatments



Sex: ☐ Female ☐ Male ☐ Unspecified
NHS Number:

To be completed by the Ophthalmologist

(Tick the box that applies)
I consider that: ☐ This person is sight impaired (partially sighted)
☐ This person is severely sight impaired (blind)

I have made the patient aware of the information booklet, "Sight Loss: What we need to know"
(www.mh.org.uk/sightlossinfo)
☐ Yes ☐ No

Has the patient seen an Eye Clinic Liaison Officer (ECLLO/Sight Loss Advisor)?
☐ Yes ☐ Referred ☐ Not available

Signed: Date of examination:
Name:
Hospital address:

NB: The date of examination is taken as the date from which any concessions are calculated



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Top Tips

Management - of nystagmus in children



1. There are no hard rules on aetiology
2. All kids are idiopathic until you ask them the right questions and examine them properly
3. Basic questioning and examination is key
4. MRI scans are needed less than we think
5. Don't forget the basics – (refraction, amblyopia etc.)
6. Use the document, it helps!

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