



# A Vision for Vision after Stroke

## Jeremy Johnston: My Vision Loss After Stroke



# Conflicts of interest

None



# Who am I and why am I here?



## What I will cover

- My stroke and its physical and emotional effects
- Care and recovery and the return to woodworking
- The return to skiing and driving journey



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# My stroke and its physical effects

- 31 March 2017, aged 54
- 1am - 6am severe headache
- 9am attended A&E
- CT scan, bloods and physical exam
- Right occipital CVA diagnosed
- Left peripheral vision loss
- Too late for clot retrieval



# My stroke and emotional effects

tears

challenge

worry

determination

shock

fear

disbelief

anxiety

trauma

devastation

guilt

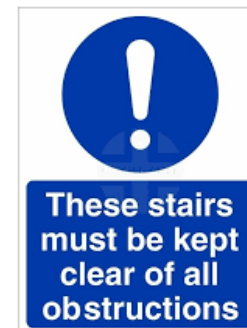
bereavement

loss

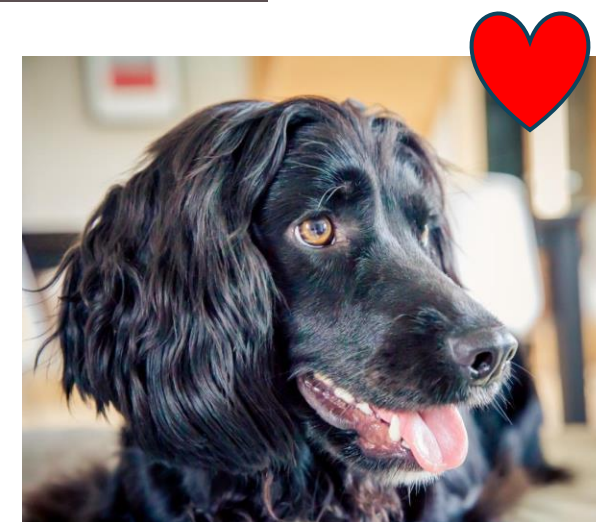


## Care and Recovery

- Community Stroke Team – OTs and visual scanning
- Adjusting to home
- Clinical psychology – CBT
- Reading, Apps, Woodworking
- Outside the home



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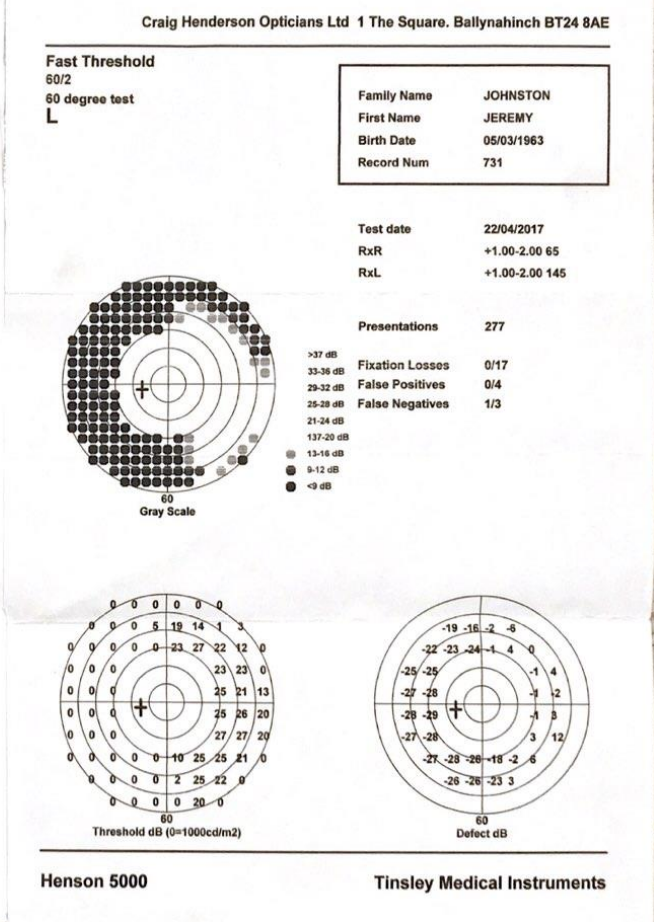
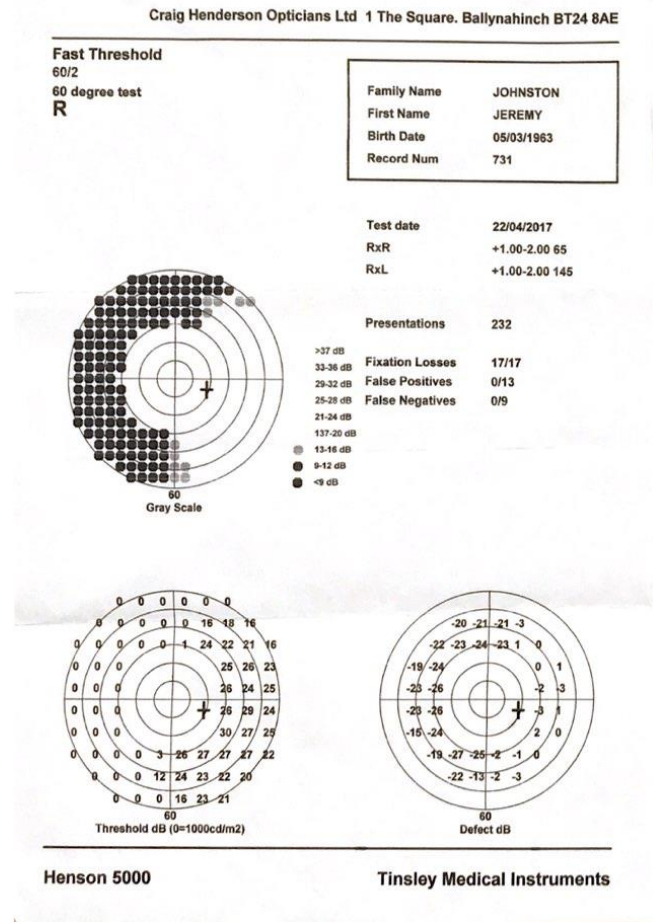


Poppy, my therapy dog!

# Care and Recovery

• Optometrist visit:  
Field of Vision  
Test

Driving ?







Michael Lynagh ✓



# Care and Recovery



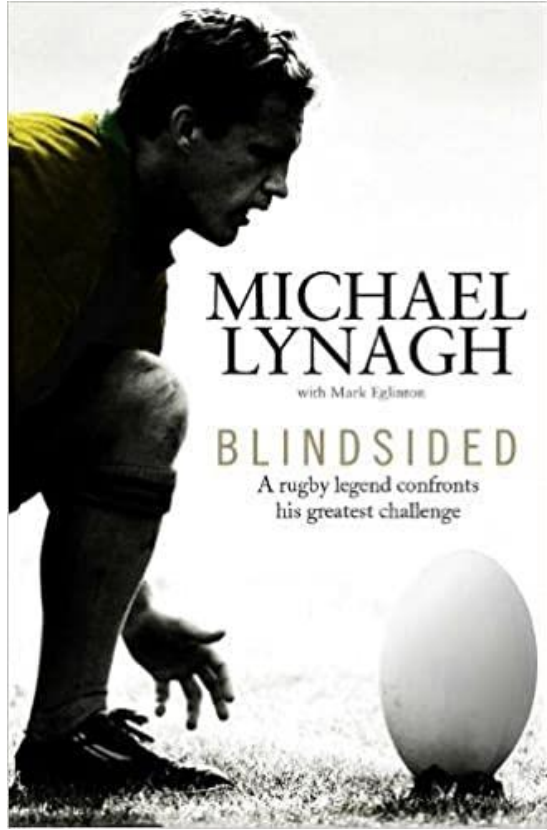
25 April 2017

Hi Michael. Jeremy Johnston here. I'm looking forward to an inspirational read having just suffered something similar to yourself just 3 1/2 weeks ago. The reviews are great and thankfully I can still read reasonably well. Thank you.

09:30 ✓

Jeremy. Thank you for your note. I hope you enjoy my story and in some small way it gives you strength and some comfort. Good luck to you and stay strong.

17:10



# Care and Recovery



**Dr Claire Howard** @ChowardClaire · 29 Nov 2017

Wow, highly emotional patient perspective from @LynaghMichael - fantastic to hear how you have overcome visual loss and returned to driving #UKSF2017 @FollowBIOS



29 November 2017 UK SF2017



← **Dr Claire Howard** 1,273 Tweets Following

↳ **Dr Claire Howard Retweeted**

**The Bats Man** @the\_bats\_man · 29 Nov 2017  
#uksf2017 I would love to hear about the work of @ChowardClaire having suffered haemianopia recently.

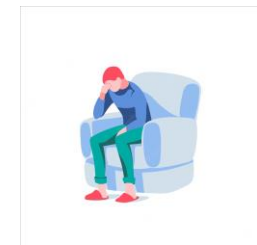
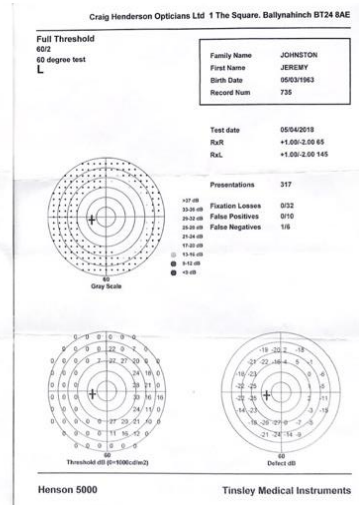
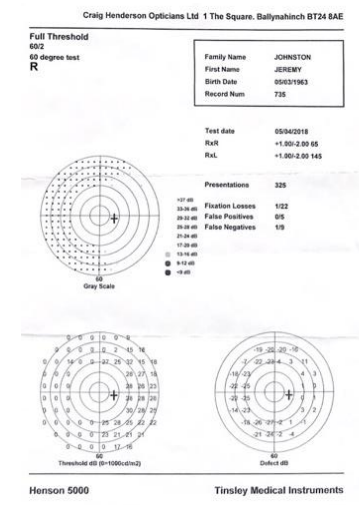
↳ **Dr Claire Howard Retweeted**

**The Bats Man** @the\_bats\_man · 29 Nov 2017  
Replying to @ChowardClaire  
Good on you! I would love to learn more on the outcome of your research and become involved if possible.

Post-stroke Epilepsy

No change in Field of Vision Test

Charles Bonnet Syndrome



Able to drive? **X** **X** **X**

# The Return to Driving Journey

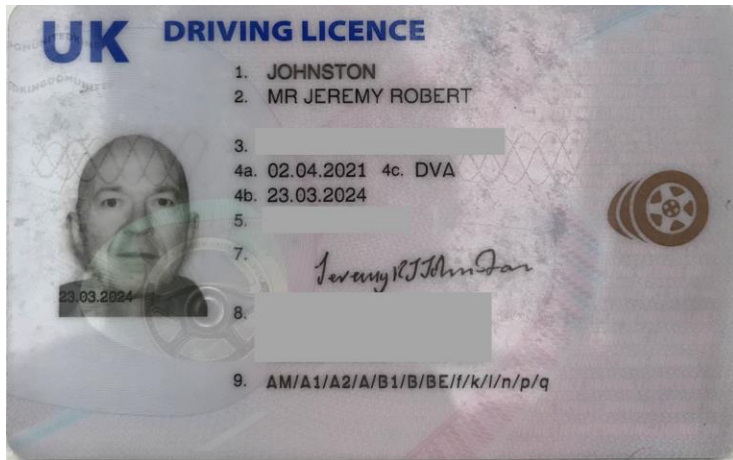


A return to skiing first!

Successful trips in  
2019 and 2020  
Chance meeting on  
the slopes with UK  
Stroke Doctor



# Driving Now



**Stroke Association**  
14 Sep 2023 · 🌐

Jeremy had a stroke in the middle of the night that permanently affecte... See more



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