

Nurse Session: How to...

Test Visual Acuity

Put in eye drops

Pad an eye

Washout an eye following chemical injury

Testing VA

- Chart factors:
 - Well illuminated chart
 - Correct test distance
- Patient factors:
 - Have their distance correction on
 - (driving glasses)
 - Make sure they don't have their readers on
 - Ensure truly monocular test
- Recording the result
 - 6/6 vs 6/60?
 - Numerator = test distance
 - Denominator = lowest line on chart read



6/60

6/48

6/6

6/5

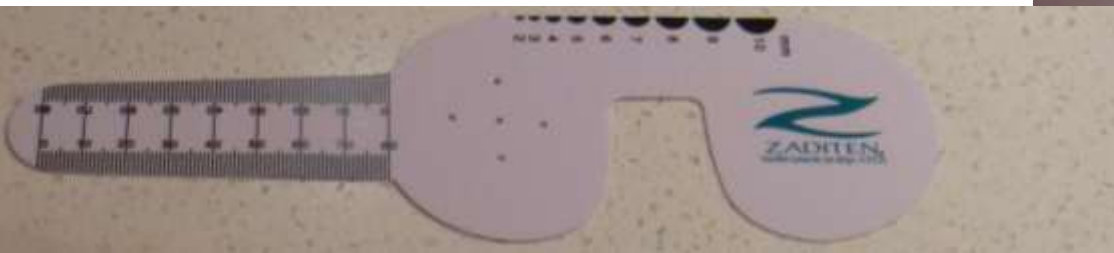
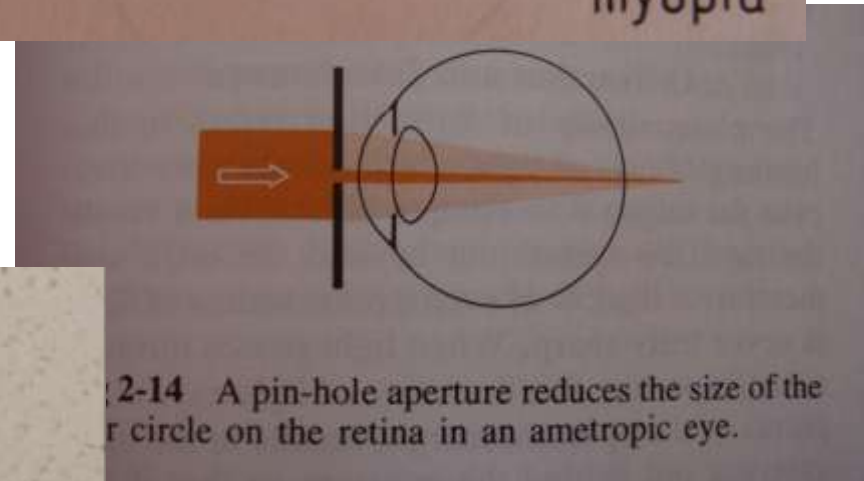
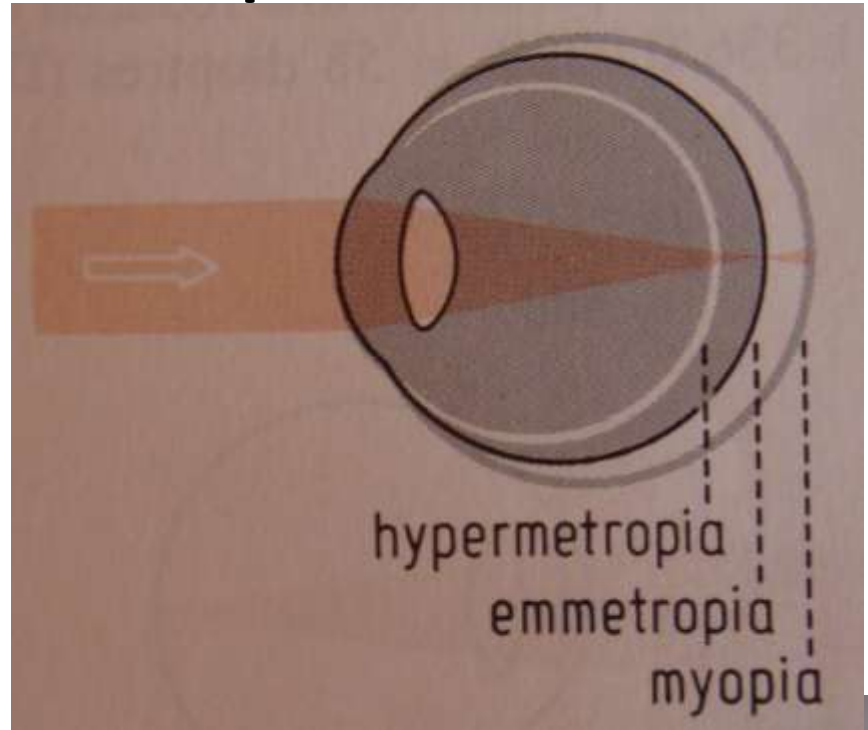
VA: *“I can’t read the top line”*

1. Shorten the viewing distance
 - 3/60
 - 2/60
 - 1/60
2. Can you see my hand moving?
 - 6/Hand movements
 - 3/HM
3. Can you see the light I’m shining?
 - PL (perception of light)
 - NPL (no perception of light)



The secret of the pinhole

- Triages refractive error from other eye pathology
- Refractive error – refer optometry
- “squinting” uses the pinhole effect





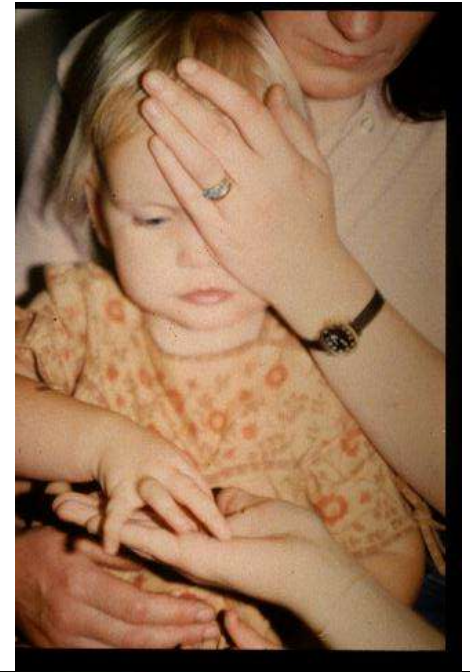
Conspiracy theories and the pinhole

- **Most people know little or nothing about pinhole glasses.**
- **The reason for this is that the eye doctors and the optical industry make a determined effort to keep them out of the hands of the public. They have even pressured the US government to conduct armed raids on pinhole suppliers and destroy their inventory.**
- **They see inexpensive pinholes as a threat to the lucrative business of selling overpriced prescription glasses and sunglasses.**



Testing acuity in children can be difficult

- <2 years
 - ability to fix and follow
 - objection to occlusion
 - pick up a small object
- 3-5 years
 - letter matching tests
 - Picture optotypes





Eye Pad

- 1 Paraffin Gauze
- 2 Gauze pad (1 or 2 depending on brow)
- 3 Tape firmly

Don't pad an eye following a penetrating injury!!







Putting in eye drops

- 1 Administered by someone else
- 2 Self administered
 - mirror
 - Supine

It is normal for eye drops to sting transiently

- *Generally considered due to preservative.*

If more than one drop separate by 5 minutes

Punctal occlusion optional

- *Increase retention through ocular surface*

- *Decrease systemic absorption*

Chemical Burns to the eye

...are an ocular emergency

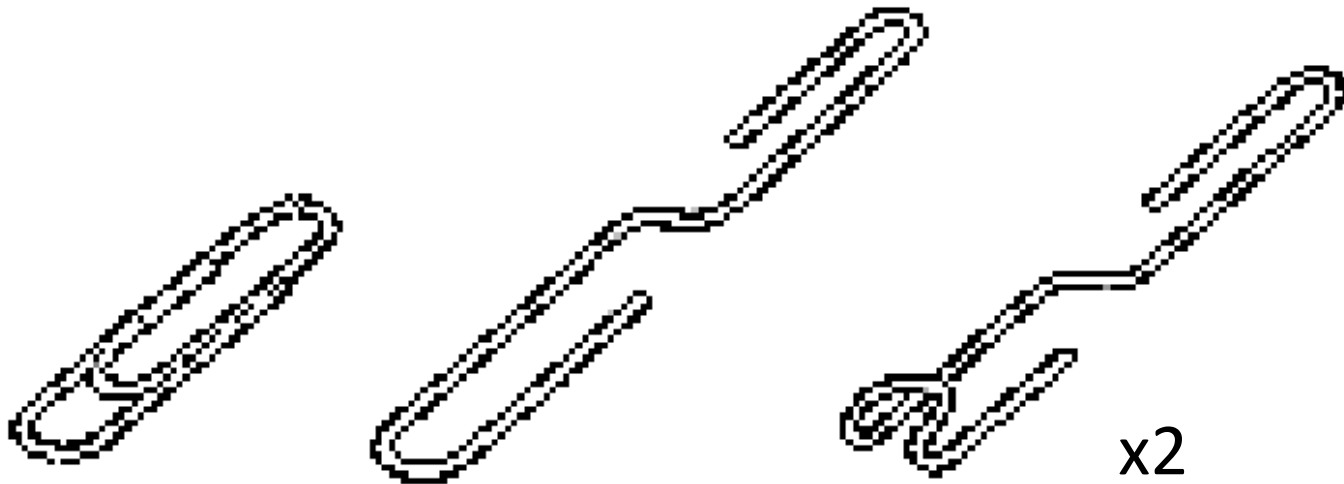
- Immediate treatment
- Don't worry about testing VA
- Use any fluid available
 - Normal saline through a giving set
 - Non-sterile water
 - Milk
- Don't use acidic solutions to neutralize alkali burns (and vice versa)

How to...

- Topical anaesthetic to ease pain
 - Use lignocaine dropped on the eye if no specific topical ocular anaesthetic
 - Avoid lignocaine with adrenaline
- Speculum
- Copious quantities (at least 15 minutes)
- Irrigate into the fornices
- Remove any particles eg lumps of plaster

Do it yourself speculum

- Paper clips
- Small tipped pliers or needle holders



speculum

