



Can you give me something for my red eye?

Save
Your
Sight



Get
Tested

Vision 2020 Australia

www.vision2020australia.org.au

Continuing professional education
for Pharmaceutical Society of Australia

2006

Objectives

To understand:

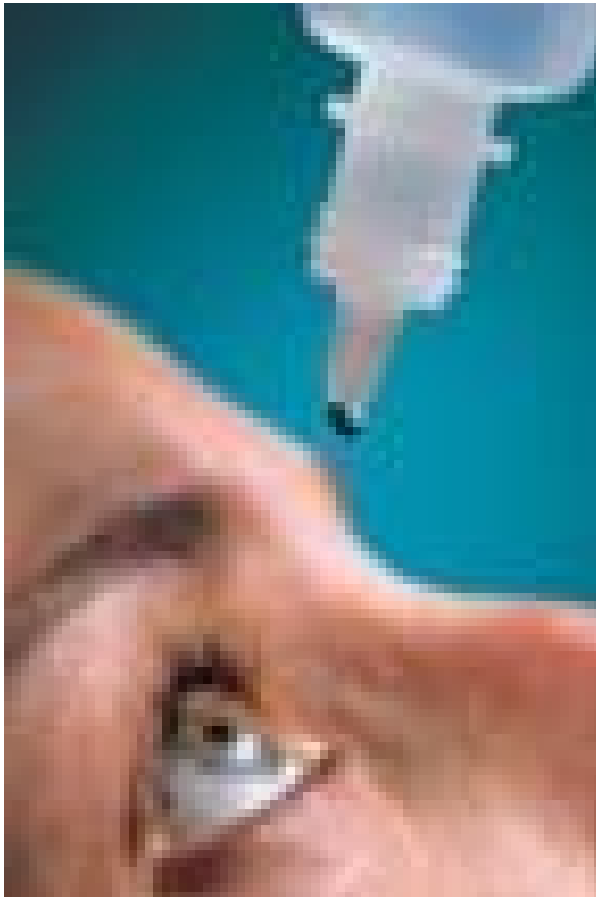
- the current role of eye health care providers
- how to refer to your local optometrist
- how to diagnose and manage the most common and/or serious red eye cases which may present to a pharmacist
- Vision 2020 Australia, The Vision Initiative and 'Save Your Sight' campaign

Optometrists



- Primary eye care
- 5 year University course
- Medicare rebate on all consultations
- Easy to “get patients into”
- Will fast-track referrals to ophthalmologists if necessary

Optometry and therapeutics



- 800 optometrists in Victoria
- >200 now have therapeutic endorsement
- Legislation for last 6 years
- S4 topicals – PBS soon
- Red eye, glaucoma, surgical co-management

Ophthalmologists



- Specialist doctors who concentrate on treating eye disease with drugs and surgery.
- Ophthalmologists perform major eye surgery and treat serious eye disease.

Low Vision Service Providers

- Low Vision and Some Optometrists organisations can provide low vision services
- These services helps people to adjust to vision impairment by learning new ways to carry out daily tasks
- These services also teaches people to make the most of their remaining vision

Other helpful contacts

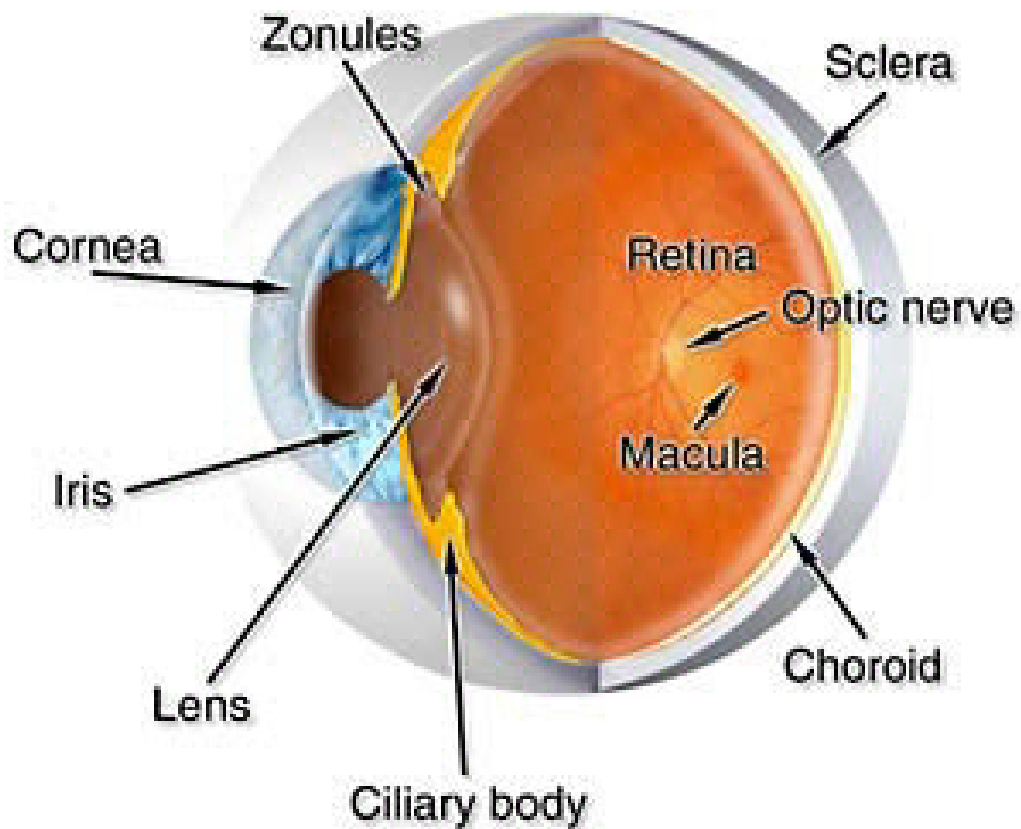
- The Vision 2020 Australia website
www.vision2020australia.org.au
- “Show Bags” are available with details of organisations that provide a variety of eye health services. Please take the time to look through these bags.
- General Practitioners are also a useful resource

Red eye – general principles

1. Beware the unilateral red eye
2. Pain and photophobia is serious
3. Reduced vision is serious
4. Acute onset of symptoms is usually serious
5. History of trauma or foreign body is serious
6. More errors in medicine are made by not listening than by not knowing

Normal eye anatomy

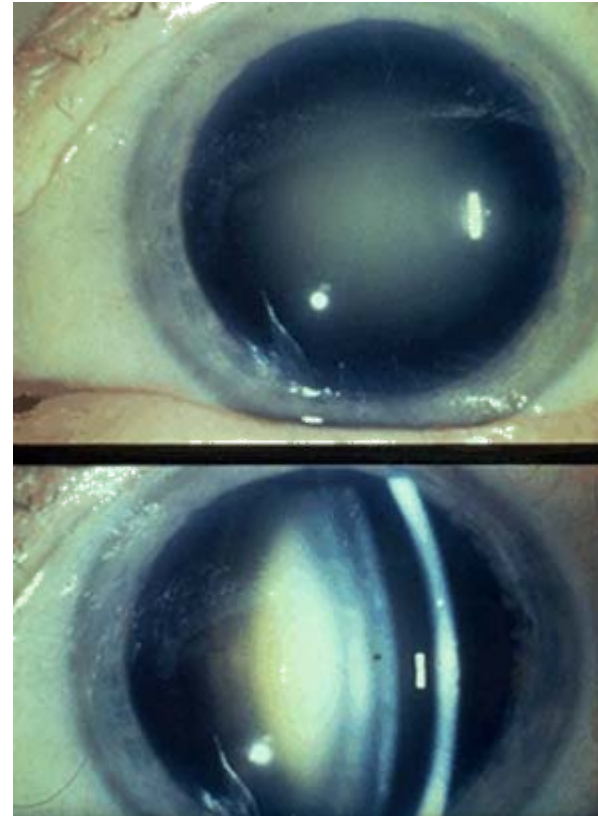
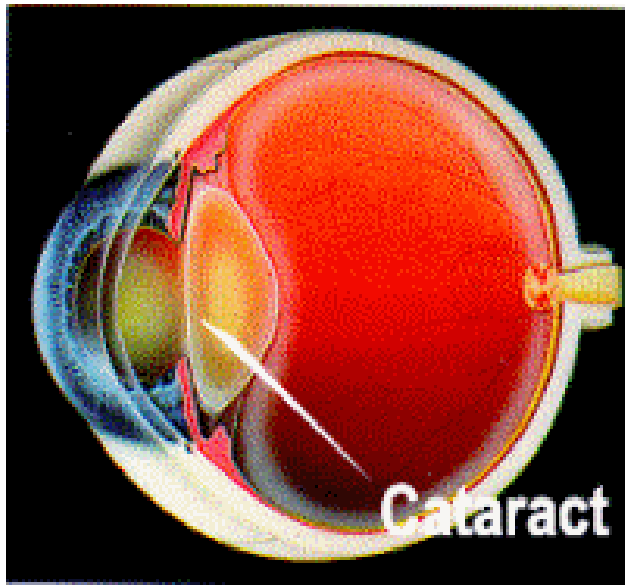
Normal Eye Anatomy



What is a slit lamp?

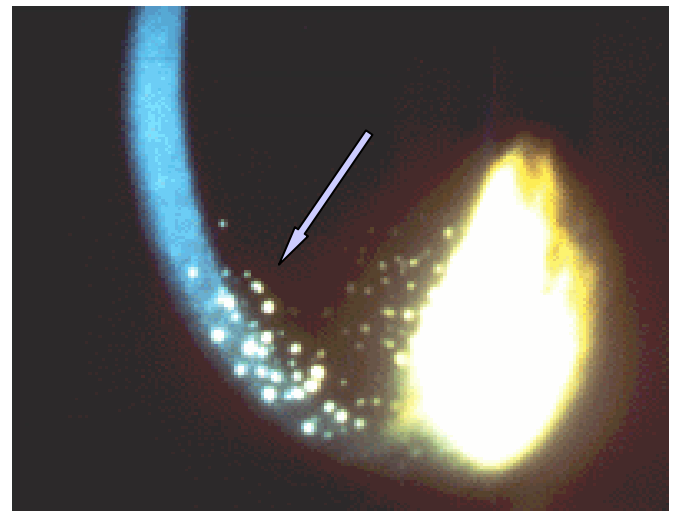
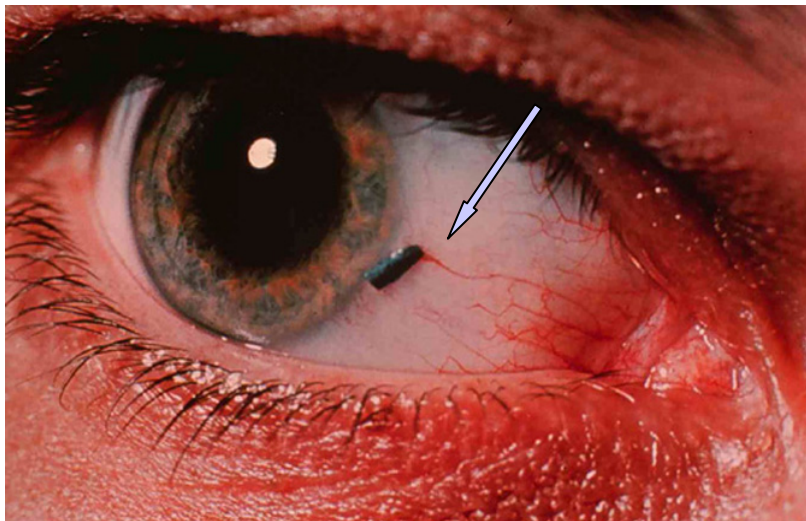
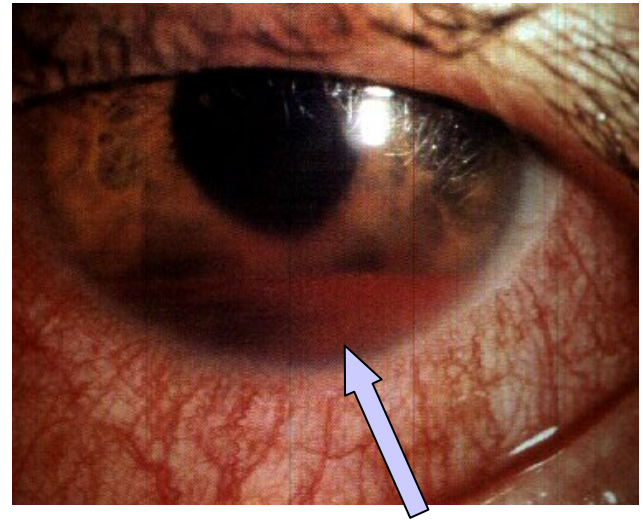
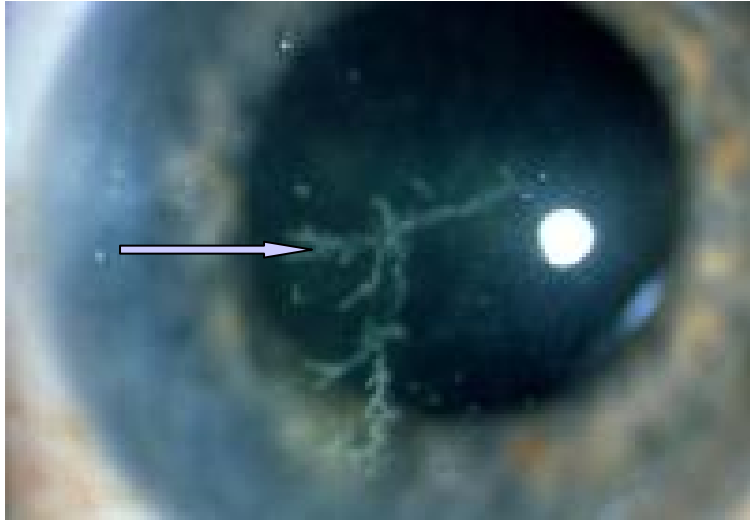


What we can diagnose with the slit lamp

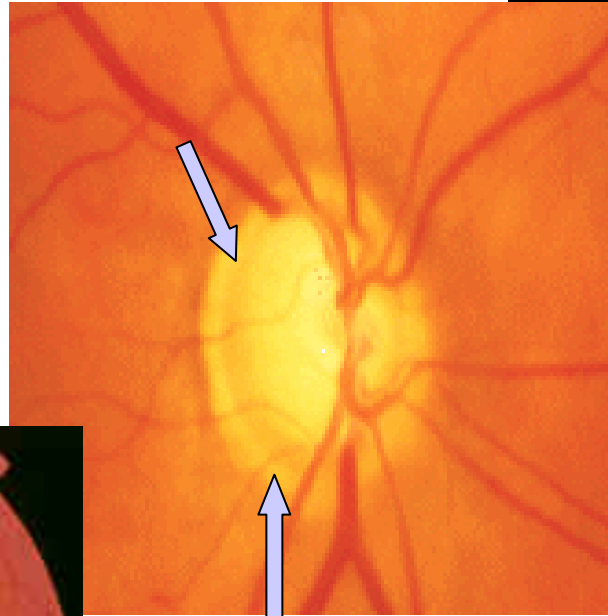


A slit of light allows structures of the eye to be seen in cross-section

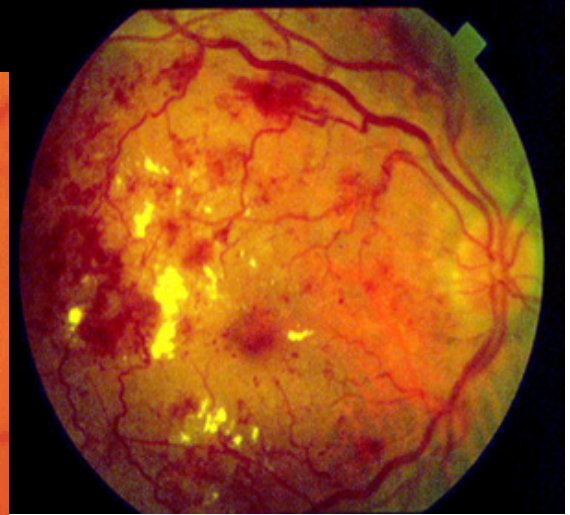
What we can diagnose with the slit lamp



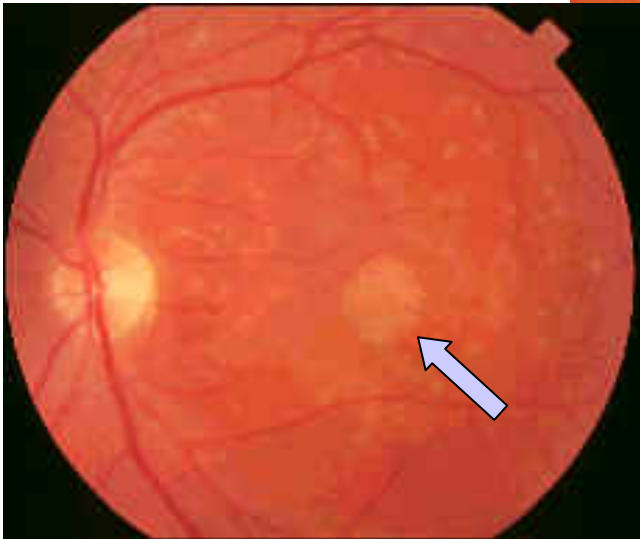
What we can diagnose with the slit lamp



Glaucoma

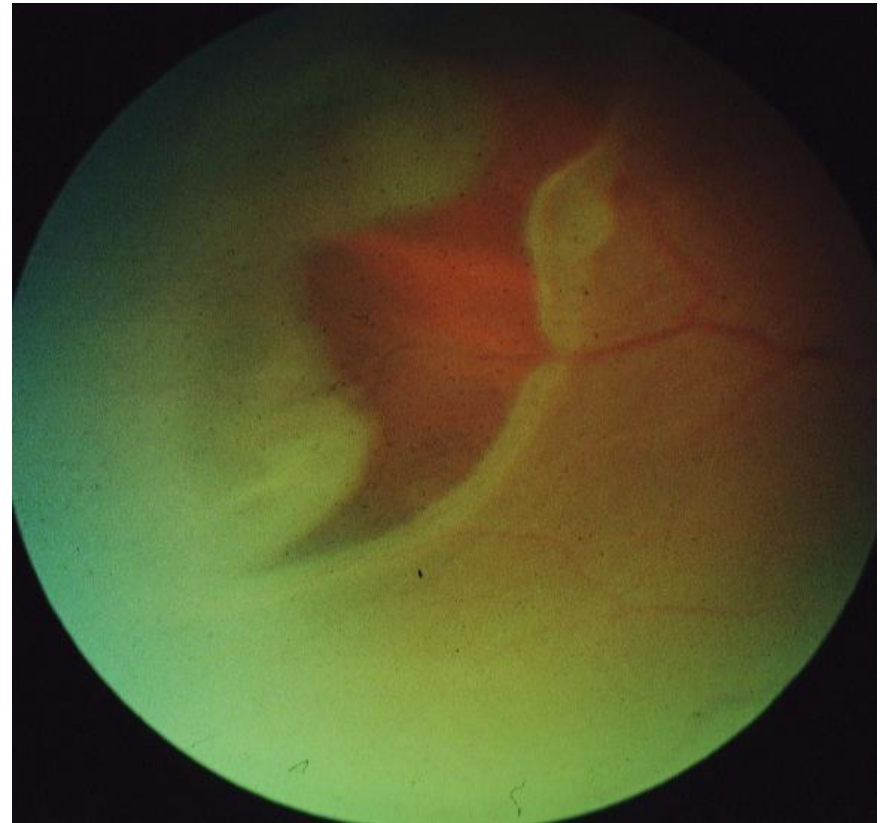
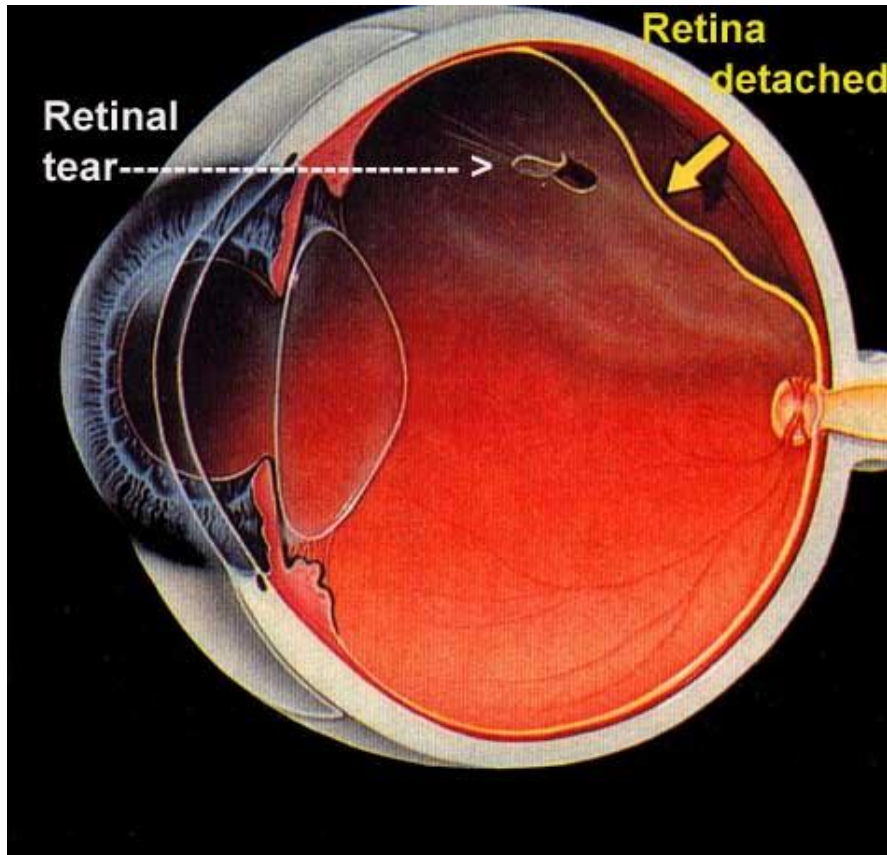


Diabetic retinopathy



Age Related Macular Degeneration

What we can diagnose with the slit lamp



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**Most red eyes can be
diagnosed from a careful
history alone!**

- **Feel**
- Duration (acute/chronic
- what happened)
- Red
- Bilateral/unilateral
- Discharge
- FB/contact lenses
- Vision

FEEL

Pain = serious*

Dry/gritty = dry eye

Burn = dry eye, viral

Itch = allergy

Prickle = herpes*

Glare (recent)

= corneal*, uveitis*

Unilateral = *

- Feel
- **Duration**
(acute/chronic - what happened)
- Red
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DURATION

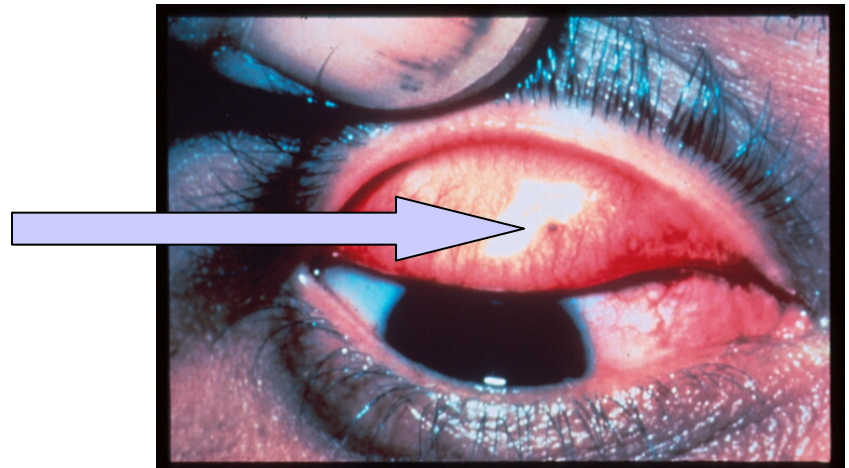
(acute/chronic – what happened)

•Recent = (+/_)serious

e.g.

Foreign body (FB) or infection
vs dry eye

FB

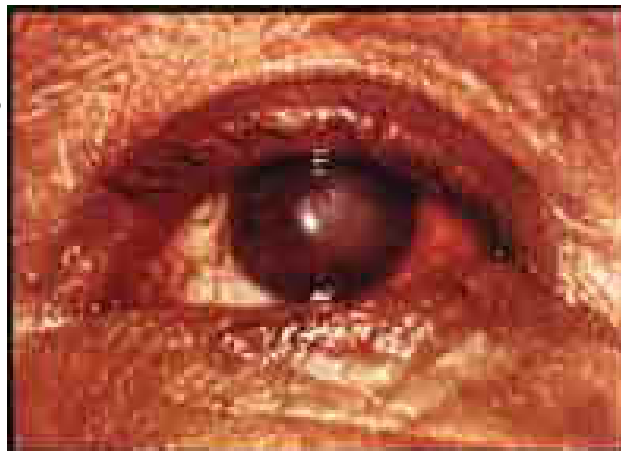


- Feel
- Duration (acute/chronic - what happened)
- **Red**
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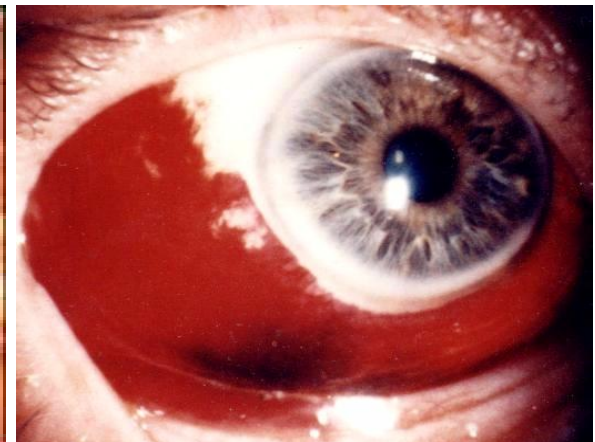
RED = (+/_) serious
Not reliable indicator

1. white may not be OK (alkali burn)
2. red may not be bad (subconjunctival haemorrhage)

1.

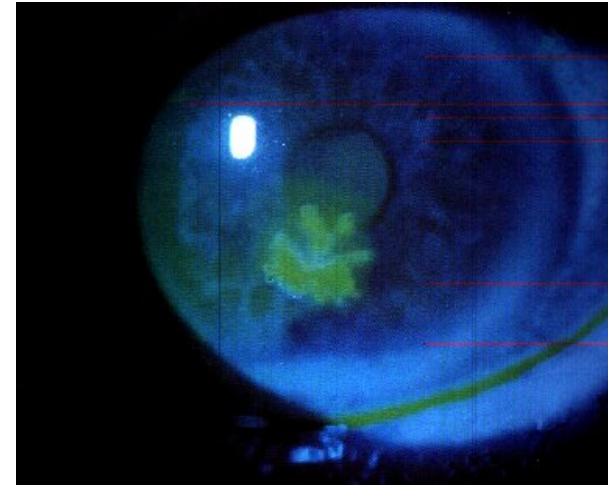


2.



- Feel
- Duration (acute/chronic - what happened)
- Red
- **Bilateral/
unilateral**
- Discharge
- FB/contact lenses
- Vision

**In general:
Bilateral = less serious
(e.g. blepharitis)
Unilateral = serious (e.g.
Herpes Simplex Virus)**



- Feel
- Duration (acute/chronic - what happened)
- Red
- Bilateral/unilateral

DISCHARGE

In general:

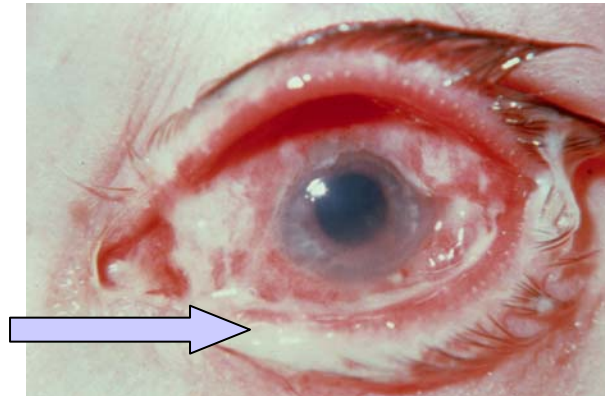
Watery =
viral/allergy/corneal

Muco-purulent = bacterial

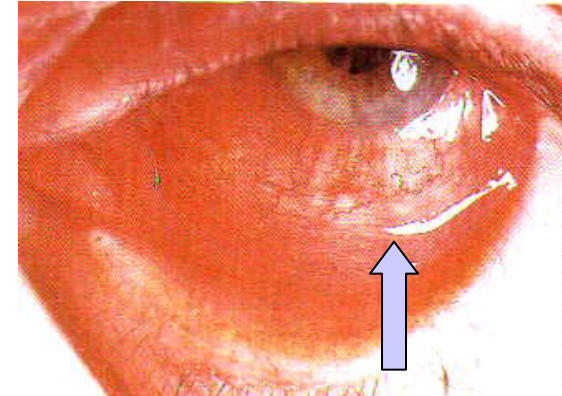
■ Discharge

- FB/contacts
- Vision

Gonococcal conjunctivitis



Viral conjunctivitis



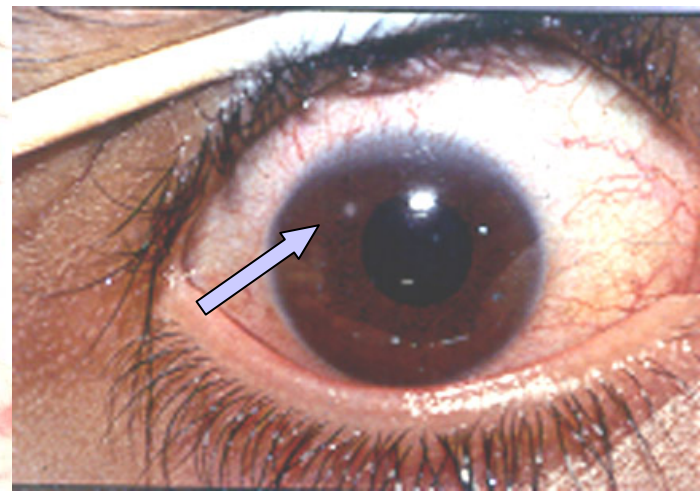
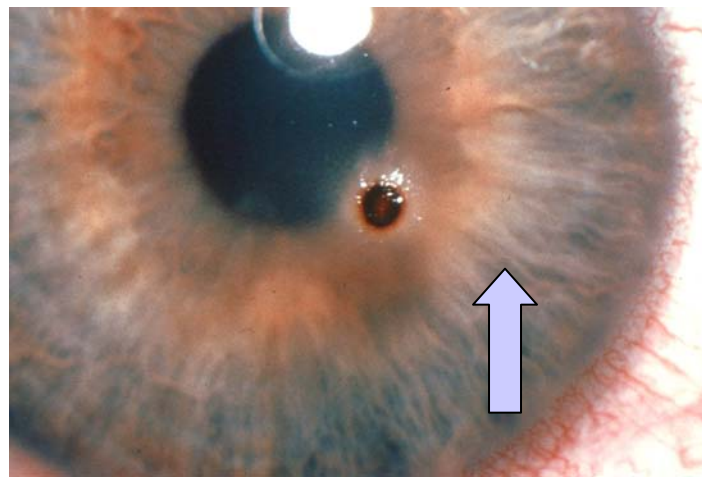
- Feel
- Duration (acute/chronic
- what happened)
- Red
- Bilateral/unilateral
- Discharge

■ Foreign Body/contact lenses

- Vision

Foreign body (FB)/Contact lenses (CL)

FB- urgent referral
CL- eyes should
Look, See & Feel OK...
consider referral if not



- Feel
- Duration (acute/chronic - what happened)
- Red
- Bilateral/unilateral
- Discharge
- FB/contacts
- **Vision**

VISION

Always ask about vision..

How...Quality

- Transient vs Sustained loss
- Right compared to Left



Red eye – general principles

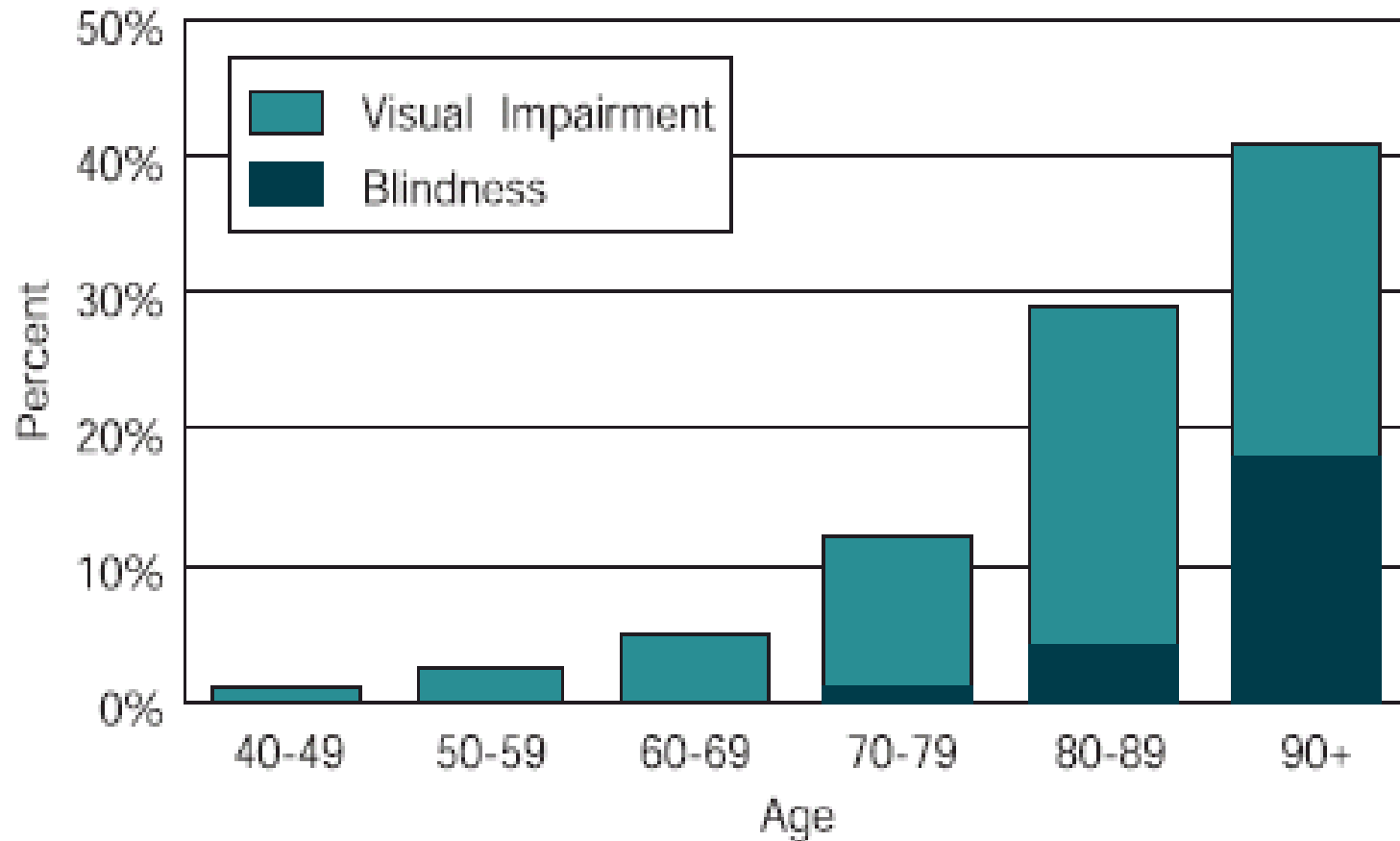
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The Vision Initiative



- A collaborative program carried out by Vision 2020 Australia and its partners, of which the Optometrist Association of Australia is a partner.
- The goal is to improve quality of life and health outcomes by reducing the impact of vision impairment in the community.
- Funded by the Victorian Government, DHS.
- Save your Sight is the name of The Vision Initiative public awareness campaign. Many pharmacists helped make this campaign a success in 2005 - Thank you.

Vision impairment and blindness, Australia 2004



Ref. CERA, 2004: 10

75% vision impairment and blindness caused by five conditions

- Age-related Macular Degeneration (AMD)
- Cataract
- Diabetic eye disease
- Glaucoma
- Under-corrected and uncorrected refractive error

Pharmacy: role in eye care

- Most utilised health provider in the community.
- Well respected, knowledgeable
- Patients often seek advice.
- Pharmacy seeks to provide whole-patient services.

Pharmacy: role in eye care

Pharmacists can help by talking to patients about:

- Regular eye tests for all people
- The importance of eye test for people with diabetes, family histories, eye conditions.
- Triggers for asking about tests may include medications, ready-made spectacles, can't read the label, and 'Can you give me something for my red eye?'