

SCHEME

- ▶ **OPEN QUESTION:** Could You Tell Me More About That ?
- ▶ **FREQUENCY, TIME & TRIGGERS (FTT) + ANALYSIS OF THE MAIN COMPLAINT: SOCRATES**
- ▶ 1) **FREQUENCY:** Is It The First Time For This To Happen ? 2) **TIME:** When Did It First Started ? Or For How Long This Have Been Going On ? 3) **TRIGGERS:** Can You Think Of Anything That Might Have Triggered It ?
- ▶ **SOCRATES / HOLLARIA – In One Or Both Eyes ?**
- ▶ **RED FLAGS:**
- ▶ 1) Any Eye Pain / Visual Problems ? 2) Any Fever ? 3) Any Headache ? 4) Any Vomiting Especially In The Early Morning ?
- ▶ 5) Any Weakness Or Numbness In Any Part Of The Body ? 6) Any Joint Pain ?
- ▶ **SPECIFIC QUESTIONS (DDs)**
- ▶ **MMA:** Regarding your General Health, Any medical conditions ? Any medications ? Any Allergies ?
- ▶ **IMPACT & SUPPORT:** I can see that 2 weeks of eye pain/Visual Disturbances is quite a long period, so how did you cope with that ? How did it affect your life and mood? Job: What Do you do for a living ? Do you have anyone around to support you?
- ▶ **LIFESTYLE HABITS:** Going to your Lifestyle habits, Do you smoke, Do you drink ?
- ▶ **DRIVING:** Do you drive? So how did you come here today ?
- ▶ **IDEA & CONCERN:** Do you have any idea what might be going on ? Do you have any concerns at all ?

Chronic Visual Loss (Usually Weeks to Months)

A) MAM: PMR + Steroids:

1. Cataract (**Examination - Manikin**) (**Routine Referral** Except If In Both Eyes And Affecting Daily Activity – **Urgent Referral**)

Key Points: Frequent Change Of Glasses / Contact Lenses – Cloudiness Infront Of Your Eyes - Difficulty To See At Night

Management: Routine Referral – One Day Surgery – Remove Old One And Put New One – 3 Months In Between
Every Eye Operation – Complications – S.N Avoid Driving If In Both Eyes

2. Ocular Toxoplasmosis (**Examination - Manikin**) (**Immediate Referral** To Eye Specialist & **Urgent Referral** To Infectious Disease Specialist)

Key Points: Been In Contact With Cats Recently - Immunocompromised

Management: Immediate Referral To Eye Specialist & Urgent Referral To Infectious Disease Specialist – Blood Tests – Different Antibiotics (Pyrimethamine, Sulfadiazine & Folinic Acid) 6 Weeks – MRI – Advices: Avoid Undercooked Meat – Wash Hands Before And After Dealing With Cats - Avoid Cat Faeces Or Use Gloves - S.N Avoid Driving

B) Others:

1. Chronic Glaucoma (**Routine Referral**)

Key Points: Symptoms as Acute Glaucoma but Without Pain – Referred From Optician for High Pressure in The Eyes.

Management: Routine Referral – Eye Drops - Tablets - Laser treatment – Open Surgery – Avoid Driving – Dimmed Light – Sunglasses -

S.N: Pain And Loss Of Vision.

Chronic Visual Loss (Usually Weeks to Months)

6. Idiopathic Increased Intracranial Hypertension (Examination – Manifest Papilledema) (Immediate Referral)

Key Points: Headache (Improves On Standing And Worsens In The Early Morning & with cough & straining) + Vomiting In The Early Morning (Obese Female)

Management: Immediate Referral to Neuro & ophthalmology – Pain Killer – MRI – Needle To The Back Check The Pressure Inside The Head – Injections (Acetaminophen) – Surgery – Reduce Weight – Avoid Driving - S.N Any Weakness Or Numbness In Any Part Of The Body

7. Pituitary Adenoma (Urgent Referral Within 2 Weeks)

Key Points: Two Incidents Of Scratching The Side Door Of The Car While Driving + No Other Symptoms Or PMH (But Ask About Milk Discharge)

Management: Urgent Referral Within 2 Weeks to Endocrinologist – MRI – Prolactin Level – will offer meds that help shrink the tumor and other options like : Surgery & Radiotherapy - Avoid Driving - S.N: Flaws - Any Weakness Or Numbness Any Part Of The Body

Concerns

Allergic Conjunctivitis

- **Will I lose my vision ?** Well, let me assure you that its highly unlikely that your vision will be affected, & we will do our best to prevent this from happening.
- **Is it serious ?** Let me assure you it is not serious & it is a self-limited condition.
- **Why it happened to me ?** Well usually it could happen with people who have a history or a family history of allergies.

Sub Conjunctival Haemorrhage

- **Is it serious ?** Well let me assure you it is not serious & it is a Self-limited condition, usually takes 1 -2 weeks to resolve.
- **Is there any treatment for my condition?** As I told you it is self limited & there is no need for any treatment. Only artificial tears

Blepharitis

- **Is it conjunctivitis ?** Well, From the examination there is no signs of inflammation of your conjunctiva, so it is not conjunctivitis.
- **Is it serious?** Well let me assure you it is not serious & it is a Self-limited condition, usually takes 1 -2 weeks to resolve.