Daily living skills

Mobility
- Important as it improves confidence and reduces risk of falls.
- Helps with self-care and independence.
- Mobility assessment to decide if a mobility aid is needed.
- Note: Some mobility aids can be prescription only.

Optical emergencies

- Guide dog application can be considered.
- Cane training arranged by local authorities or sight awareness training by local authorities can be arranged.
- Increased awareness aims to reduce the risk of falls.
- Assess the environment for daily living skills, risk of falls, and what can help.
- The patient has a painful red eye and any change in vision requires immediate medical assistance.
- For any of the listed common ophthalmic emergencies, please seek medical assistance.
- Help can be sought in the following ways:
  - For visually impaired individuals via CVI England and Wales: 0300 3030111
  - RNIB helpline 0303 1239999 or www.rnib.org.uk
  - Usefulness of the eye in everyday life: help to prepare the patient for use of an eye prosthesis.
  - Limiting exposure to sunlight.
  - For any of the listed conditions, seek medical assistance.
  - A 'buddy system' can be arranged, whereby people are put in touch with visually impaired people who are local to them.

Non-emergency conditions requiring attention

On the back are conditions of the eye that are not emergencies. Please contact the optometrist or ophthalmologist if concerns.

- Chemical splashes, such as from corrosive substances, into the eye is an emergency requiring urgent medical attention.
- Chemical injury:
  - Don’t remove a foreign body or attempt to wash it out.
  - Irrigate the eye(s) immediately with copious amounts of cold water.
  - Blurred vision.
  - Pain, redness in the eyelid surface or inner aspect of eye, with or without a burning sensation, excessive tearing, as damage occurs quickly.
  - Pain, redness in the eyelid surface, with or without a burning sensation, excessive tearing.
- Foreign body sensation:
  - Rapid decline in sharp central vision.
  - Gradual shading of vision from one side, like a curtain being drawn.
  - A new onset of floaters and flashing light in the eye.
- Photophobia/sensitivity to light:
  - Ocular pain with headache and abdominal pain.
  - Photophobia/sensitivity to light.
  - Bleeding in or around the eye.
  - Sudden increase in ocular pain.
  - Sudden loss of vision rather than gradual change in vision.
- Signs and symptoms
  - Improved vision or eye pain requires immediate medical assistance.
  - For any of the listed conditions, seek medical assistance.
  - A 'buddy system' can be arranged, whereby people are put in touch with visually impaired people who are local to them.
- Direct eye applications can be contraindicated.
- Ectropion:
  - Untreated, several structures may be damaged.
  - Untreated, the lashes rub on the cornea, damaging it and therefore affecting vision.
  - The lower eye lid droops away from the eye.
  - Either the upper and/or lower eyelid may turn inwards onto the eye, causing irritation, pain and watering of the eye.
  - Either the upper and/or lower eyelid may turn outwards from the eye, rubbing off the eye.
- Entropion:
  - Untreated, the lashes rub on the cornea, damaging it and therefore affecting vision.
  - The lower eye lid is pulled towards the cornea.
- Tear duct:
  - May lead to a constantly watery eye.
  - Tear duct – may be displaced so tears drain down the face instead of into the eye.
  - Self referral can also make to the local authority services.

Accessing services

Only can be sought if the following exists:
- Medical referral from the GP
- For any of the listed conditions, please contact the Eye Unit York and Wakefield Eye Unit. No charge for any of the above conditions, except by prior arrangement.
- Failure to progress as above or progressive or decompensation.
- For any of the listed conditions, seek medical assistance. If you are unsure, please seek medical assistance.

Temporary contacts

In the event that you encounter any of the following circumstances:

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and in conjunction with the expert
a review of the research literature
guide has been developed following
residential and nursing homes. This
adult care settings ranging from
including health care assistants, in
All non-ophthalmic nursing staff,
guide for?
Who is this
or partially sighted than the general population (RNIB, 2015).
Adults with learning disabilities are 10 times more likely to be blind
• There are over two million people in the UK living with sight loss.

Supporting the visually impaired person
Prevalence of visual impairment
• There are over ten million people in the UK living with sight loss.
• Ten million people aged 65 and over are living with sight loss.
• Of those, 8 million people have no visual impairment.
Guidance on helping someone who has limited sight
A guide to helping someone who has limited sight is available (省级 population in 2050).

Advice about regular eye tests
• It is more useful when the vision is unclear.
Right eyes should be examined on a yearly basis while
should be examined at least every five years.

Eye drop and eye ointment instillation

Have you done the eye drop or ointment manufacturer’s instructions and
and glasses and ointments are required.

Eye drops:
[1] Place a few drops of eye drops into
[2] Tilt the head back and upwards
[3] Look up and eat the drops slowly.
[4] Ask the patient to close the eye

Eye ointments:
[2] Hold the swab firmly and close their eye
[3] Wait for signs of improvement or deterioration or allergy.
[4] Clean and replace the patient’s spectacles, if worn.
[5] Make them comfortable, sitting or lying, with the head supported.

Hospital of ophthalmology to consult.
• Make sure the patient understands
• Ask the patient to look up.
• Using the swab, gently roll the ointment
• Ask the patient to look up and at the
[6] A specialist eye dressing pack may be used.
[7] If not a sterile dressing
[8] If the eye lids have been operated on and sutures are present, use
[10] Now take a dry swab, ask the patient to close their lids and swab
• Take every opportunity to teach people with visual impairments

Cleaning the eye

• Follow the patient’s view.
[1] Ask the patient to look up.
• If ointment is required, always tell the
• Store the eye drops and ointment as per manufacturer’s
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