

Class Preparation 9/9/21

Ophthalmic Medication Administration

A 76-year-old resident of an assisted-living facility is newly diagnosed with glaucoma in his right eye. To reduce the ocular pressure in that eye, his primary care provider writes this prescription:

9/9/21 1415: Travoprost (Travatan) 0.004% 1gtt (drop) in right eye at bedtime
M. Marks, MD

Assessment: You are preparing to instill the medication while discussing with the patient the proper technique for instilling ophthalmic medication. After completing all assessments and following all steps of medication administration, you are ready to administer the client's eye drops.

1. You are most satisfied with the client's understanding of the prescription's directions when he states, "So, after I go home I'll put one drop of travoprost...
 - a. in my bad eye at bedtime."
 - b. daily in my right eye."
 - c. in my right eye at bedtime."
2. To minimize drainage of the medication through the patient's tear duct, you ask the patient to
 - a. lie in supine position with his head turned towards his left shoulder.
 - b. sit upright with his head tilted slightly backward.
 - c. lie on his right side with the affected eye downward.
3. To ensure proper introduction of the medication in the eye, you drop the medication from a distance of $\frac{1}{2}$ to $\frac{3}{4}$ inch onto the
 - a. center of the right eye's cornea.
 - b. outer third of the conjunctival sac.
 - c. nasolacrimal duct of the right eye.
4. The medication is distributed more evenly after instillation if the patient
 - a. closes his eyes gently.
 - b. presses gently on the inner canthus.
 - c. blinks repeatedly.

You instill the medication appropriately. The patient reports no pain, burning, or stinging. You and the patient discuss the possibility of the patient self-administering the next dose of medication so that you can observe his technique before he is discharged.

5. To best assure the patient's ability to self-administer his ophthalmic medication, you
 - a. observe the patient while he instills the medication the next evening.
 - b. have the patient read the procedure and describe the process in his own words.
 - c. ask the patient to watch a video demonstrating proper ophthalmic instillation.
6. To best assure that the patient will not contaminate the medication during the administration process, you first instruct him to
 - a. place the removed cap on its side while self-administering the medication.
 - b. cleanse from the inner to outer canthus when removing discharge or dried matter.
 - c. avoid touching any part of his eye with the medication dropper during instillation.