

Disease:

Macular Degeneration

Pertinent Common Signs and Symptoms

- Fluctuation in vision
- Difficulty reading and seeing faces
- Central vision affected

Pertinent Physical Exam Findings/Risk Factors

- Risk Factors:**
- Smoking
 - Hyperkension
 - Female
 - Family hx
- Exam Findings:**
- Blurred vision
 - Lack of depth perception
 - Loss of central vision

Student Name:

Shayla Mitchell

Pertinent Nursing Interventions

- Provide sufficient lighting for the patient to carry out activities
- Encourage patient to see an ophthalmologist at least yearly

Client Education/Health Promotion

- Encourage clients to consume foods high in antioxidants, carotenoids & vitamin E & B12.
- Refer clients to community organizations that can assist with transportation, reading devices, and large-print books.

Potential Problems

• Vision Loss

Diagnostic Procedures

- Ophthalmoscopy
- Visual Acuity Test
- Snellen Eye chart
- ~~Laser Therapy~~

Labs

- No associated labs and is diagnosed using an Amsler grid

Disease and Brief pathophysiology

- Often called age-related macular degeneration (AMD).
- Central loss of vision that affects the macula of the eye.
- There is no cure for AMD
- AMD is a common cause of vision loss in older adults
- Two types of AMD - Dry & Wet

Pertinent Medications

- Blood vessel growth inhibitor
- Vitamins
- Dietary Supplements

Disease:

Glaucoma

Pertinent Common Signs and Symptoms

- Can have no signs and symptoms
- May experience:
 - Blurred vision
 - Distorted vision
 - Vision loss

Pertinent Physical Exam Findings/Risk Factors

- Risk Factors:
 - Age
 - Infection
 - Tumors
 - Diabetes mellitus
- Expected findings:
 - Headache
 - Decreased accommodation

Student Name:

Shayla Mitchell

Pertinent Nursing Interventions

- Monitor for increased IOP
- Assess for aching or discomfort around eye
- Monitor for decreased vision and light sensitivity

Client Education/Health Promotion

- Encourage annual eye exams
- Educate client about disease process & early indications, such as reduced vision and mild eye pain

Potential Problems

- Blindness

Disease and Brief pathophysiology

Glaucoma is a disturbance of the functional or structural integrity of the optic nerve. Decreased fluid drainage or increased intraocular pressure (IOP) and can cause atrophic changes of the optic nerve and visual defects.

Labs

- Expected range for IOP is 10 to 21 mm/Hg

Diagnostic Procedures

- Visual Assessments
 - Test visual acuity & peripheral vision
- Tonometry
 - Measures IOP
- Oculioscopy
 - Determine drainage of the anterior chamber of eye

Pertinent Medications

- Pilocarpine ophthalmic solution
- Beta-blockers
- Carbonic Anhydrase Inhibitors
- IV mannitol

Disease:

Cataracts

Pertinent Common Signs and Symptoms

- Blurry vision
- Cloudiness in the lens of the eye
- Inability to see dim light
- Seeing halos around lights

Pertinent Physical Exam Findings/Risk Factors

- Advanced Age
- Diabetes
- Hereditary
- Exam Findings:
 - Decreased visual acuity
 - Blurred vision
 - Diplopia

Student Name: Shayla Mitchell

Pertinent Nursing Interventions

- Check visual acuity with Snellen Chart
- Increase the amount of light in the room
- Provide adaptive devices that accommodate for reduced vision
 - Magnifying Glass
 - Talking Devices (Clock)

Client Education/Health Promotion

- Teach client to wear sunglasses while outside.
- Educate clients to wear eye protection while playing sports
- Encourage annual eye exams, especially older than 40 years of age

Potential Problems

- Infection
- Bleeding

Disease and Brief pathophysiology

- A cataract is an opacity in the lens of an eye that impairs vision.

Labs

- No associated labs only the diagnostic procedures below

Diagnostic Procedures

- Cataracts can be diagnosed upon examination of the lens using an ophthalmoscope.
- Retinal exam
- Visual Acuity Exam

Pertinent Medications

- Anticholinergic Agents
 - This medication prevents pupil constriction for prolonged periods of time and relaxes eye muscles.