

Assessment and Management of Patients with Eye Disorders

Cataract

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Cataract

HEALTHY EYE



CATARACT



A **cataract** :is a lens opacity or cloudiness.

A cataract is a cloudy or opaque lens. On visual inspection, **the lens appears gray or milky.**

Cataracts are a leading cause of blindness in the world.

The three most common types are **traumatic, congenital, or senile cataract**

Pathophysiology :

Cataract can develop in one or both eyes at any age.

Three common type of cataract are define by their location in the lens:

1. Nuclear
2. Cortical
3. Posterior subcapsular

RISK FACTORS

Aging

- Accumulation of a yellow-brown pigment due to the breakdown of lens protein
- Decreased oxygen uptake
- Decrease in levels of vitamin C, protein, and glutathione (an antioxidant)
- Increase in sodium and calcium
- Loss of lens transparency

- **Associated Ocular Conditions**

Infection (e.g., herpes zoster, uveitis)

Myopia

Retinal detachment and retinal surgery

Retinitis pigmentosa.

Toxic Factors

Ionizing radiation

Aspirin use

Corticosteroids

Alkaline chemical eye burns, poisoning

Cigarette smoking

Calcium, copper , iron, gold, silver, and mercury

- **Nutritional Factors**

 - Obesity

 - Poor nutrition

 - Reduced levels of antioxidants

- **Systemic Diseases and Syndromes**

 - Diabetes

 - Disorders related to lipid metabolism

 - Down syndrome

 - Musculoskeletal disorders

 - Renal disorders

Physical factors

Dehydration

Blunt trauma

Electrical shock

Perforation of the lens with sharp object or
foreign body

Ultraviolet radiation in sunlight and x-ray

Clinical Manifestation

Painless

Blurred vision

Diplopia

Reduce visual acuity

Astigmatism: refractive error due to an irregularity in the curvature of the cornea.

Assessment and Diagnostic Methods

- 1- The Snellen visual acuity test.
- 2- Ophthalmoscope
- 3- Slit lamp examination.

Medical Management

Medications, eye drops, eye glasses treatment cures cataract or prevents age-related cataract.

In the early stage of cataract development, glasses, contact lenses, may improve vision.

Surgical Management

Intracapsular cataract Extraction:

Extracapsular cataract Extraction:

Phacomulsification:

Lens Replacement:

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Nursing management

Providing preoperative care:

Withhold any anticoagulation(e.g. aspirin, warfarin) to reduce the risk of hemorrhage.

Dilating drops are administer every 10 minutes for 4 doses at least one hour before surgery.

Providing postoperative care:

The patient receive verbal and written

Instruction about how protect the eye

Administer medication

Recognizes the signs of complications and obtain emergency care.

Instruct the patient to take a mild analgesia agent, as needed.

Anti-inflammatory and corticosteroid eye drops or ointment.

Promoting home and community-based care

Teaching patient self care:

Eye patch for 24 hrs. after surgery.

followed by eye glasses worn during the day,.

Sunglasses should be worn.

A clean , damp wash cloth may be used to remove eye discharge.

Continuity care

Eye patch remove after the first follow up appointment .

Vision is stabilized when the eye healed, usually within 6-12 weeks.