

# Assessment and Management of Patients with Eye Disorders

## Cataract

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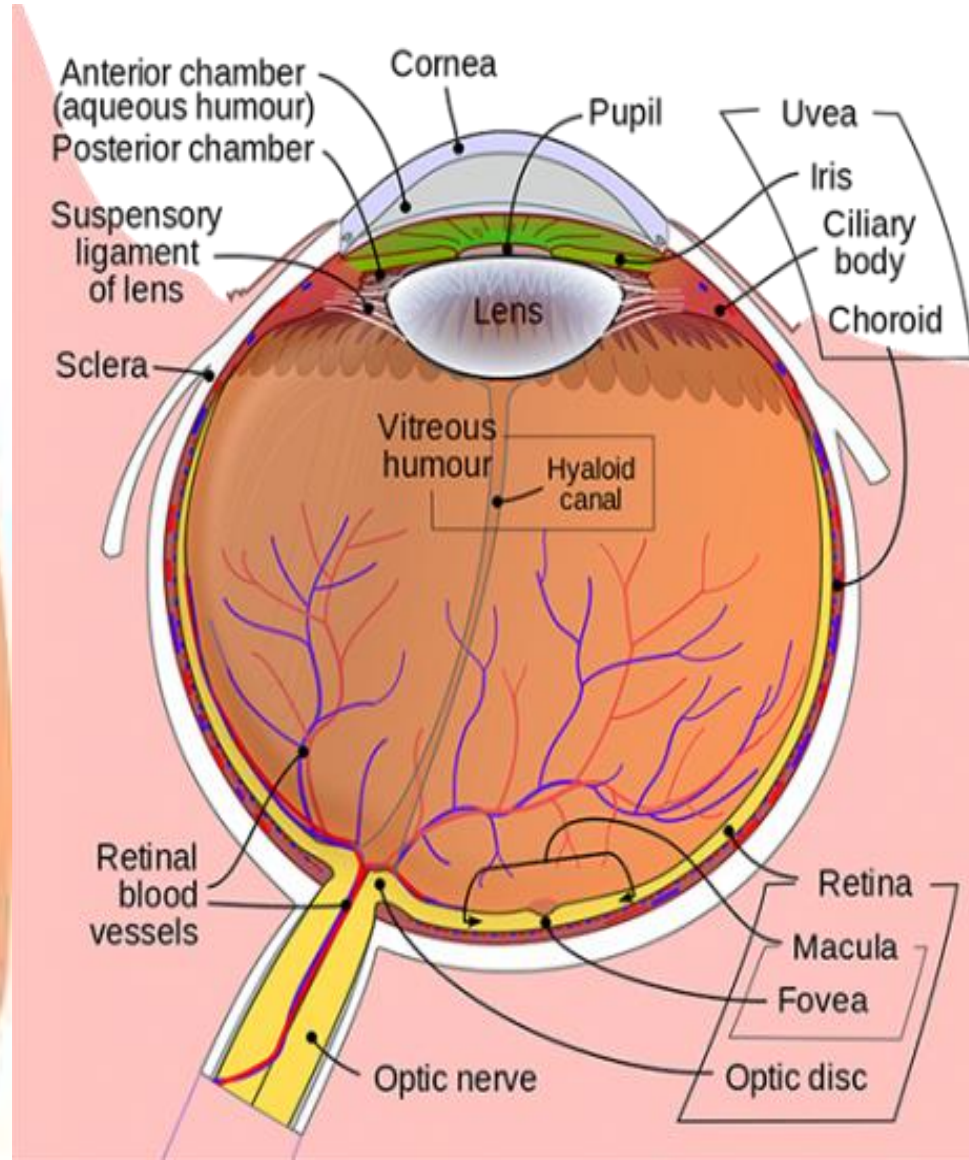
**2<sup>nd</sup> Class**

**Adult Nursing**

# 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.

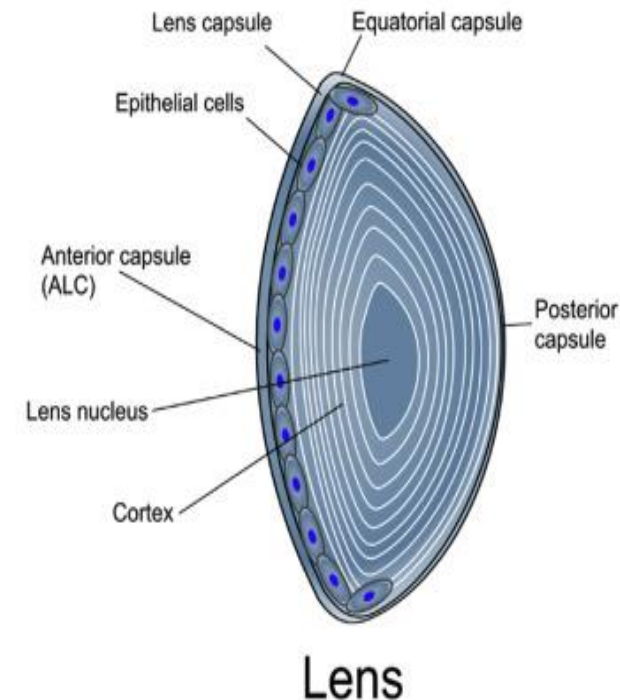
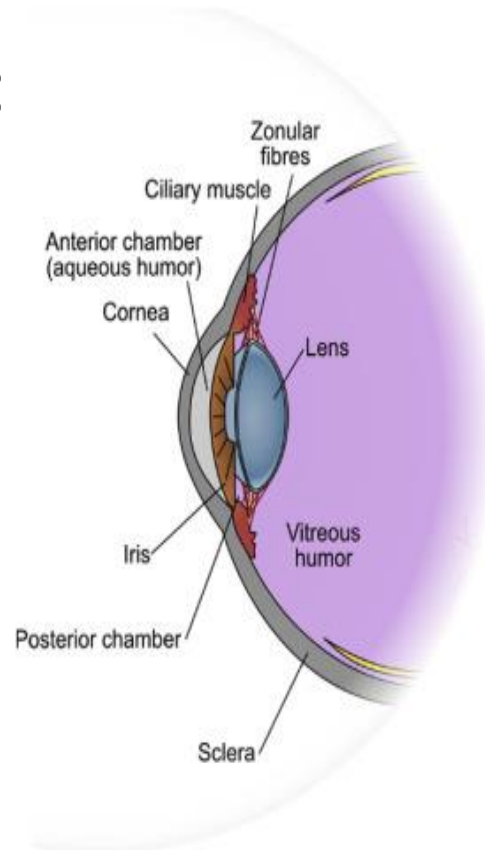
# Surgical Management

Intracapsular cataract Extraction:

Extracapsular cataract Extraction:

Phacomulsification:

Lens Replacement:



# 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.

1- Healthy human ear can hear frequencies in the range from

a. 20Hz to 20,000 Hz

b. 20Hz to 25,000Hz

c. 30Hz to 30,000Hz

d. 25Hz to 30Hz

2- The instrument to examine the  
ear is

- a- Ophthalmoscope
- b- Otoscope
- c- Thermometer
- d- Stethoscope

3- Sinusitis is inflammation of the mucosa of one or more sinuses. Chronic sinusitis is diagnosed if symptoms are present for

- a- More than one month
- b- More than two month
- c- More than two week
- d- Recurrent every years

4- After the tonsillectomy, put the patient in----- to reduce swelling and promote drainage

- a- Supine position
- b- Prone position
- c- sitting position
- d- semi-Fowler's position

5- nurse examine the patient show the bleeding from the nose that mean:

- a- Rhinorrhea
- b- Epistaxis
- c- Anosmia
- d- dysphagia