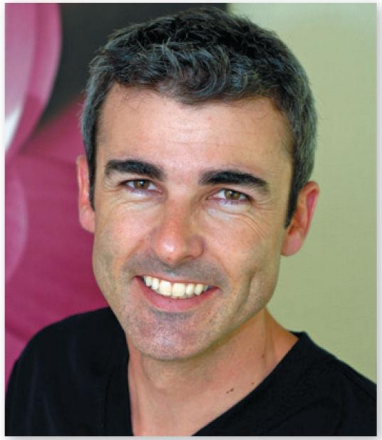

Dr Adam Watson

Eye Institute

Saturday, June 10, 2017

(Room 12)

14:00 - 14:55 WS #140: Eye Hot Tips for the Busy GP

15:05 - 16:00 WS #152: Eye Hot Tips for the Busy GP (Repeated)

Eye Tips for General Practice

Dr Adam Watson
Cataract, Cornea, Oculoplastic Surgery
Eye Institute
Auckland

general advice

specific exam tips

tips on various conditions

feel free to ask questions!

Dr Adam Watson *adam.w@eyeinstitute.co.nz*

don’t be pessimistic

expect that you’re going to find something

Dr Adam Watson *adam.w@eyeinstitute.co.nz*

listen to the history

- itch = allergy
- sudden vs. slow
- worsening symptoms
- trauma – metal on metal

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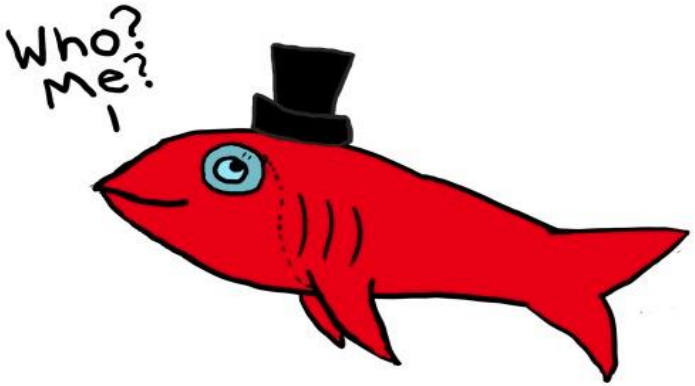
red herrings are common



Dr Adam Watson *adam.w@eyeinstitute.co.nz*

Basic equipment

- vision chart + pinhole
- anaesthetic drops
- light
- cotton buds / paper clip
- fluorescein + blue light
- direct ophthalmoscope
- dilating drops
- magnifier

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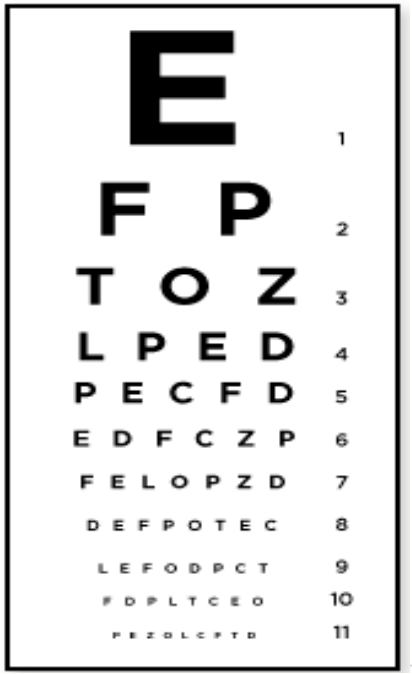
Vision



always remember to check vision

eye chart

distance

lighting

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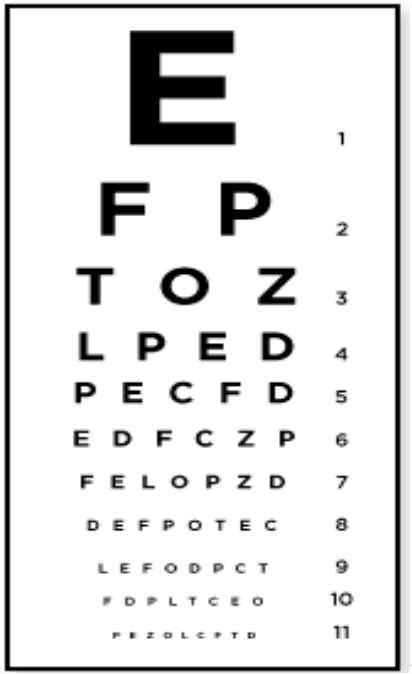
Vision



always remember to check vision

glasses if they have them

one eye at a time

pinhole if they're worse than 6/9

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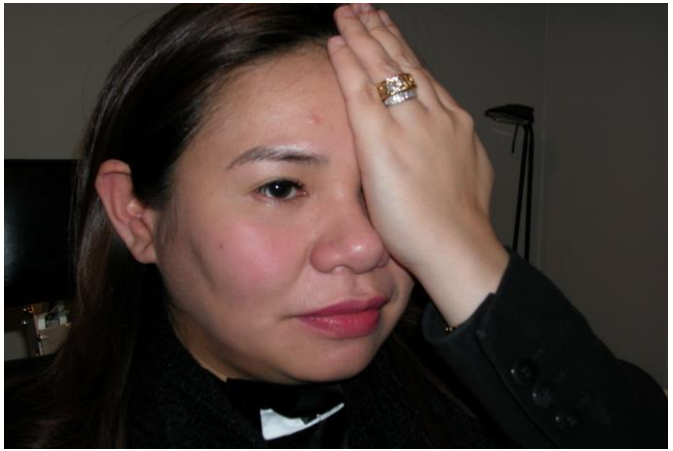
Vision

might peek through the fingers



eye completely covered

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Vision

pinhole

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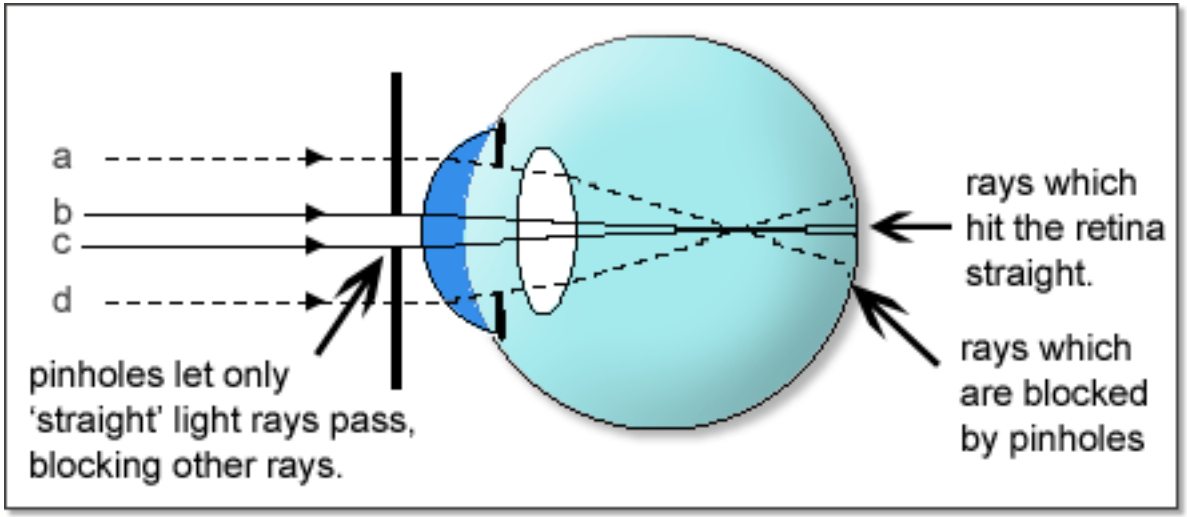
Vision



pinhole

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Vision

pinhole

Dr Adam Watson *adam.w@eyeinstitute.co.nz*

Vision

pinhole

Dr Adam Watson *adam.w@eyeinstitute.co.nz*

Driving vision

6/12 binocularly

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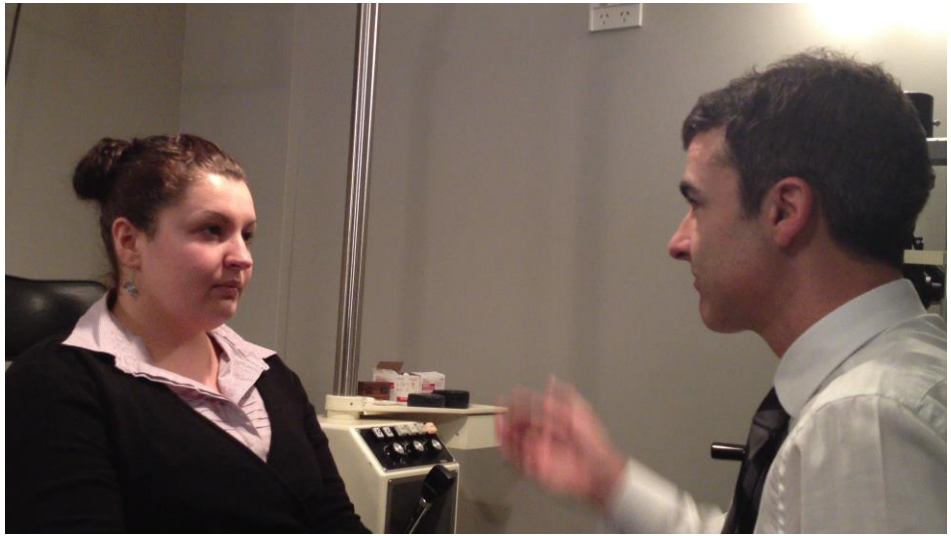
Driving vision

- binocular horizontal field of 140 degrees
- no pathological field defect within 20 degrees of fixation



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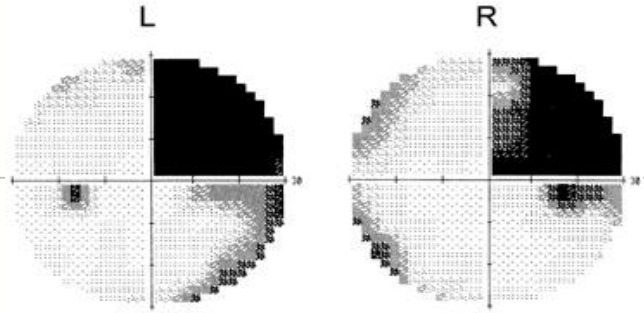
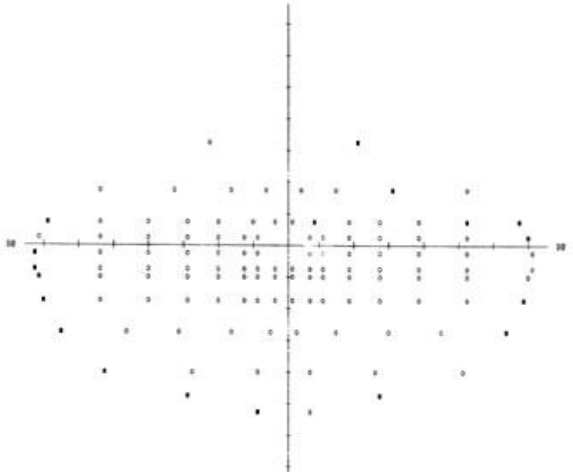
Driving vision

not meeting visual standard for driving





Esterman binocular visual field

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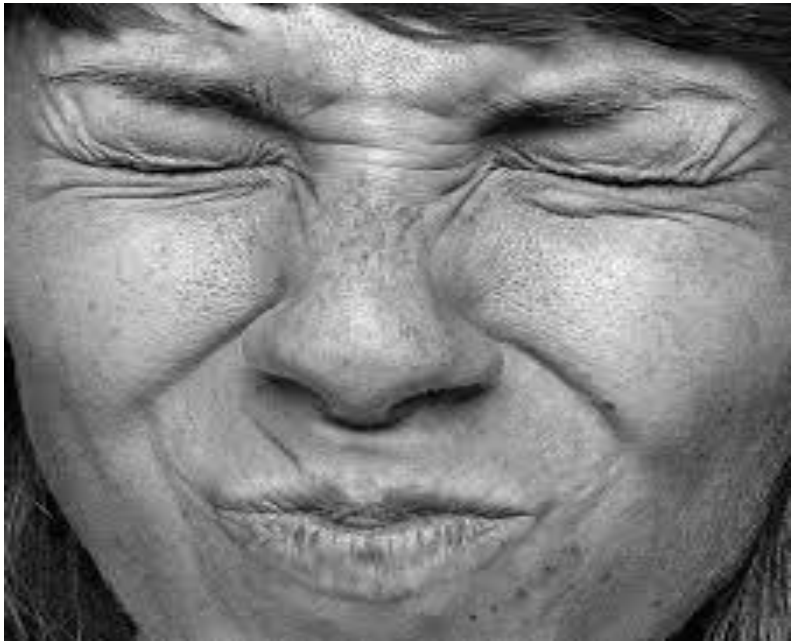
patient with discomfort?



Dr Adam Watson *adam.w@eyeinstitute.co.nz*

- benoxinate minims
- amethocaine minims

local anaesthetic drops

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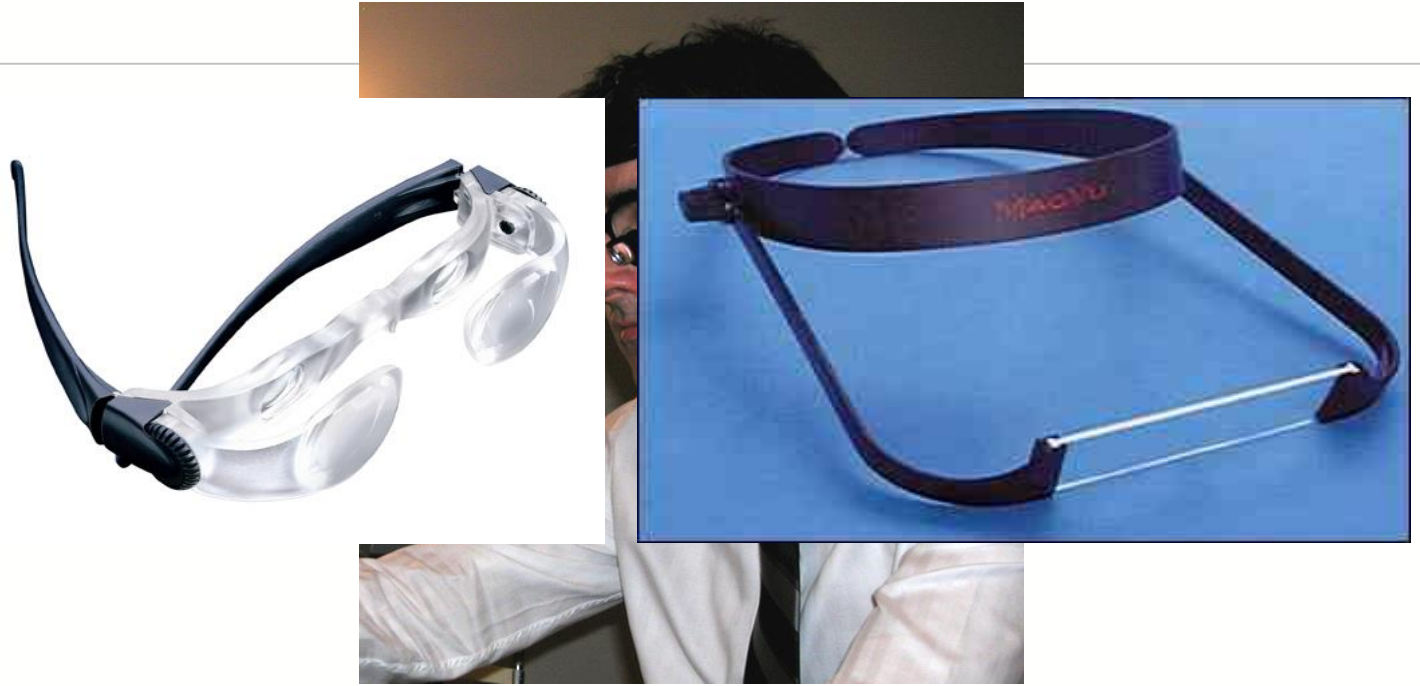

magnification

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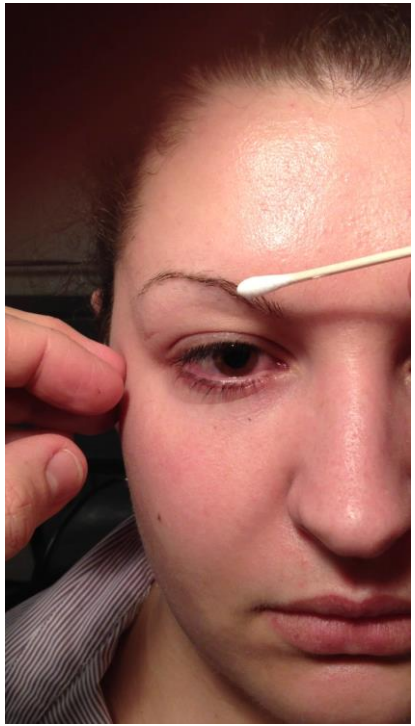
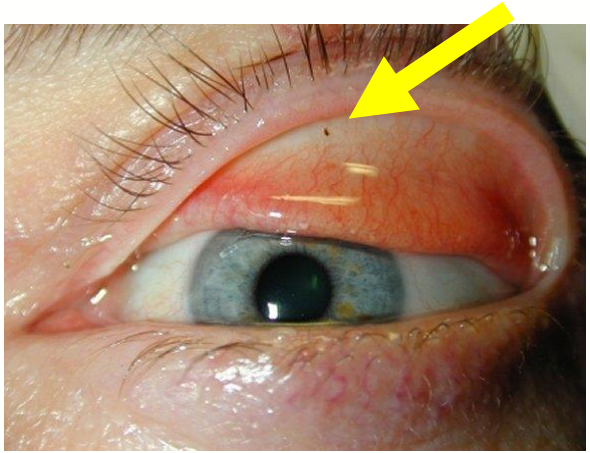
flipping the upper eyelid





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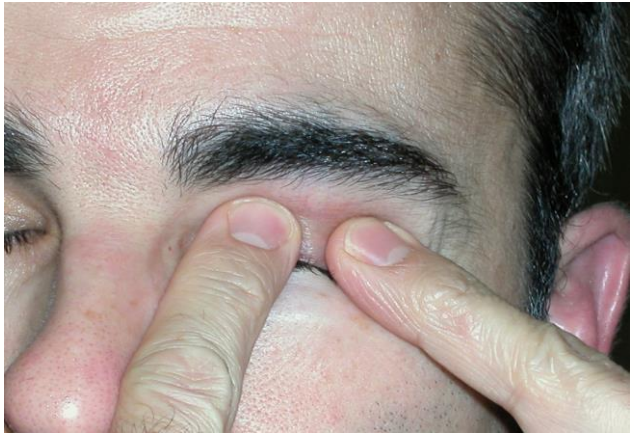
Intraocular pressure - acute glaucoma?



direct palpation

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the direct ophthalmoscope

Dr Adam Watson *adam.w@eyeinstitute.co.nz*

direct ophthalmoscope uses

light

blue filter

red reflex

Hirschberg test

discs / fundi

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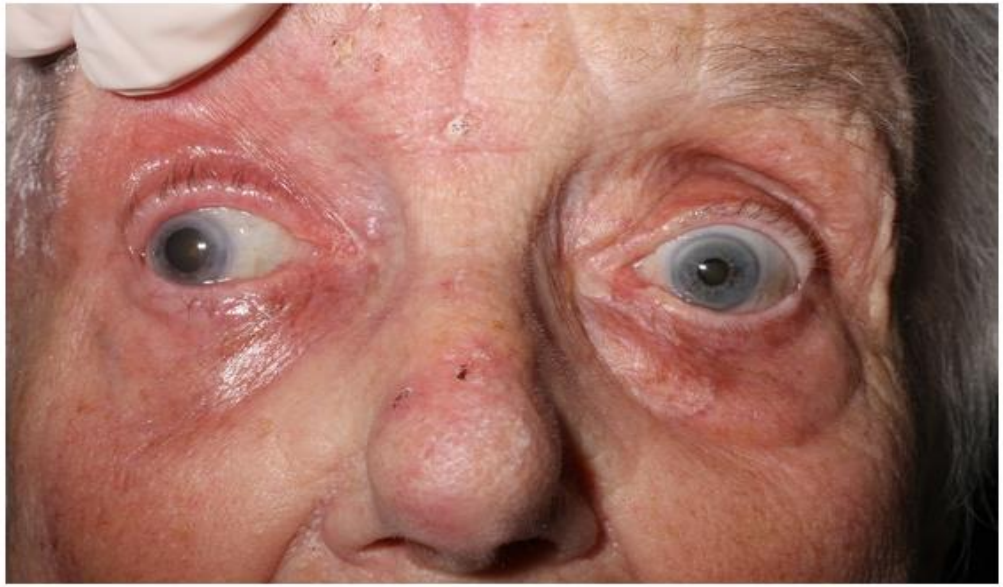

checking pupils and response to light

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relative afferent pupil defect (RAPD)

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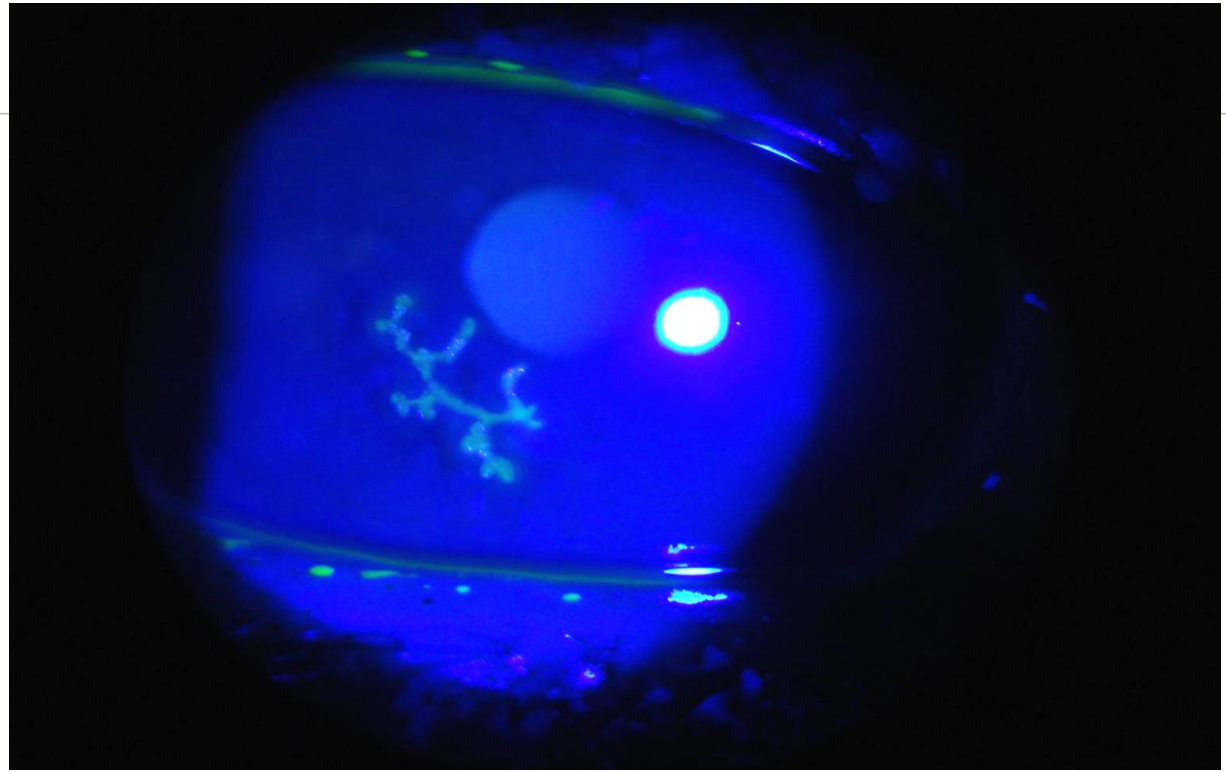

blue filter with fluorescein

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red reflex with
cortical cataract

cataract

posterior capsule opacity after cataract surgery

paediatric exam

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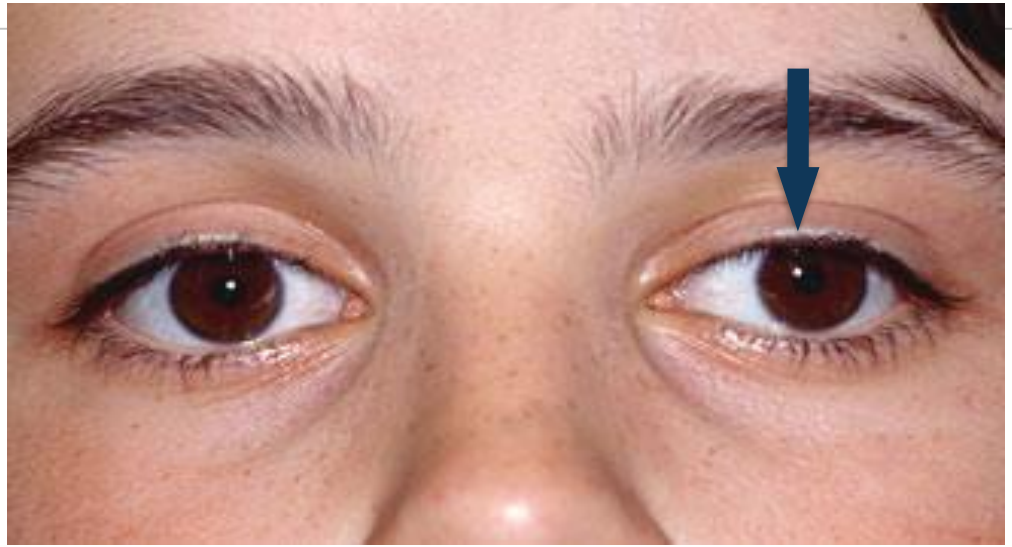

Hirschberg test –
left divergent squint

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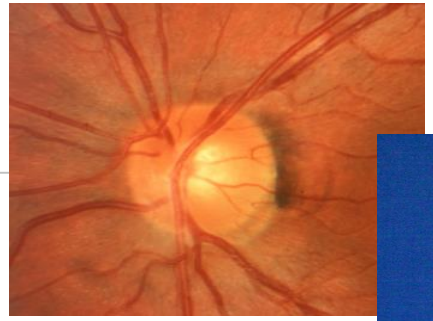
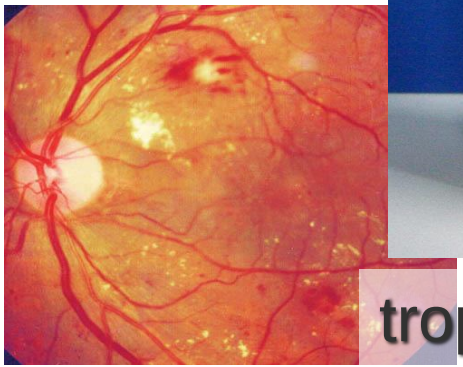


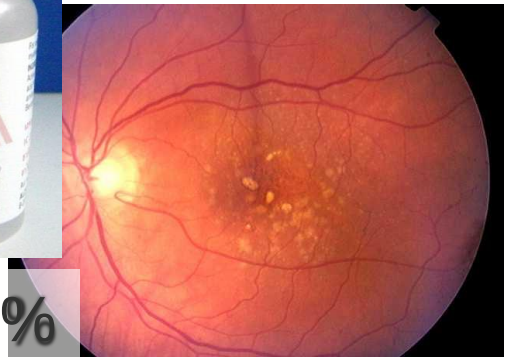
normal

papilloedema

tropicamide 1%



diabetic



age related macular degen.

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putting drops in

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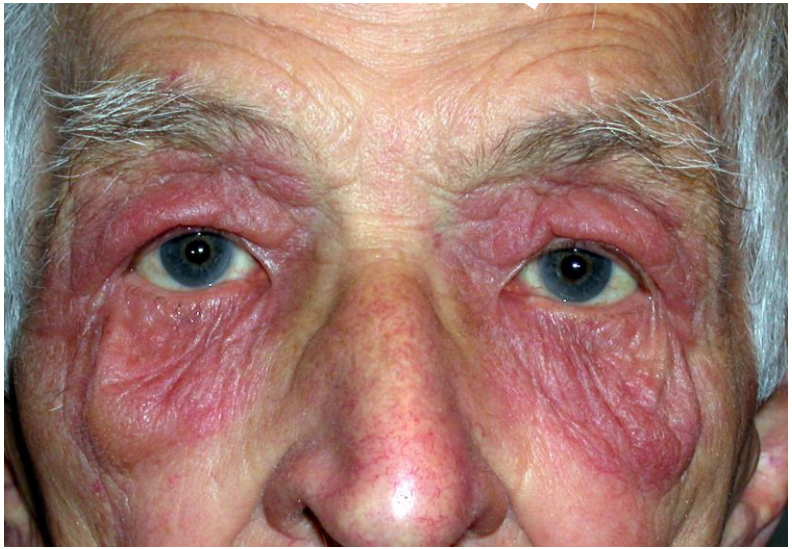
ointment or drops?

Dr Adam Watson *adam.w@eyeinstitute.co.nz*

Side effects of glaucoma drops

- beta blockers
- prostaglandin analogues
- alpha receptor agonists
- carbonic anhydrase inhibitors



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Side effects of glaucoma drops

beta blockers

- **timolol**
- asthma
- low blood pressure
- bradycardia
- exercise intolerance
- falls
- diabetes

- impotence
- depression
- increase plasma lipids
- nightmares
- hair loss

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Side effects of glaucoma drops

prostaglandin analogues

- latanoprost, travaprost, bimatoprost
- conjunctival hyperaemia (red eyes)
- increased ocular and periocular pigmentation
- eyelash growth
- periorbital atrophy

Hysite

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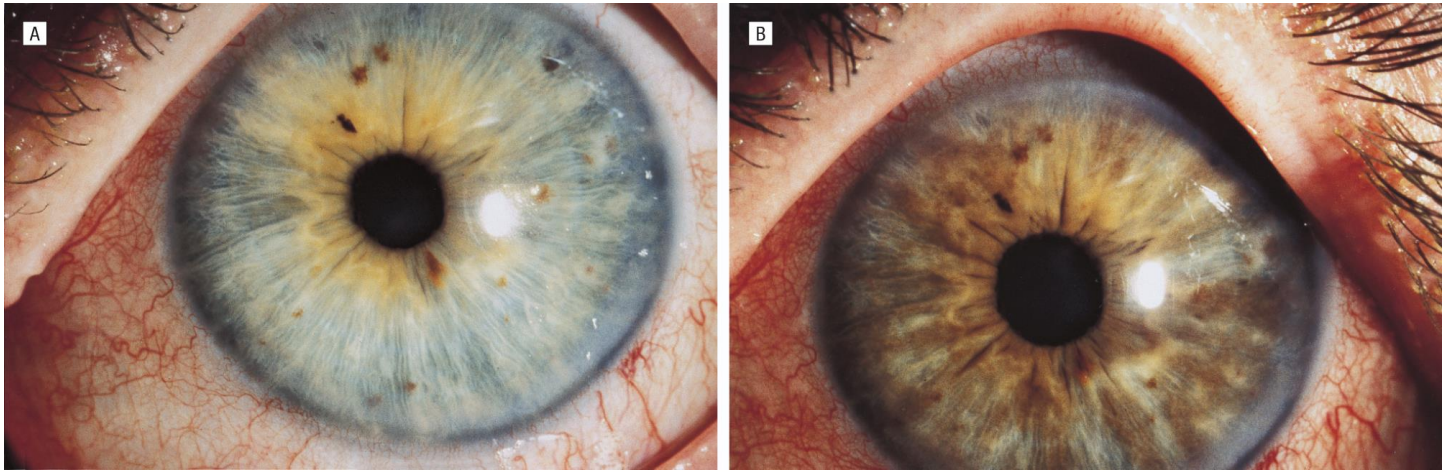
Side effects of glaucoma drops

prostaglandin analogues



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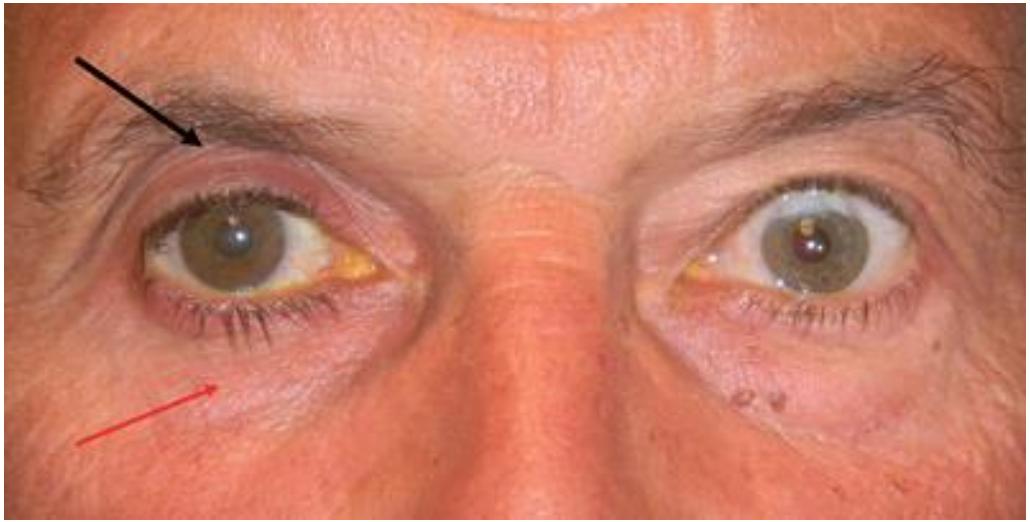
Side effects of glaucoma drops

prostaglandin analogues



prostaglandin associated periorbitopathy

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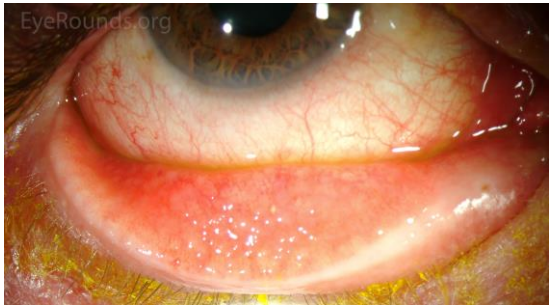
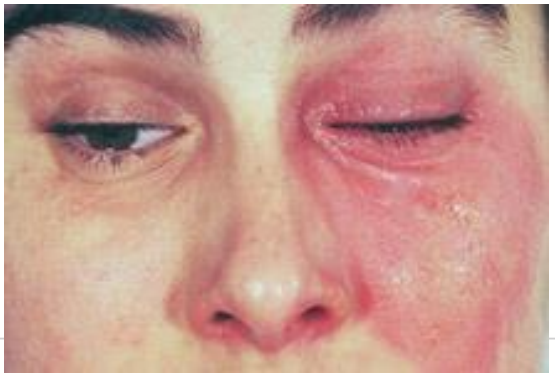
Side effects of glaucoma drops

alpha receptor agonists

- brimonidine (Alphagan)
  - allergy (15-30%)
  - fatigue
  - somnolence





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Side effects of glaucoma drops

alpha receptor agonists

- brimonidine (Alphagan)
- fatigue
- somnolence
- allergy (15-30%)

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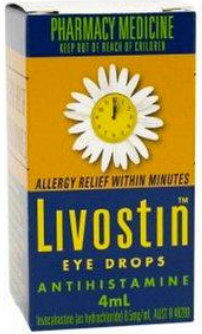
allergy

itchiness = allergy



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Blepharitis / Meibomian gland dysfunction

omega 3
3000mg daily

hot eyelid soaks

lubricants

lid scrubs

consider:
Fucithalmic 2 weeks
and Azithromycin 500mg daily 3 days
or Doxycycline 50mg daily 3 months

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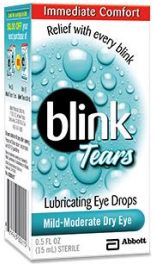
Choice of lubricant drops



older preservatives

newer preservatives

non-preserved

gels

more viscous

ointments

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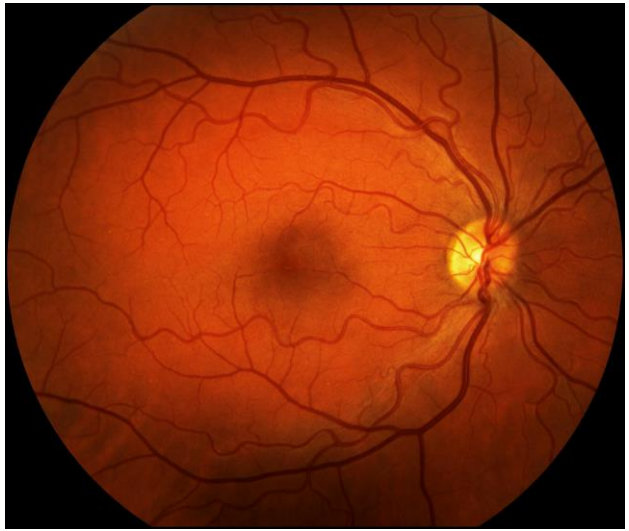
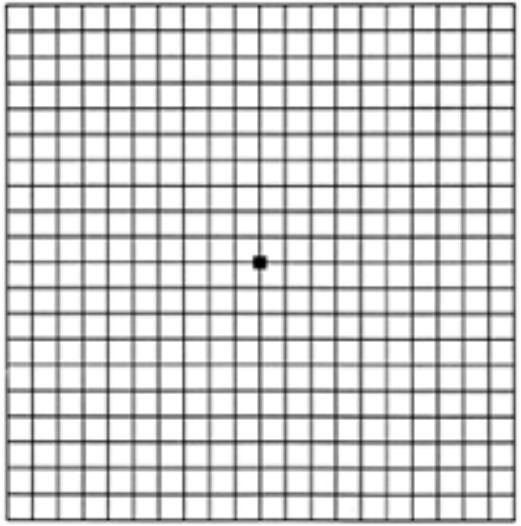
Macular degeneration – the Amsler grid





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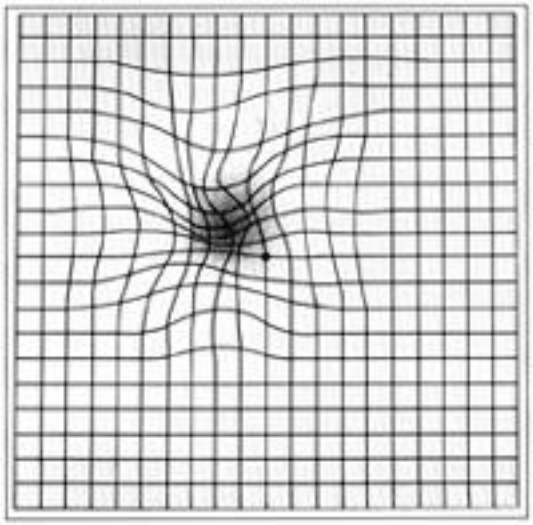
Macular degeneration – the Amsler grid



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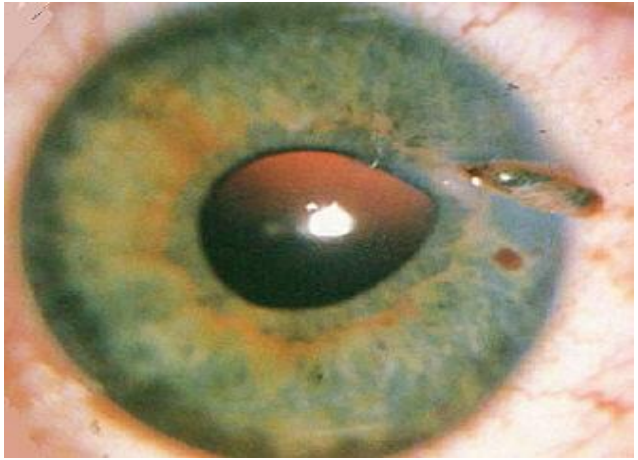

penetrating injury

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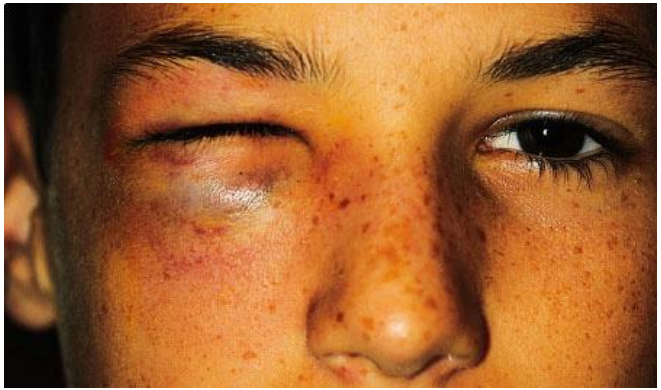

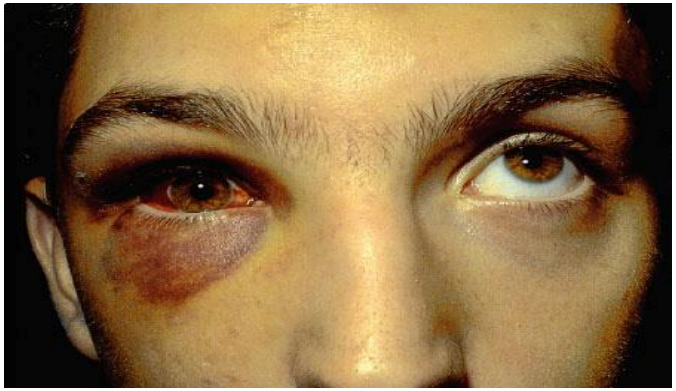

always try to get a view of the eye

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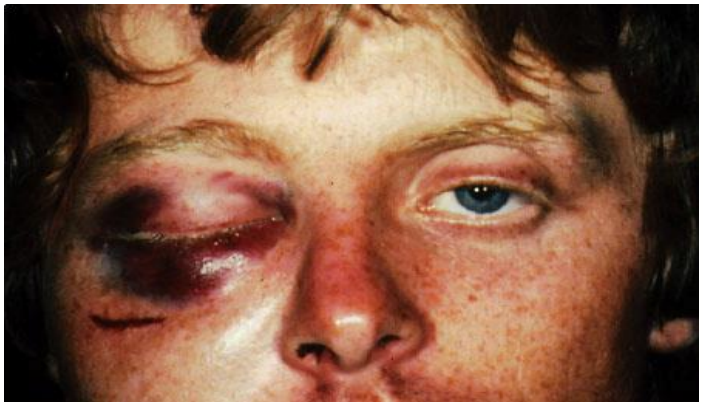

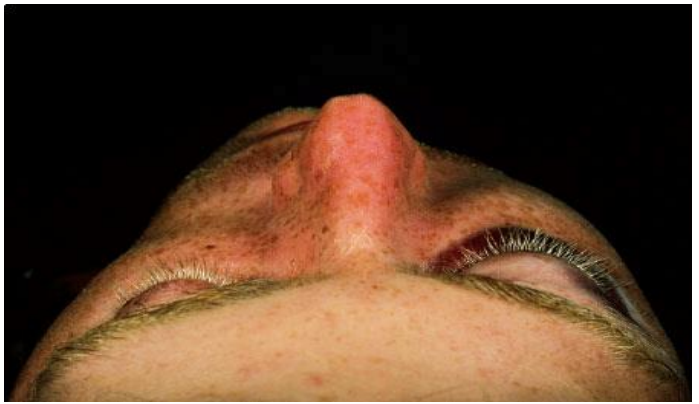

identifying proptosis / enophthalmos

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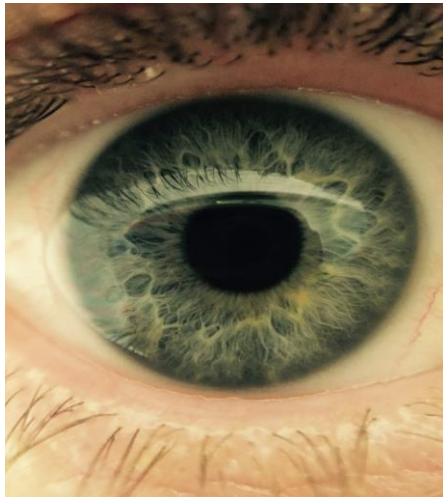
slit lamp courses

Eye Institute
Auckland

info@eyeinstitute.co.nz

Easy Macro lens – free at Eye Institute's stand

without lens



with lens

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in conclusion…

effective eye examination possible

limitations

- equipment
- familiarity

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THANK YOU

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using a slitlamp

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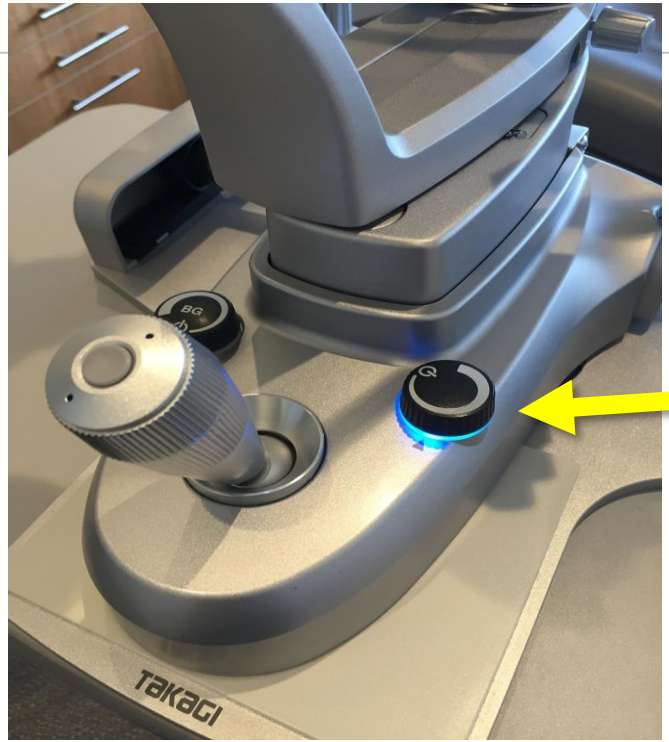

the ON switch

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set the oculars
to zero

Dr Adam Watson *adam.w@eyeinstitute.co.nz*

undo the locking knob

Dr Adam Watson *adam.w@eyeinstitute.co.nz*

magnification wheel

set on 6x or 10x

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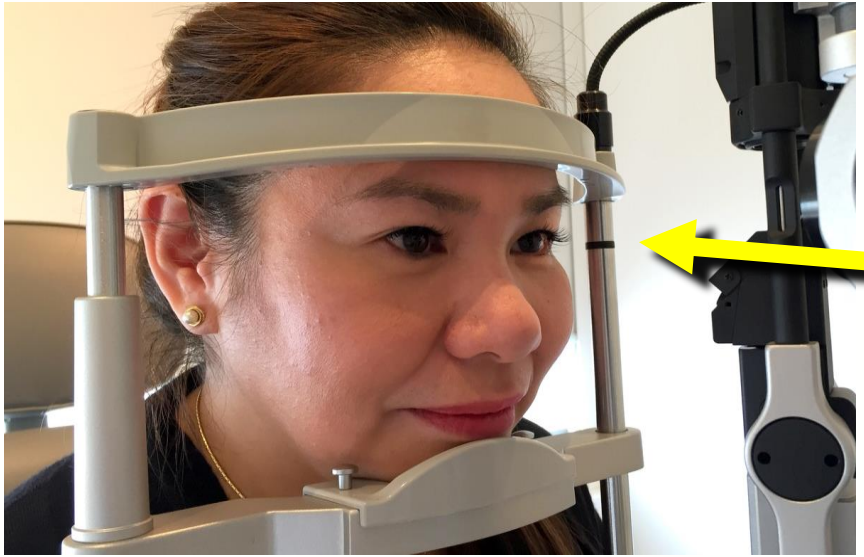

patient positioning
get head at right height

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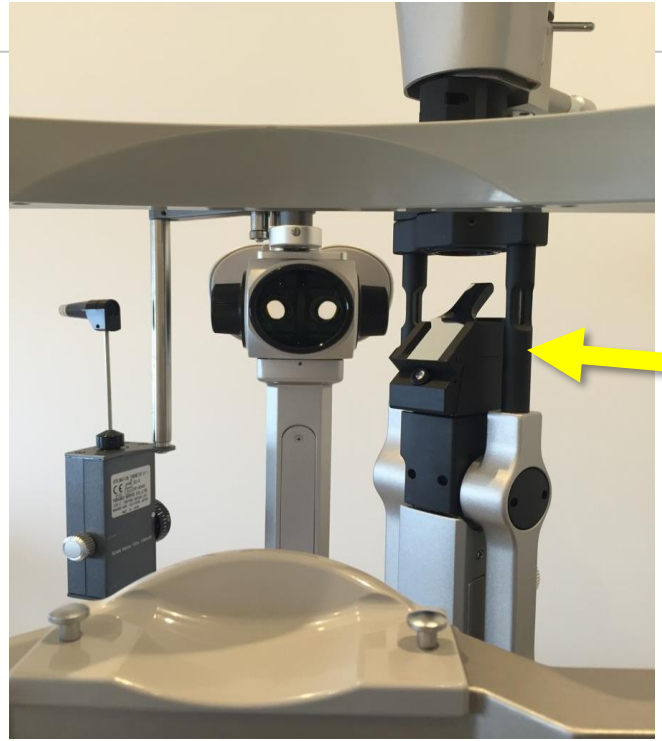

oblique illumination

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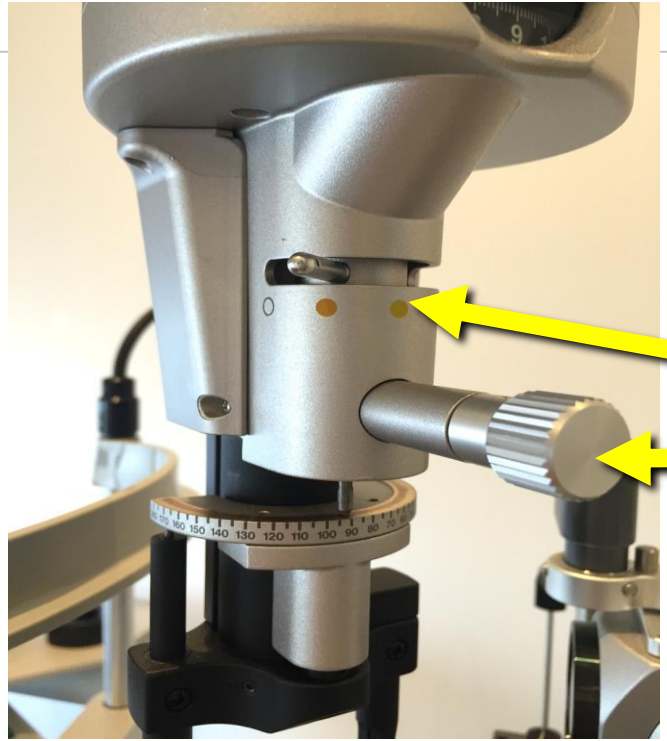

filters and slit height

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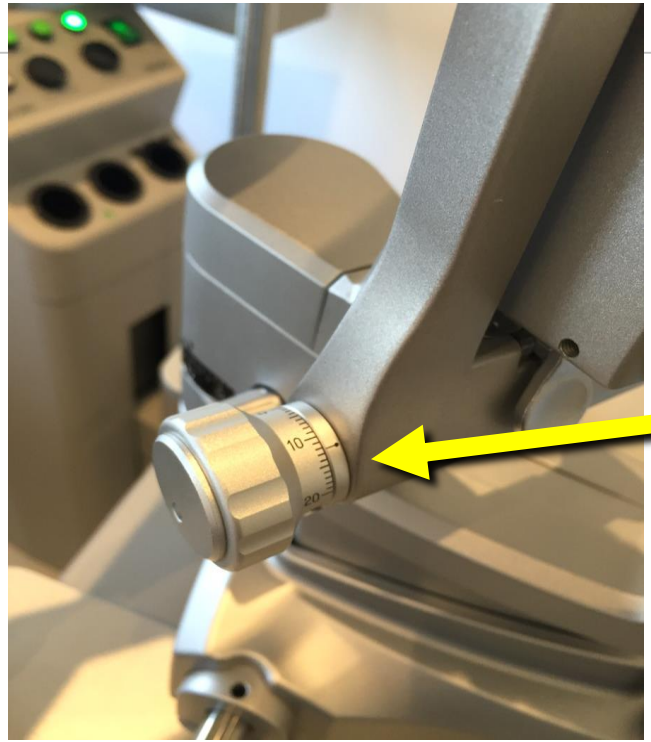

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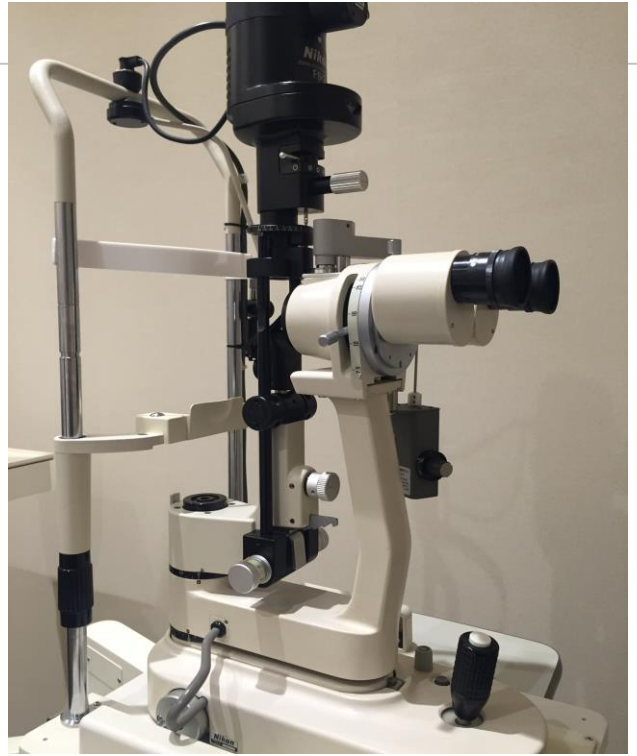

Nikon slitlamp

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