Education Session Eight

OCULAR PHARMACOLOGY

EYE EDUCATION FOR EMERGENCY CLINICIANS
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Modules originally designed for emergency nurses as a component of the Eye Emergency Manual Project.

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Aim and Objectives

On completion of this session you will be able to:

• Explain principles of instilling eye drops
• Describe appropriate storage of drops
• Identify the common eye drops used with ophthalmic patient
Instilling Drops

• Review Eye Skills session Six.
  – Wash hands
  – Place single drop in outer side of lower fornix
  – Where possible wait at least 5 minutes between eye drops
  – This allows better absorption of the drug
Instilling Drops (cont)

- Compliance is the most important issue so always keep eye drop instructions simple
- If your patient has poor vision, instructions for the eye drops should be in large print
- Eye drop dispensers are useful for people with limited dexterity (available at some pharmacies)
- If eye discharge is present always clean gently before instilling drops
Some eye medications take longer to absorb than others.

Solutions are absorbed quickly and look clear; e.g. chloramphenicol, glaucoma preparations.

Suspensions are cloudy or milky. Shake well before instilling; e.g. Pred Forte, Maxidex.
Instilling Drops (cont)

• Gels and ointments remain in the eye longest; e.g. Zovirax, Chloramphenicol

• If using more than one type of medication: instil solutions first, suspensions next, and any ointments / gels last
Punctal Occlusion

- Systemic absorption of topical ophthalmic drops occurs through the nasopharyngeal mucosa
- Place pressure on the punctum for two minutes to prevent this
Storage of Eye Drops

• Correct storage is important to reduce the rate of breakdown of the ingredients in the eye drops
• Always follow manufactures’ guidelines regarding expiry date and storage once opened e.g. protect from light
• Unopened drops should be stored in their box, in a cupboard or refrigerator (as directed)
Storage (cont)

- Multi-use bottles contain preservatives
- Once opened, multi-use bottles should be discarded after 28 days. Mark with date opened
- Do not confuse with expiry date for unopened bottles
Storage (cont)

- Minims are preservative free and sterile
- Minims should be stored in the fridge
- A single Minim may be used for the same patient for up to 24 hours after opening
Artificial Tears and Ocular Lubricants

- To help alleviate ocular discomfort and maintain the integrity of the corneal epithelium in dry eyes
- Large number of preparations available over the counter
- Available as solutions, gels and ointments
- Available with / without preservatives
- Ophthalmic consult recommended if symptoms persist

Examples: Systane, Polytears, Liquifilm, Refresh
Ocular Corticosteroids

- Used post operatively or for ocular inflammation
- ALWAYS used under the guidance of an ophthalmologist
- Usually the dose is tapered down before stopping
- Suspensions: must shake bottle before using
- Side effects include; raised intraocular pressure, systemic effects
- May cause a premature cataract
Antimicrobial Agents

• Used to prevent growth of bacteria introduced into the wound by surgery or injury. Examples: Chlorsig, Tobrex, Ciloxan™
Mydriatics

- Mydriatics are drugs that cause pupil dilation
- Usually used to examine the fundus
- May be used for pain relief eg Iritis
- The most common one used is Mydriacyl (Tropicamide)
- 15 minute onset, can last for 3 to 6 hours.
- Will blur vision
- Instruct patients to take care with stairs, curbs, pouring hot liquids
- Do not drive until blurring resolves
Mydriatics (cont)

- Other dilating drops for example:
  - Atropine
  - Homatropine
    - Long acting: may last 7-10 days.
    - Different mode of action – effects close vision.

Recommendation:
Sun glasses and a hat useful when outdoors due to glare
Miotics

- Miotics are drugs that constrict the pupil: miosis e.g. Pilocarpine
- Used to treat glaucoma
- Can cause:
  - night blindness,
  - stinging on instillation
  - brow ache or spasm
- Patients who have been on long-term Pilocarpine may be very difficult to dilate
Glaucoma Medications

• Summary of glaucoma medications can be found in the Eye Emergency Manual
• Patients may be on multiple glaucoma medications and can become confused in their management, especially in the elderly
• There are potential side effects / contraindications

Timolol and Betoptic are beta blockers. Acetazolamide (Diamox) is a sulfonamide.
Ocular Topical Anaesthetics

- Ocular topical anaesthetics temporarily block nerve conduction in the cornea and conjunctiva.
  - Examples: Amethocaine 0.5%, 1%; Oxybupricaine 0.4%
- Quick onset: 10 - 20 seconds.
- Duration: 10 - 20 minutes.
- Drops sting on instillation.
- Do not use in the case of penetrating eye injury.
- Used to assist with eye examination and visual acuity testing: chemical burn, welding flash, foreign bodies.
Ocular Topical Anaesthetics

- Advise patient not to rub the eye for at least 20-30 minutes
- Do not apply an eye pad during this time
- May wear sunglasses or prescription glasses if eye still affected on discharge
- Must not be used for long term pain relief

Patients must **not** be sent home with local anaesthetic drops as it retards healing.
Ocular Diagnostic Drops

• Diagnostic drops selectively stain certain cells to provide useful information on examination
  Examples: Fluorescein, Lissamine Green

• Use care when instilling as they may stain skin and clothing

• Does not interfere with vision

• Caution: Do not use with soft contact lenses will take up dye – not reversible
KEY POINTS TO REMEMBER

• Most ocular drugs have the potential for marked systemic effects
• Always consider the correct storage
• Eye medications are absorbed at different rates, so use correct order for instilling drops
• Do not forget to ask patient if they are presently using eye medication, this will indicate current ocular diseases and disorders

Eye drops or ointments are never instilled in a penetrating eye injury.