

Eye Drops in the Eye Clinic

Background

Mydriatic drops are commonly used in ophthalmology clinic to aid fundus examination.

The risk of mydriatic drops precipitating glaucoma is low. Roger et al showed the incidence to be 0.3% and deemed dilation relatively simple provided the patient had been thoroughly informed about the related risks. The drops can have an impact on the patients and their experience of ophthalmic services.¹

This study discovered that only 70% of patients were aware that they would be given mydriatics in clinic, and that a total of 10% of people self confessed to driving home from various ophthalmology clinics putting themselves and others at risk un-necessarily.

Patient's perceptions of dilating eye drops, side effects and the information patients received in clinic was reviewed.



Methods

A printed questionnaire was given to all patients attending any clinic for the period of one week in July 2014. Results were analysed.

Results

- 162 surveys were completed
- 82% of patients knew dilating drops may be used prior to attending clinic
- 93% of which said this did not affect their decision to attend clinic.
- Blurred vision was the most common side effect.
- The majority of patients were happy with how they received adverse effect information
- Most people were happy to receive mydriatics again (75/88)
- Practice across different clinics was remarkably different
- Often only blurred vision was cited as a side effect by health professionals.

Conclusion

There was inconsistent information given to patients when there is a duty of care to consent patients carefully. It appeared evident that a simpler, more consistent and replicable method of effectively consenting patients for treatment was needed.

As a result of my data analysis I designed and created a prompt sticker to help

standardize the consenting process for mydriatics to improve practice.

Patient education prior to clinic and information given by the clinicians

needs to ensure this is addressed. Clear guidelines are needed to ensure patients are informed