



**NORTH OF TYNE AND GATESHEAD GUIDELINES FOR
MANAGEMENT OF COMMON OPHTHALMOLOGICAL
CONDITIONS IN PRIMARY / COMMUNITY CARE**

August 2016

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INTRODUCTION

This guidance is intended to inform initial management of common ophthalmological conditions and has been developed as a consensus between representatives from primary and secondary care, and optometrists with reference to national guidelines, including from NICE.

Where patients present is not explicitly stated and for example patients might present to the GP, a community optometrist or to an emergency department. The guidelines do not set out to describe all the clinical symptoms associated with each condition and clinicians are expected to use their skills and knowledge to assess and manage individual patients. The guidelines are intended to guide clinical management, but every patient should be assessed and managed individually.

These guidelines are intended for all clinicians in the Newcastle, North Tyneside, Northumberland and Gateshead areas involved in managing patients with ophthalmological conditions.

How to use the guidelines

The guidelines are a set of flow charts covering a variety of ophthalmological conditions. Each of these can be printed and laminated for easy reference if preferred. When referral is indicated the appropriate clinic is stated.

The BNF and the North of Tyne Formulary should be referred to as appropriate.

Referrals

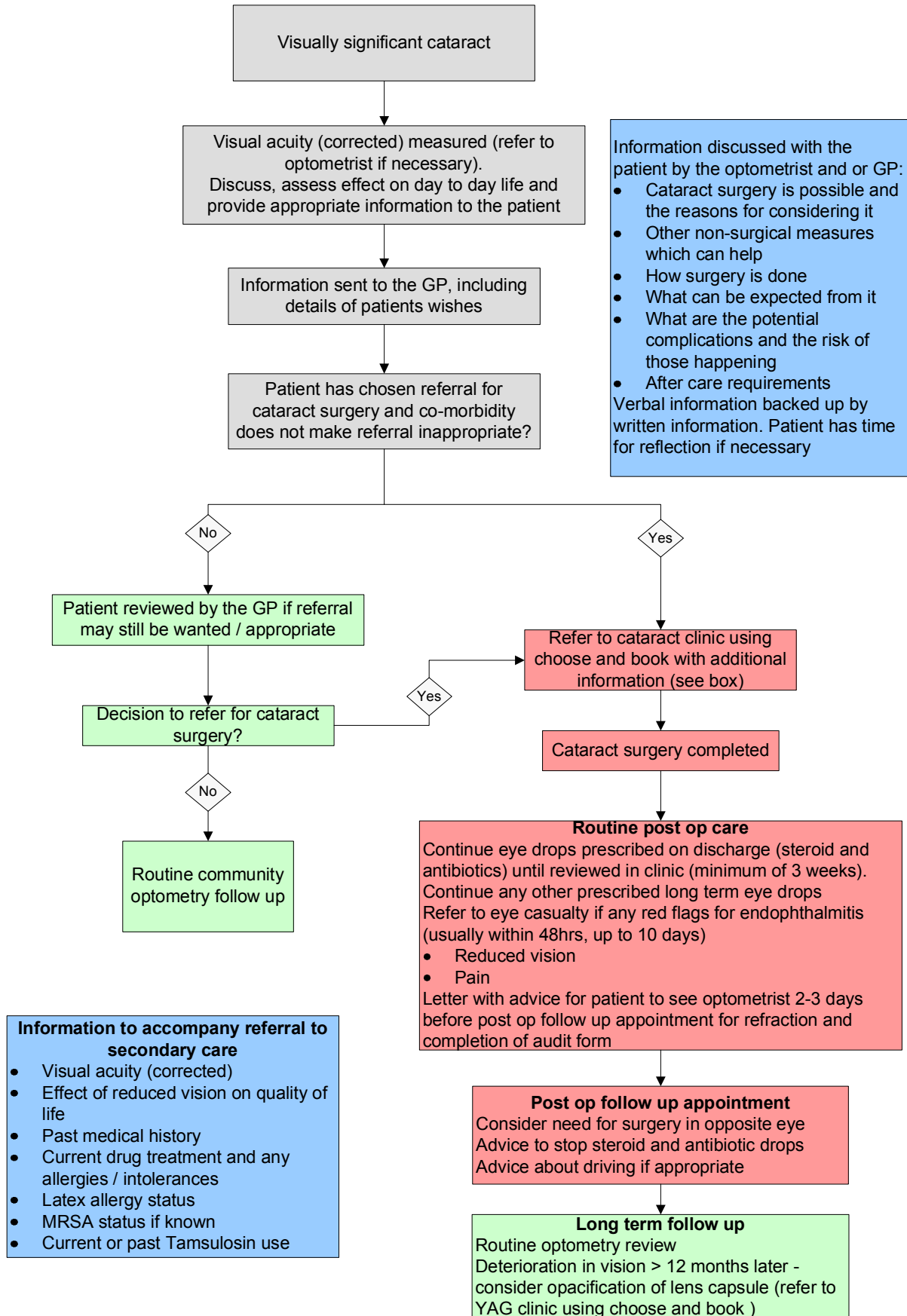
When referral to secondary care ophthalmology is recommended in the guideline, referral for patients to be seen at a local outreach clinic may be preferred. It is anticipated that clinicians in localities where such clinics are available will be aware of them, but further information can be obtained from the ophthalmology department at the RVI.

Patient information

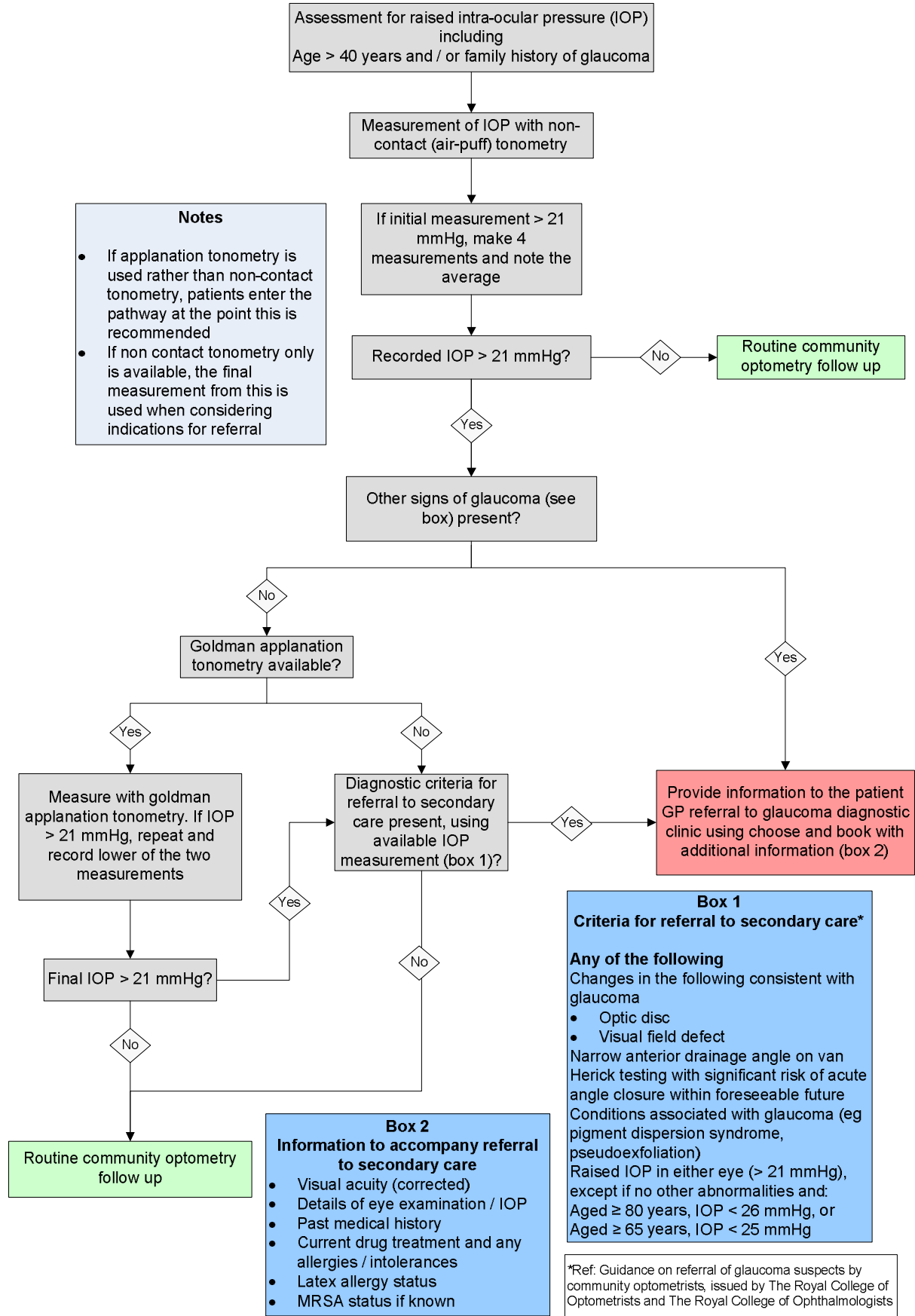
There are various sources of patient information. None are specifically endorsed, but clinicians may find that available on the Royal College of Ophthalmologists website (www.rcophth.ac.uk/page.asp?section=365§ionTitle=Information+Booklets) and from Patient UK (www.patient.co.uk/display/16777233/) helpful.

The Newcastle upon Tyne Hospitals NHS Foundation Trust ophthalmology department have also developed patient information leaflets. At the time of development of these guidelines these were undergoing review, but updated and additional leaflets will be available from the Trust website in due course (<http://www.newcastle-hospitals.org.uk/>).

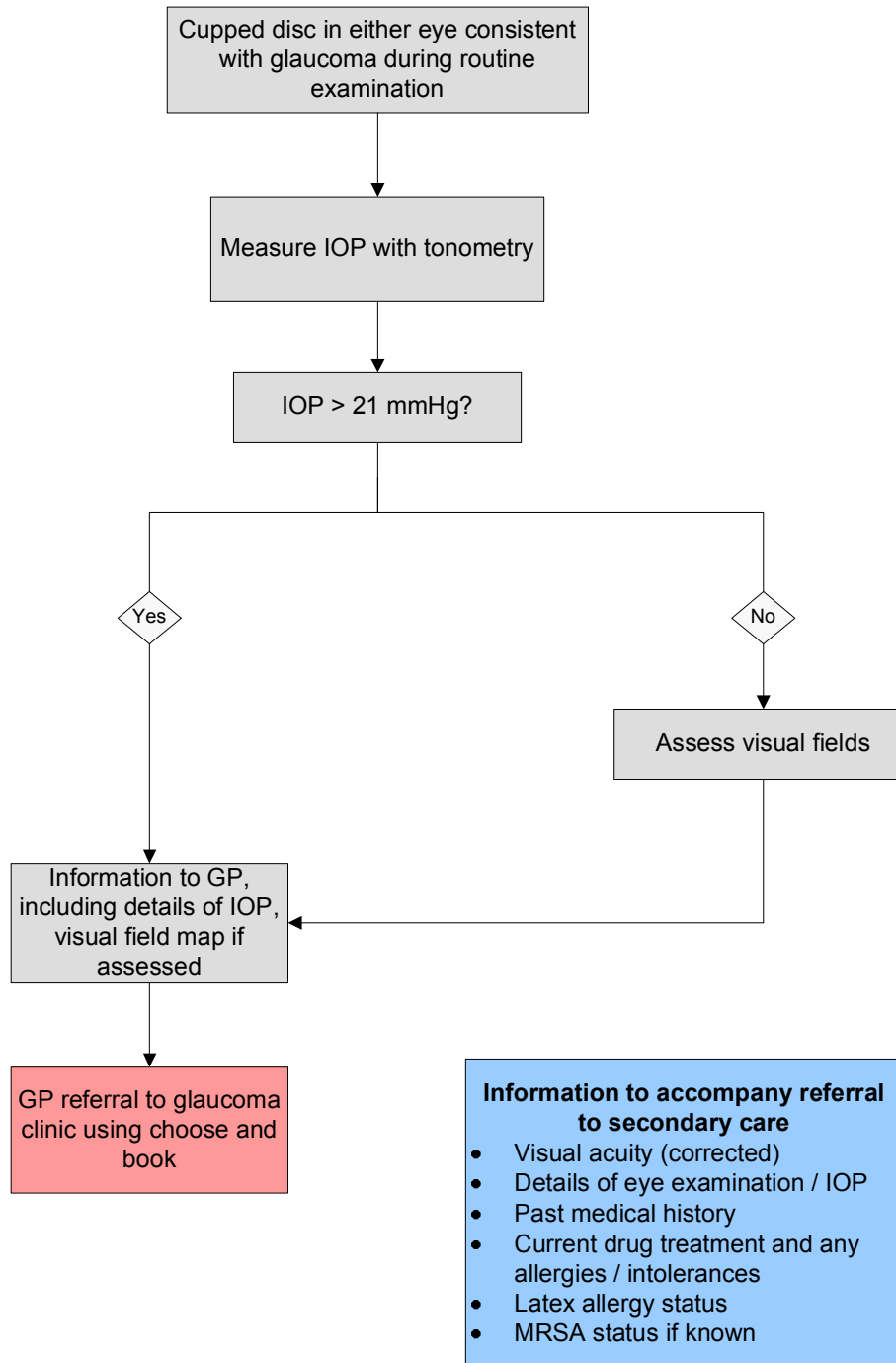
Cataract



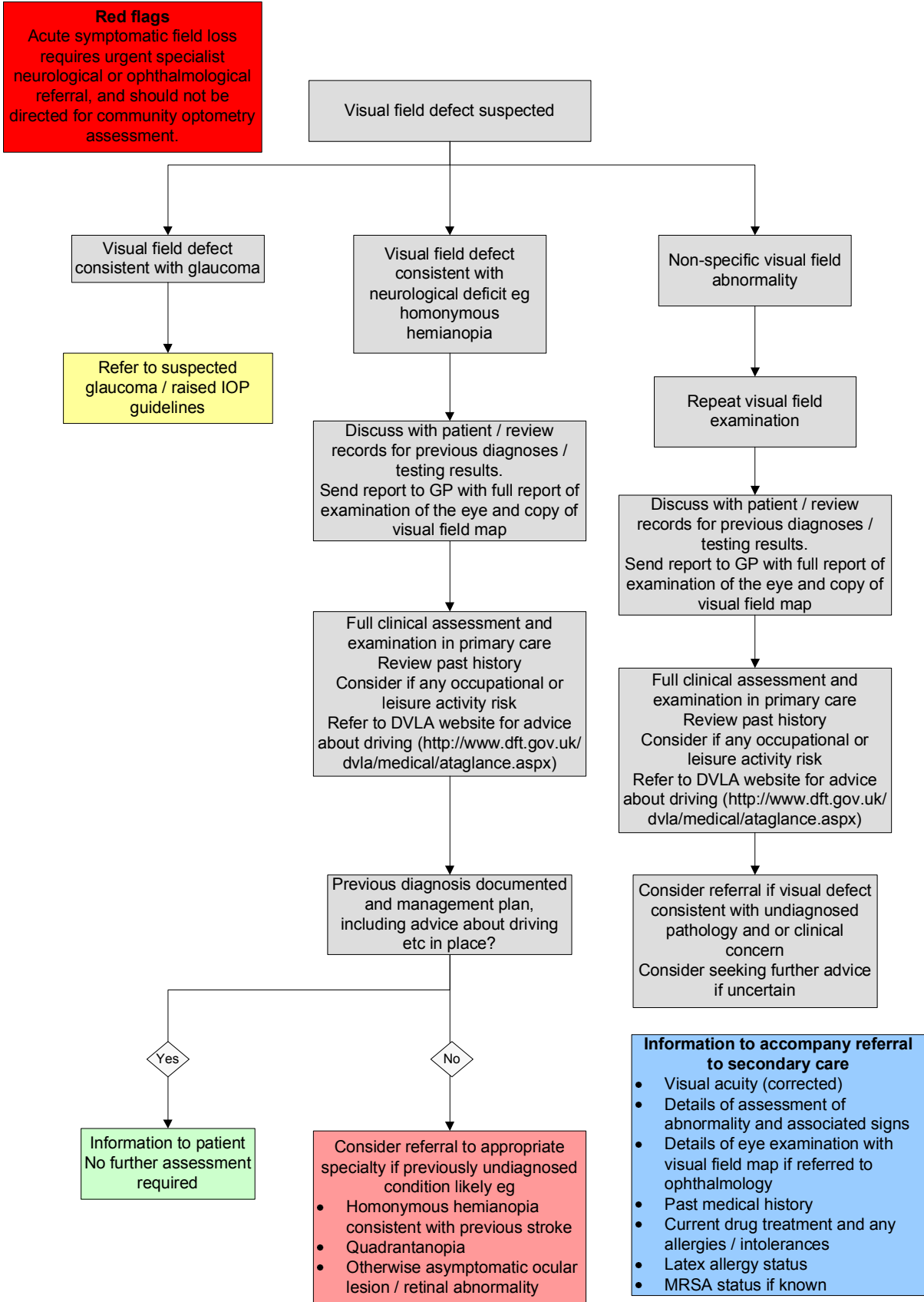
Raised intra-ocular pressure / glaucoma



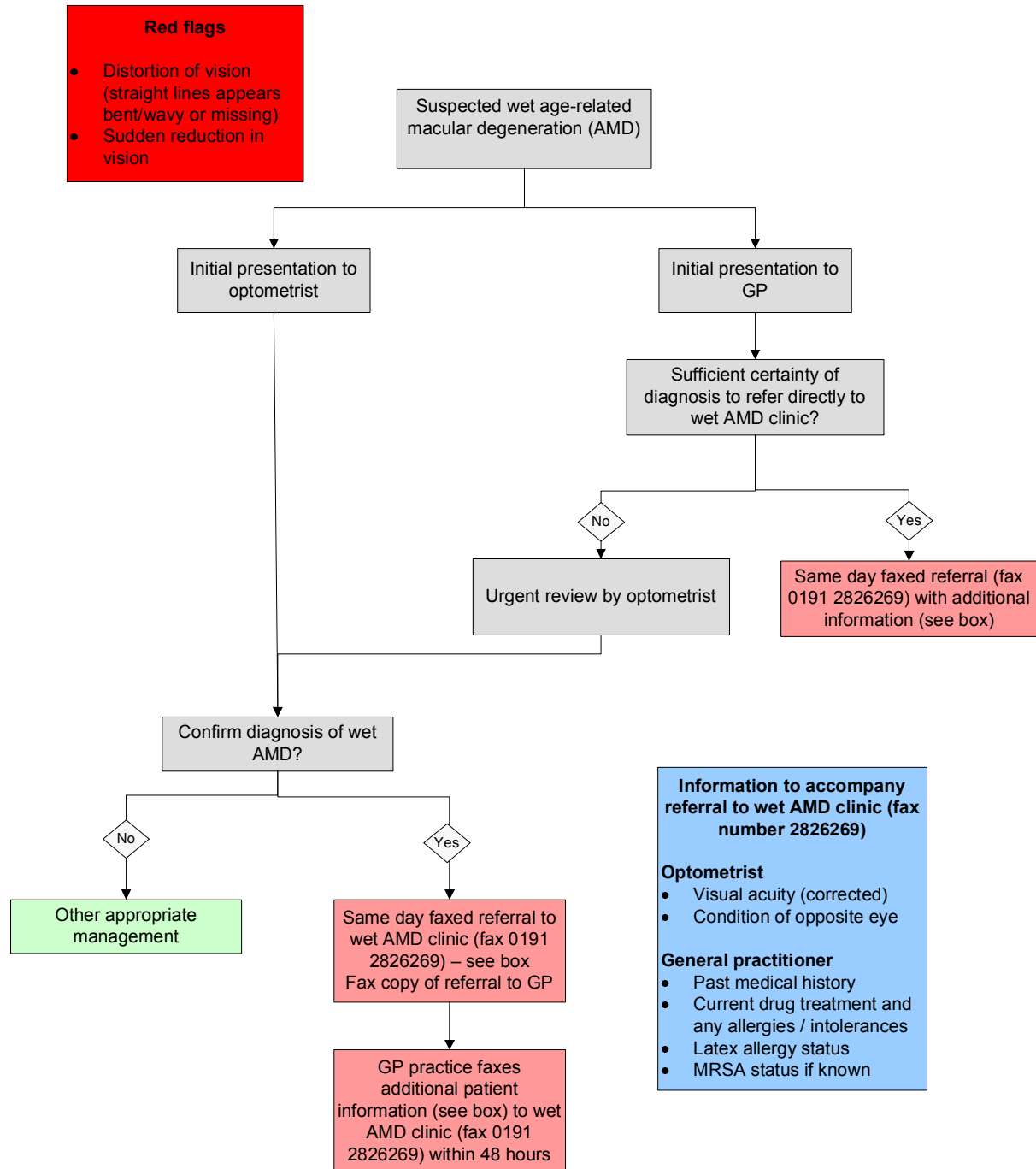
Suspected low tension glaucoma



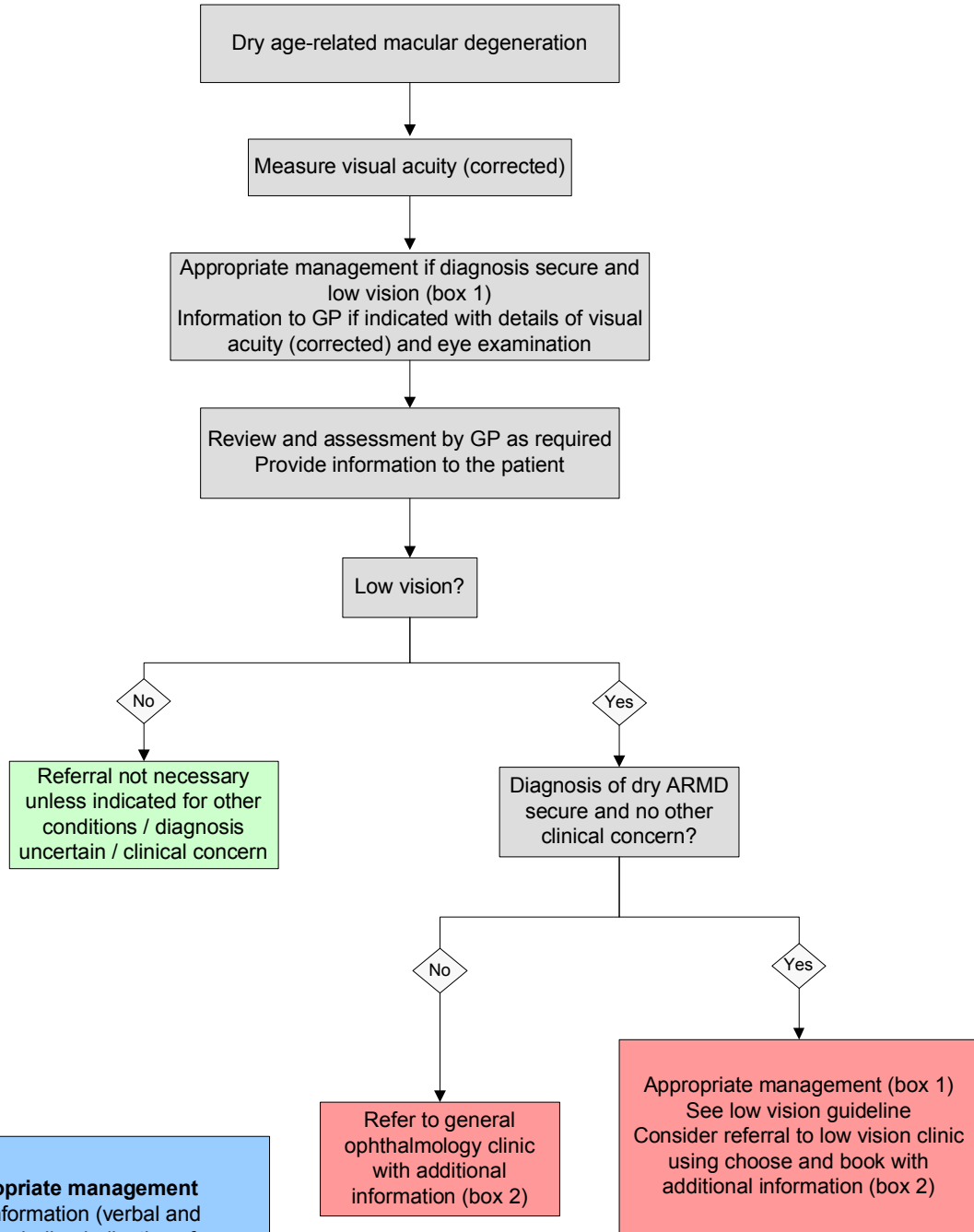
Visual field abnormalities



Wet age related macular degeneration (ARMD)



Dry age related macular degeneration (ARMD)



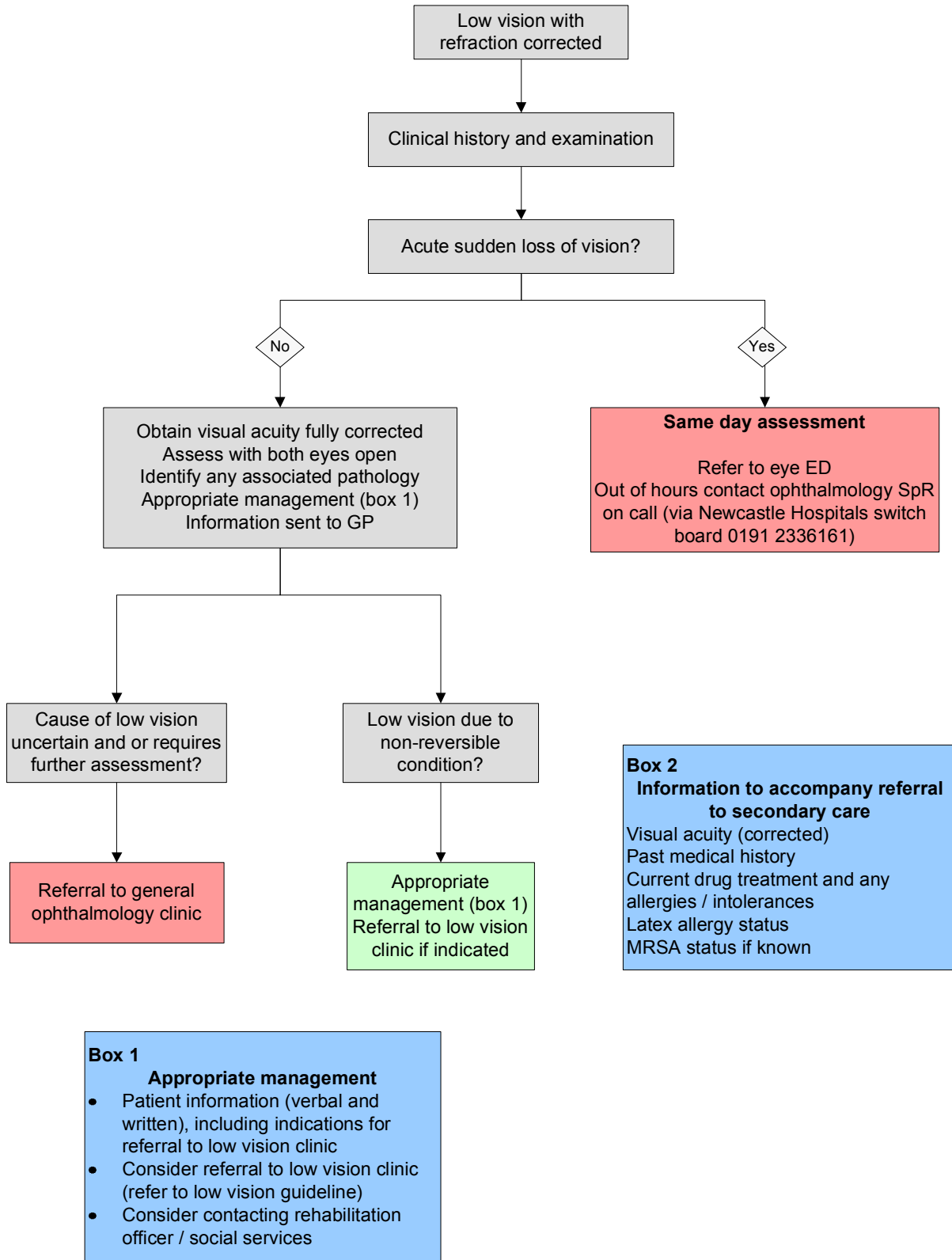
Box 1
Appropriate management

- Patient information (verbal and written), including indications for referral to low vision clinic
- Consider referral to low vision clinic (refer to low vision guideline)
- Consider contacting rehabilitation officer / social services

Box 2
Information to accompany referral to secondary care

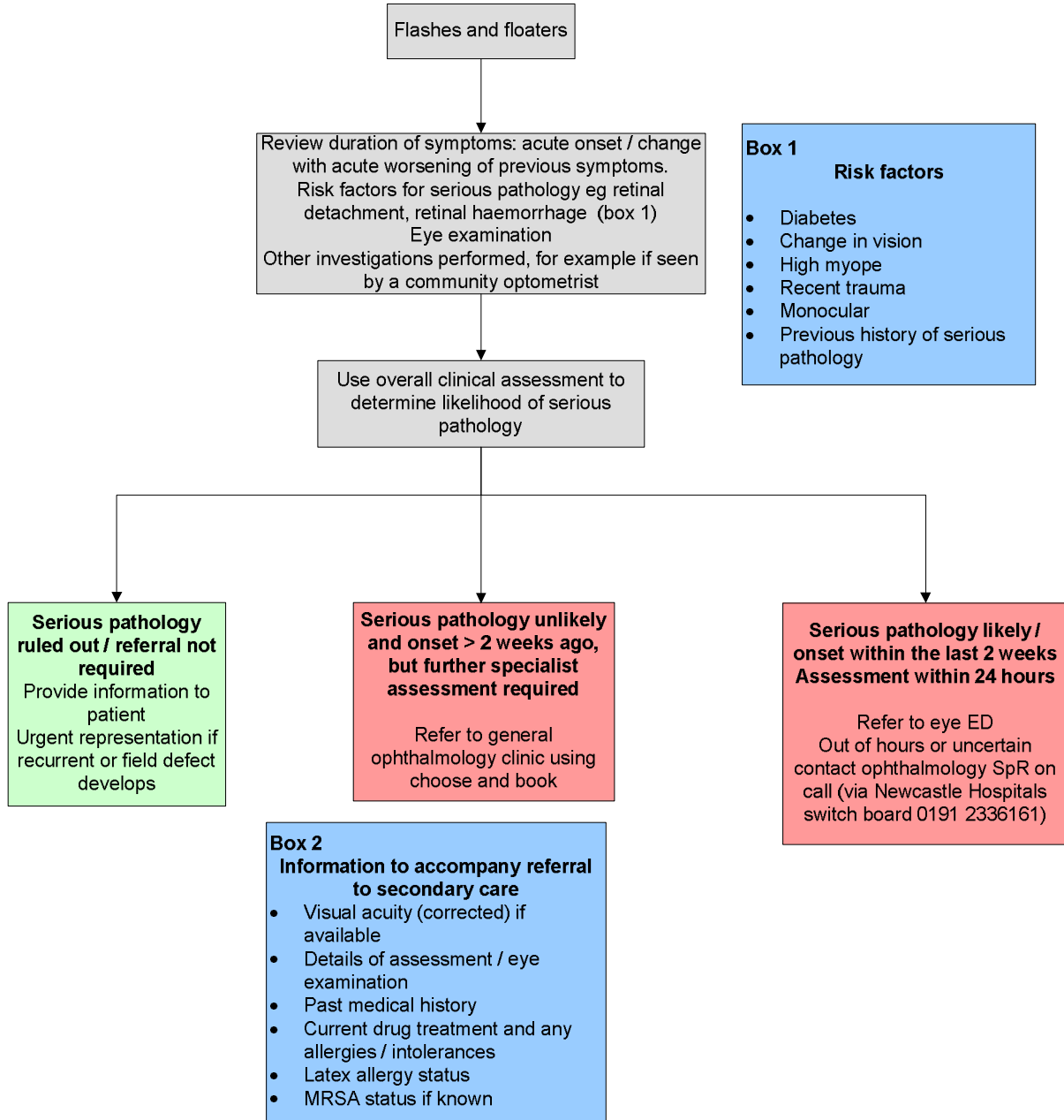
Visual acuity (corrected)
 Past medical history
 Current drug treatment and any allergies / intolerances
 Latex allergy status
 MRSA status if known

Low vision



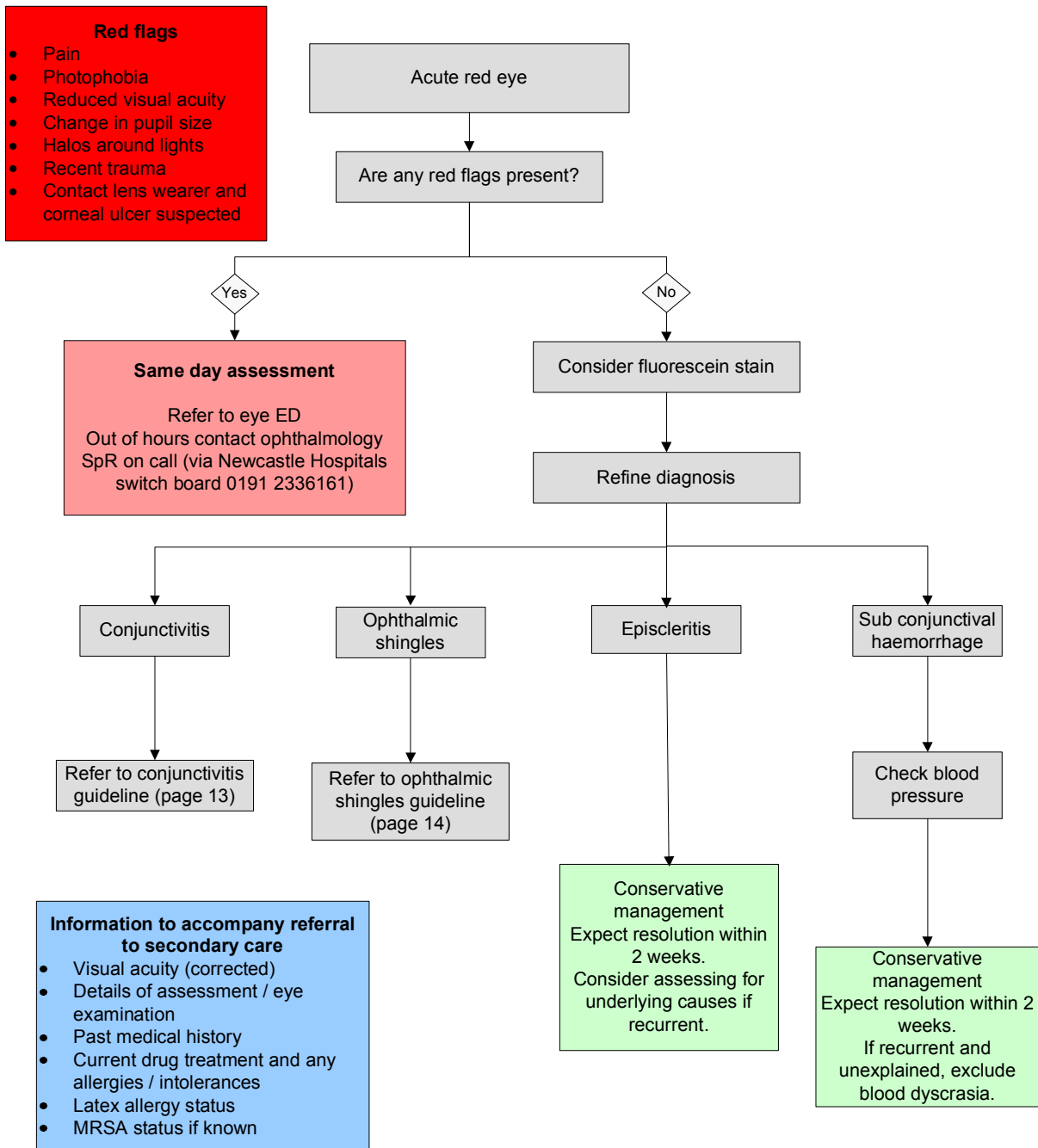
This pathway is largely for patients with low vision with no reversible cause. However, it includes recommendations for further assessment if the underlying cause of low vision is undiagnosed.

Flashes and floaters

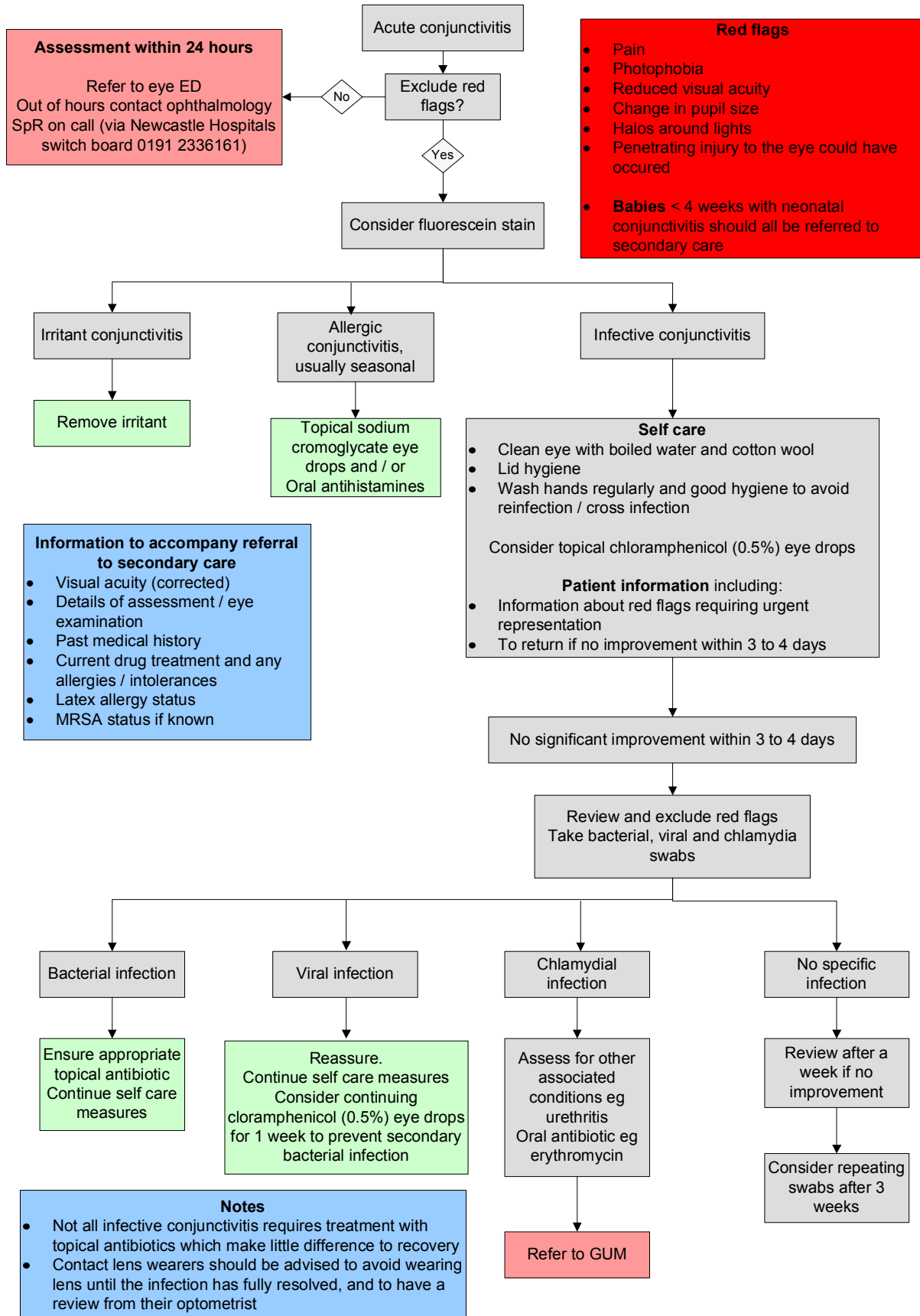


Acute red eye

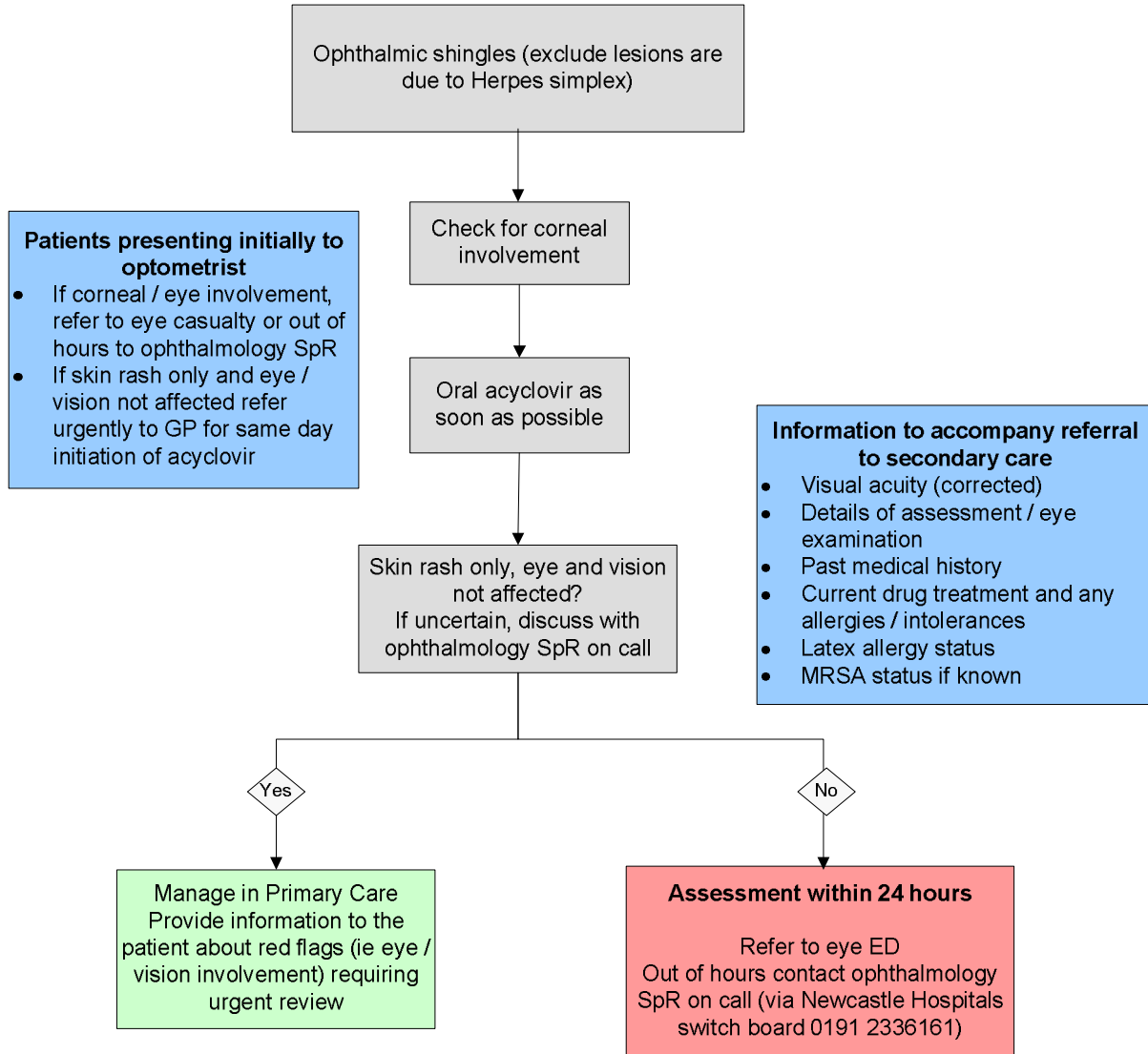
There are many causes of a red eye and conditions other than those included in the guideline below, may cause a red eye as a secondary effect eg lid malposition, foreign body. Each patient should be assessed individually and the following used as appropriate.



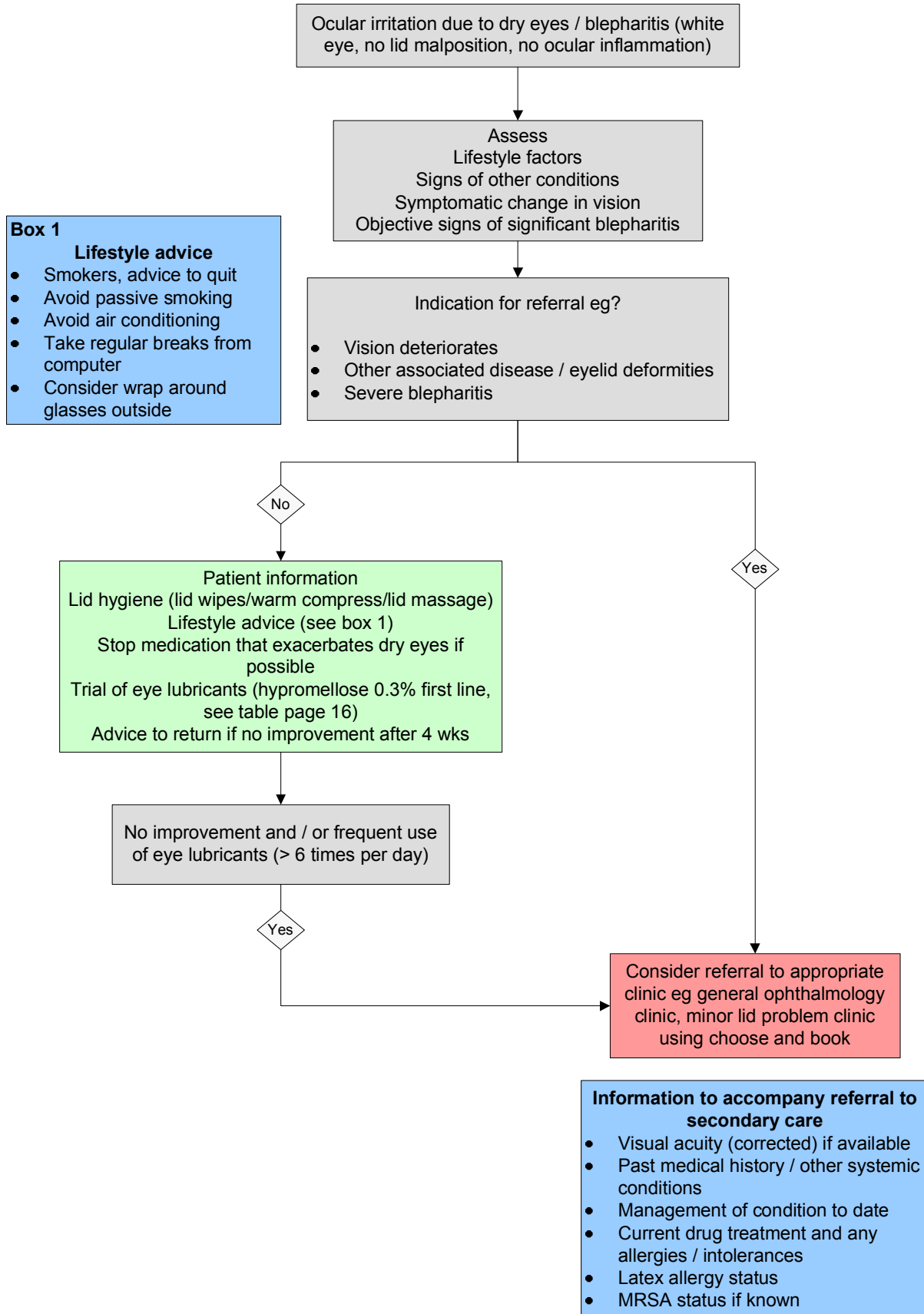
Conjunctivitis



Ophthalmic shingles

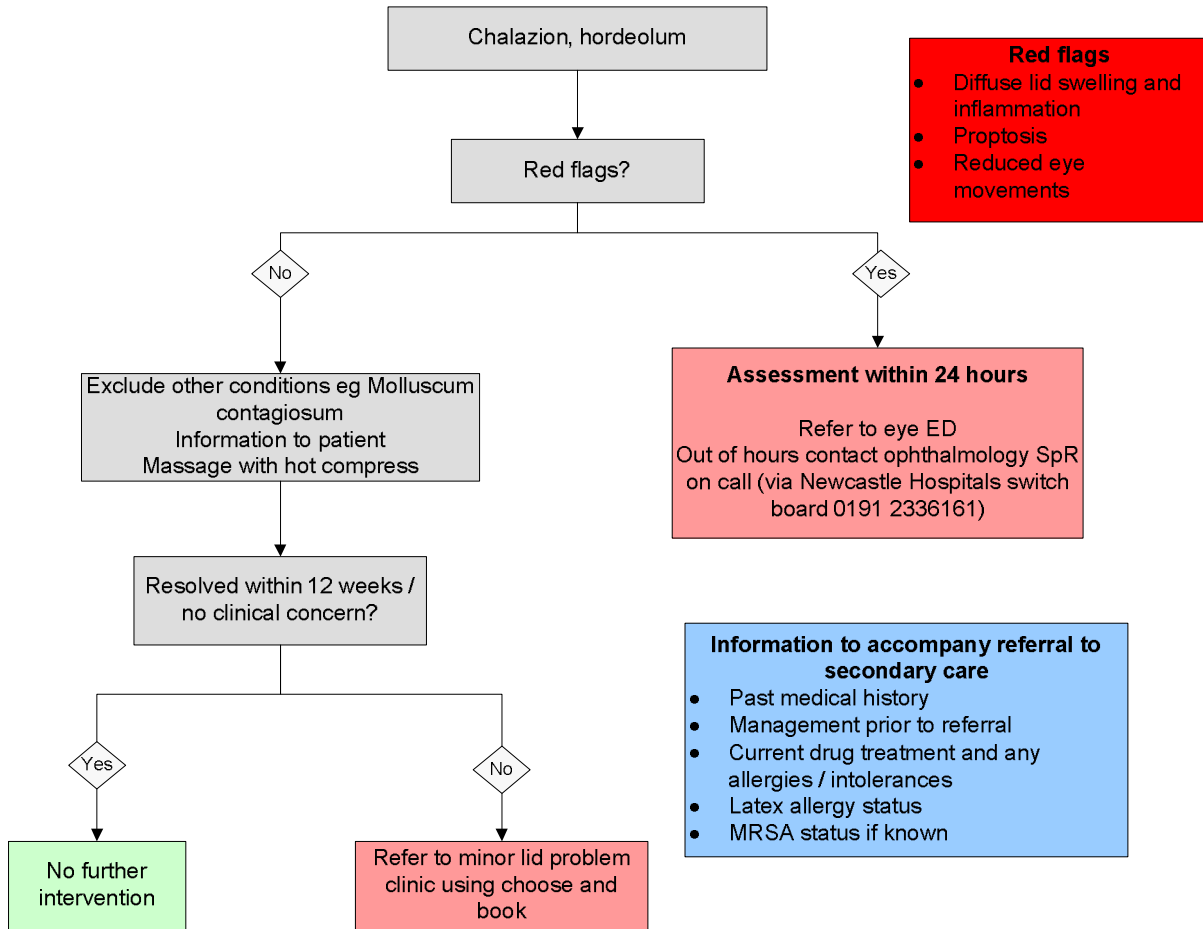


Dry eyes / blepharitis



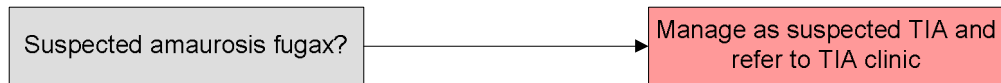
Details of topical lubricants approved for use in the North of Tyne and Gateshead areas can be found in the current formulary at [Formulary | North Of Tyne Area Prescribing Committee](#)

Chalazion

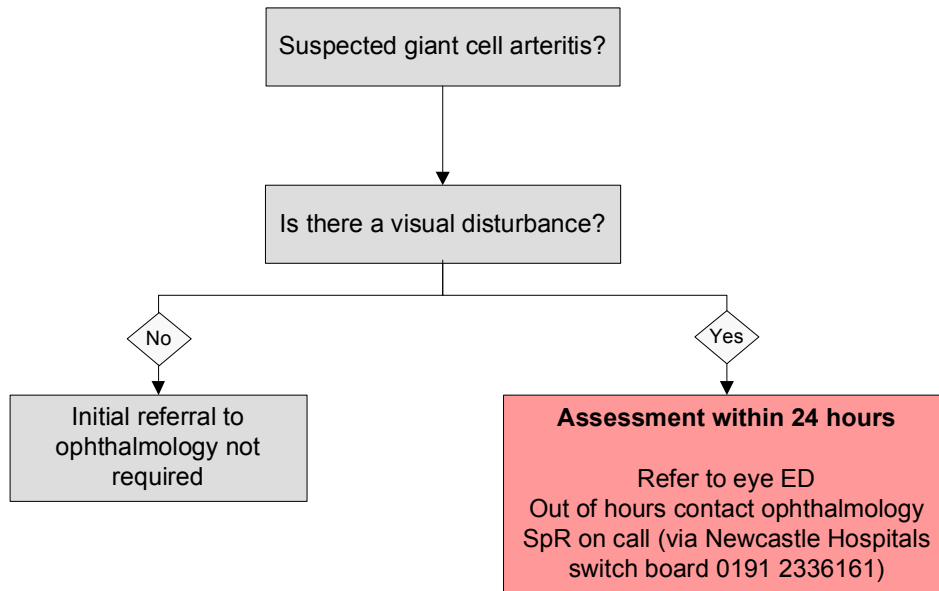


Other conditions

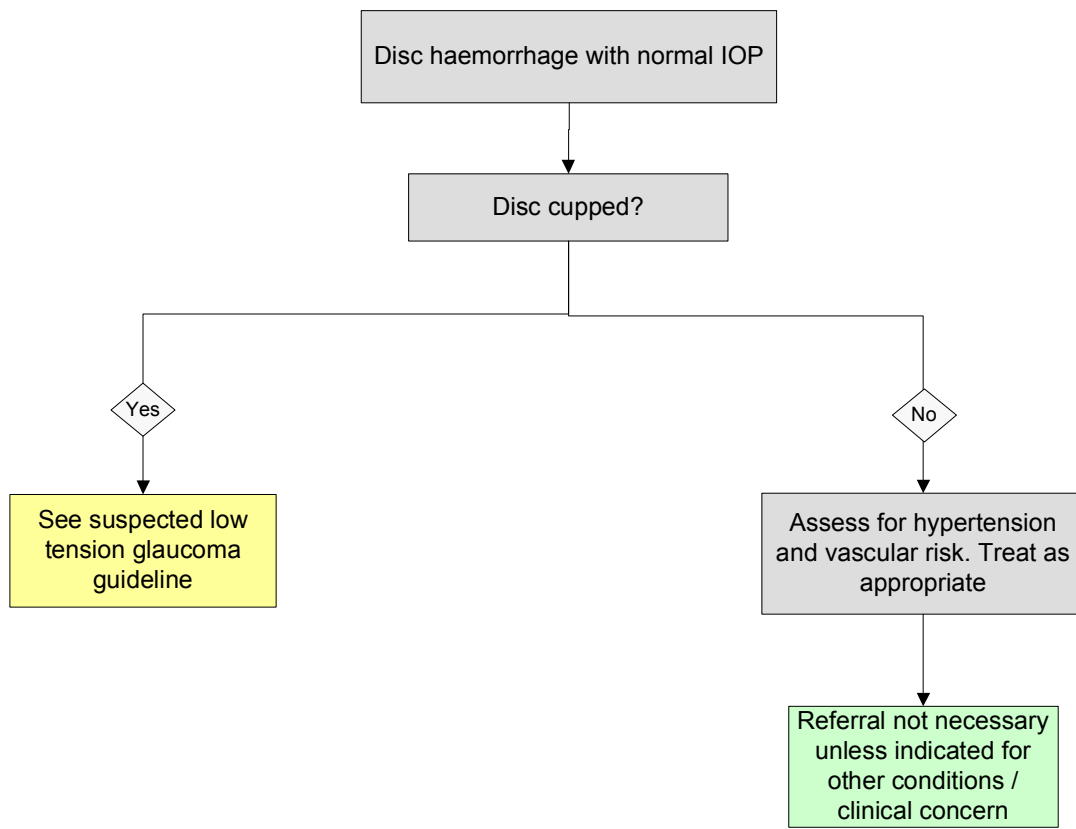
Amaurosis fugax



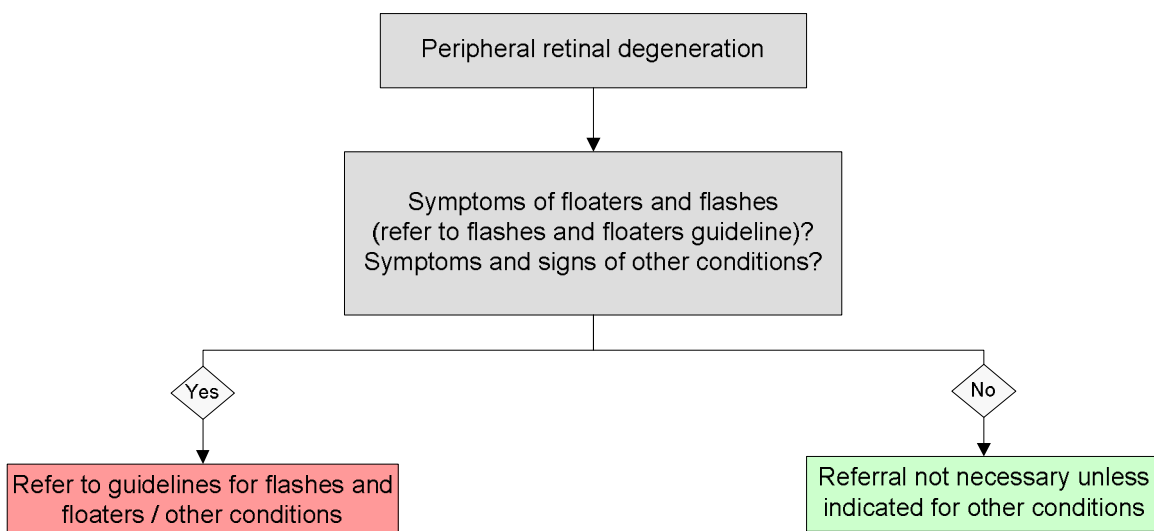
Giant cell arteritis (GCA)



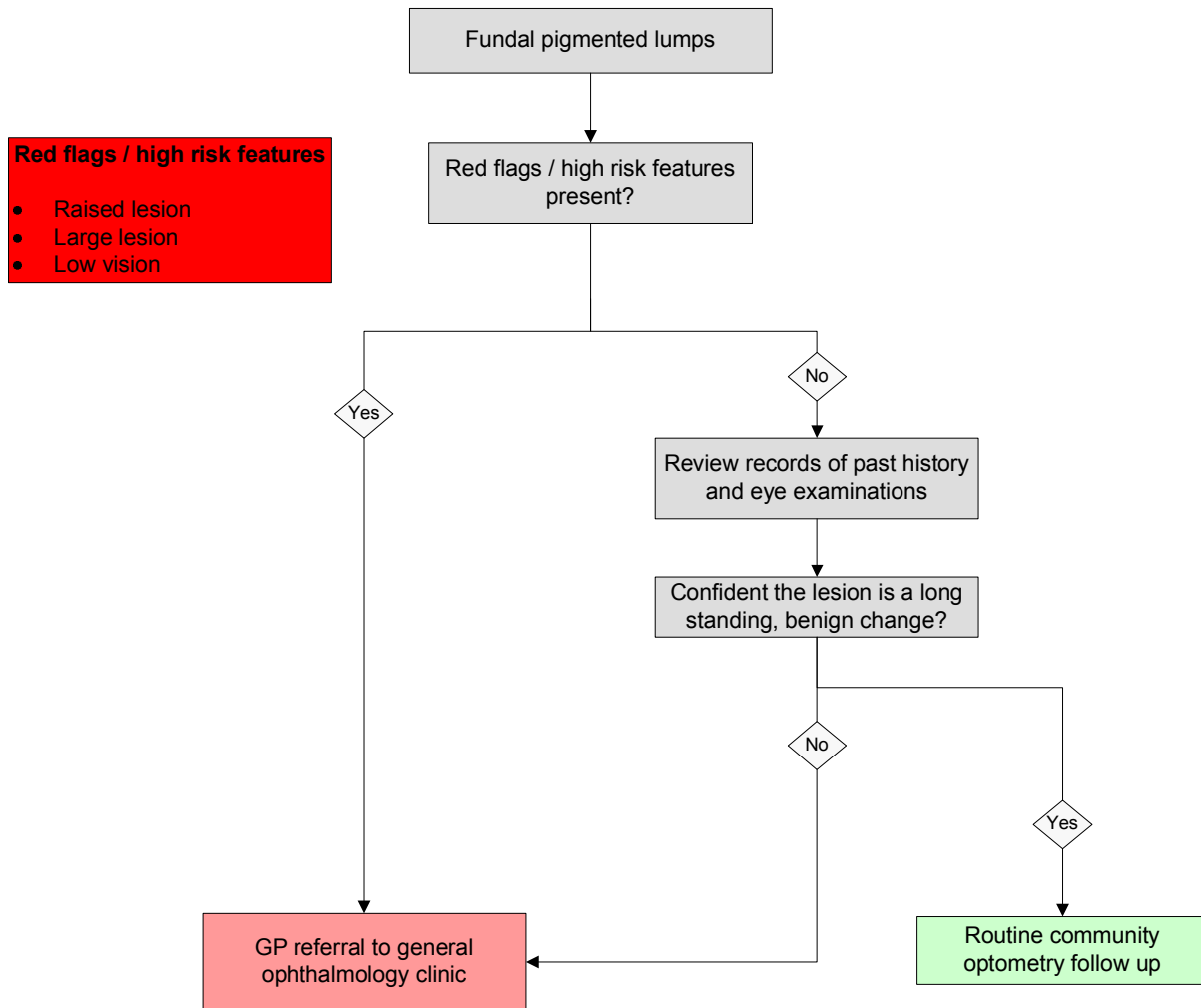
Asymptomatic fundal abnormalities - disc haemorrhage with normal IOP



Asymptomatic fundal abnormalities - peripheral retinal degeneration

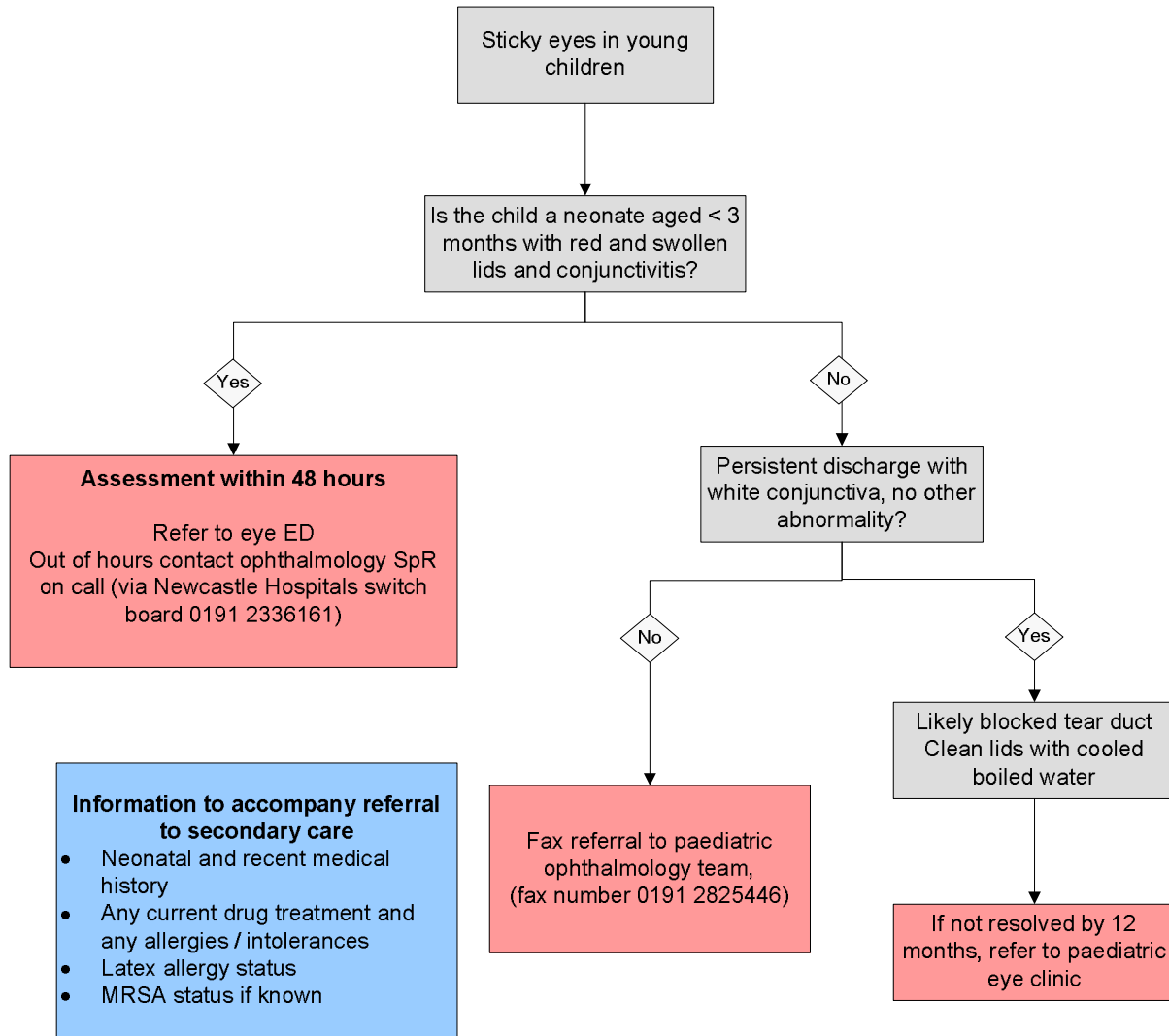


Asymptomatic fundal abnormalities – pigmented lumps

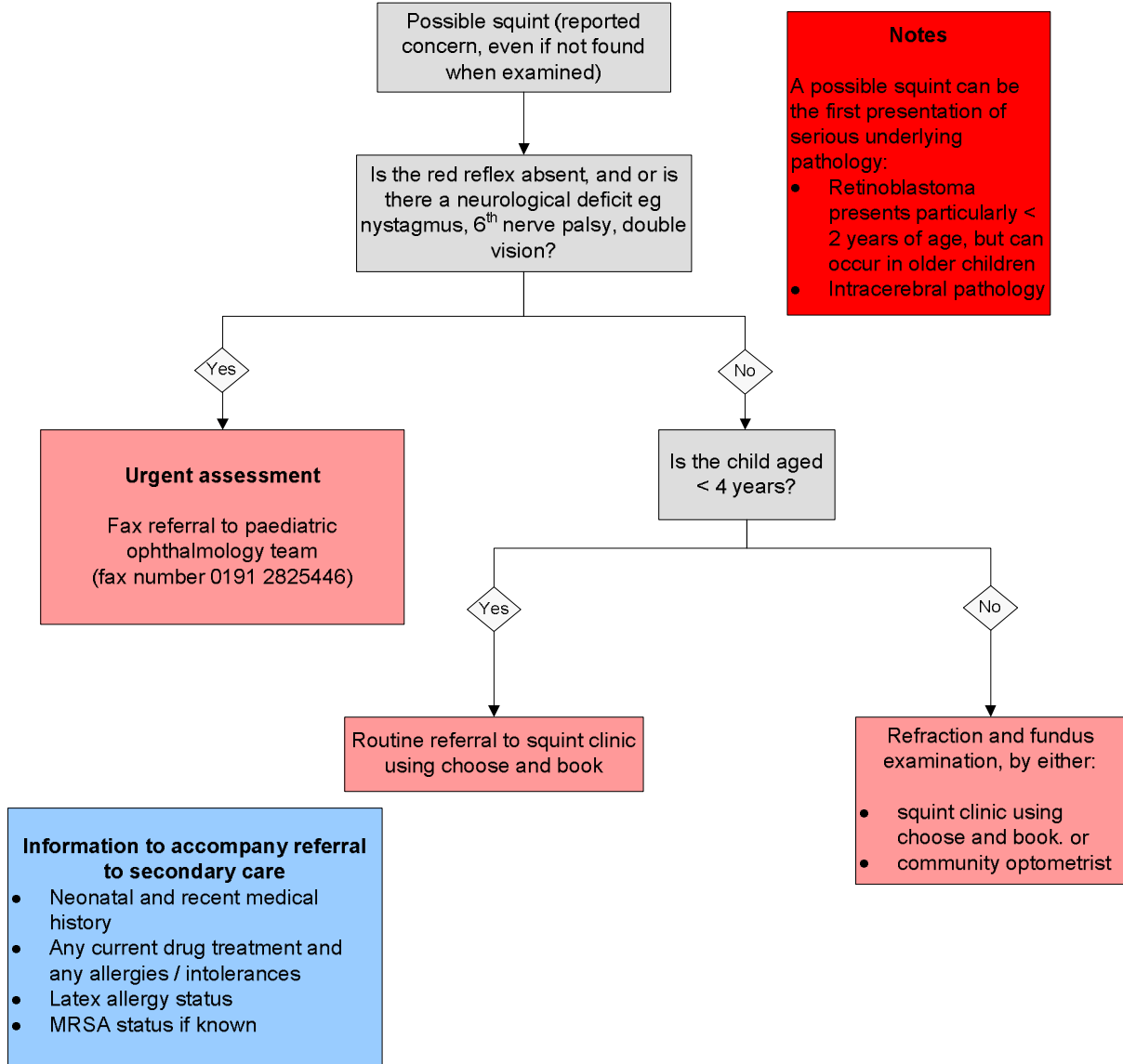


- Information to accompany referral to secondary care**
- Visual acuity (corrected) if available
 - Past medical history
 - Current drug treatment and any allergies / intolerances
 - Latex allergy status
 - MRSA status if known

Sticky eyes in young children



Squint in young children



APPENDIX

Membership of the guideline development group

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Dr PTaylor, GP, Newcastle upon Tyne

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Mr K Thompson, Optometrist

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Eye lubricant information provided by Esther Lim, Specialist Pharmacist for ophthalmology, Newcastle upon Tyne Hospitals NHS Foundation Trust

Circulated and endorsed by all consultant ophthalmologists, Newcastle upon Tyne Hospitals NHS Foundation Trust

Date of review

August 2018