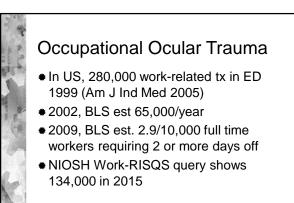
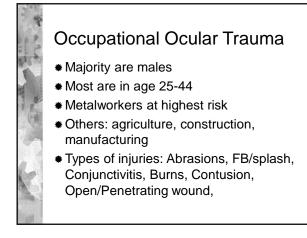
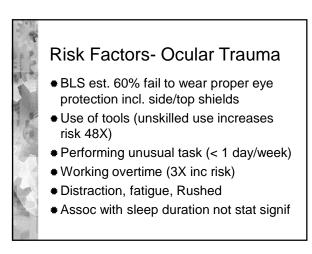


Ocular Trauma "Epidemiological data on eye injuries are still rare or totally lacking in large parts of the world." J Clin Ophth Res 2016 90 % are preventable Prevalence rates vary a great deal (5-15%)

Approx 50% work-related Non-traumatic ocular illnesses (allergic conjunctivitis) grossly underreported

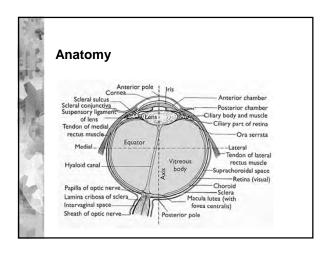


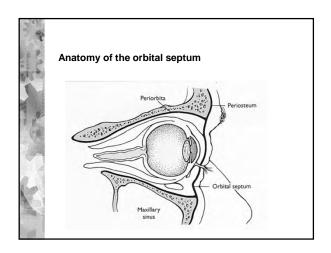


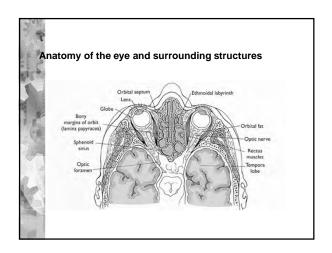


PPE Effect- Ocular Trauma

- 44% reported eye injury despite PPE (Occ Med, Jan 2009)
- * Reported increase use of PPE during work following eye injury (from median 20% to 100%) (Workplace Health Safety, 2012)
- * Role of provider education in prevention....Yuge!







IV. Elements of Eye Examination

- Visual Acuity
- * Pupil light reflexes and corneal reflexes
- * Extraocular muscles/cover test
- * Visual fields- confrontation and Amsler grid
- * Red reflex/ophthalmoscopy
- Biomicroscopy (slit lamp examination)
- * Intraocular Pressure (IOP)

Elements of Eye Examination-Office equipment

- * Penlight
- * Topical anesthetic (tetracaine, ophthaine)
- Dilating drops (Mydriacyl, Cyclogyl)
- Eye pads/ paper tape/tincture of benzoin/ointment (Lacrilube or E-mycin)
- Irrigating solution (Dacriose)
- Fluorescein strips
- Woods light
- * Sterile swabs
- * Occluder
- * Snellen chart/tumbling E chart/Allen cards

V. Pediatric/Well child eye exam

* Newborn

Red Reflex- dark room, use ophthalmoscope at 1 foot Pupillary response Observe for eye deviation Observe for congenital cataracts

Pediatric eye exam

- ★ Infants (6 months 3 years)
- In addition to above:
- *Fixation and Following (CN III, IV, VI)
- ★ Corneal light reflex (Hirschberg)
- ***** Cover test

Pediatric eye exam

- **★** Children (3 years 5 years)
- Start to use visual acuity tests- Snellen, Tumbling E

Pediatric eye exam

- * Children age 6 years and older
- * Use Snellen chart for visual acuity

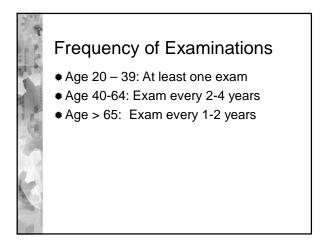
V. Developmental landmarks

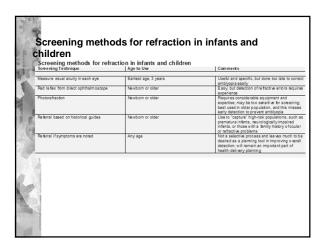
- Newborn- Unable to fix and follow before age 3 months
- ♦ 6 months-2 years: Fix and follow a face, toy, or light
- *3 yrs-5 yrs: 20/40 or better

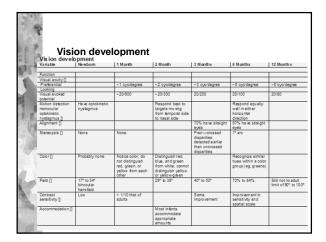
*6 yrs: 20/30 or better

VI. Frequency of examinations * High risk infants (premature, maternal factors, child abuse, Systemic disease)

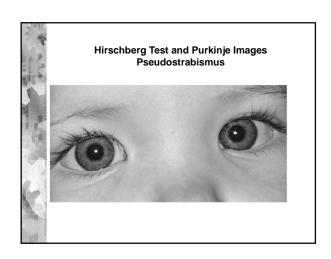
- * High risk children and young adults
- * African-American over 20 yrs
- ★ Hx of eye disease/problems
- * Hx of systemic illness
- * Family hx of eye disease (glaucoma)

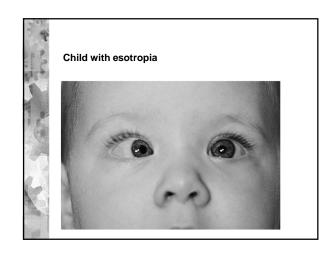


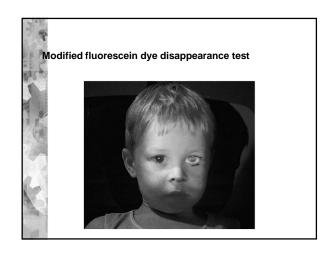


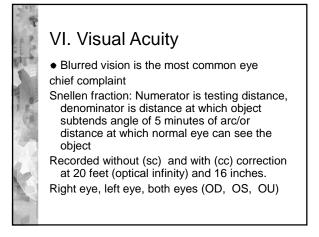




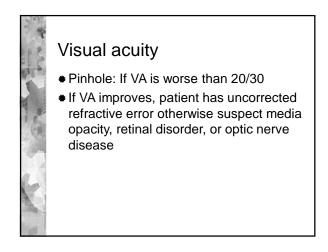


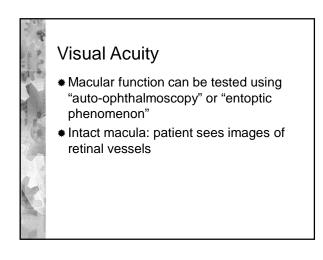


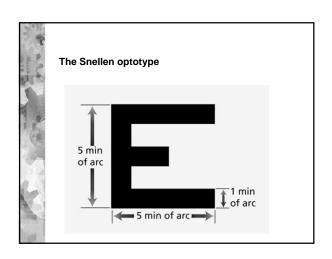


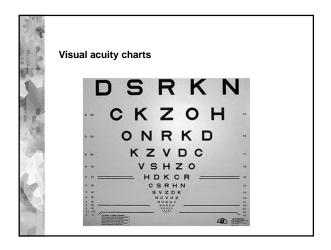


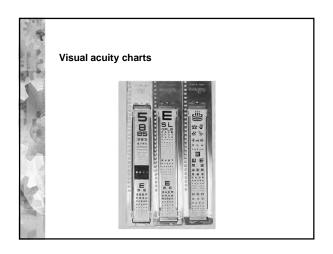
Visual Acuity Recording of results: 20/20 20/60 -2 10/400 Counting fingers (CF at 5 feet) Hand motion (HM at 5 feet) Light perception (LP) or No light perception (NLP) with or without projection

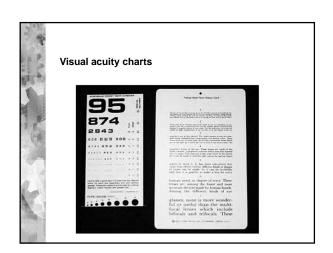


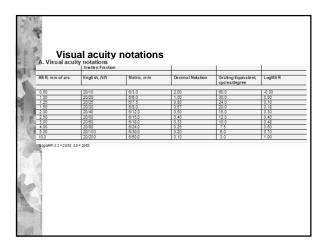


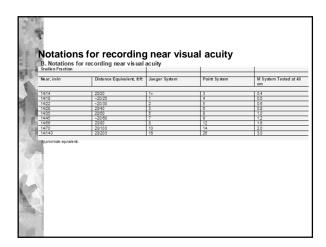


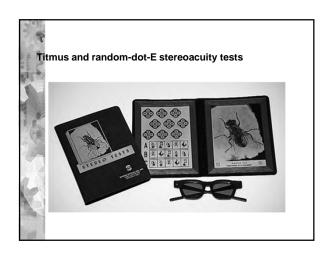


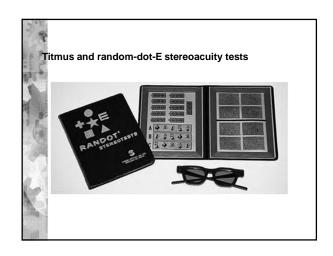


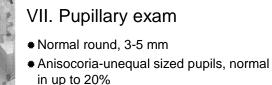




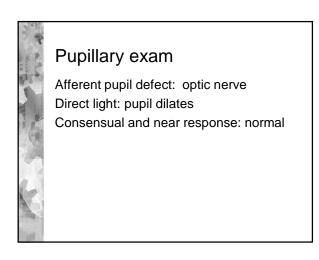


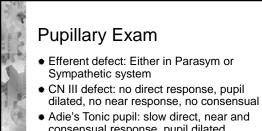




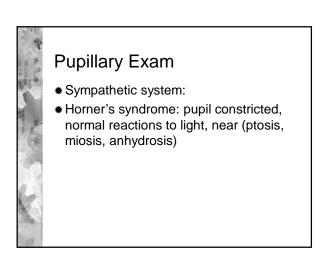


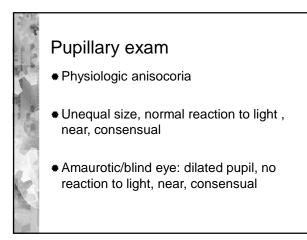
- *Semi-dark room, bright light,
- Direct and consensual reaction should be equal

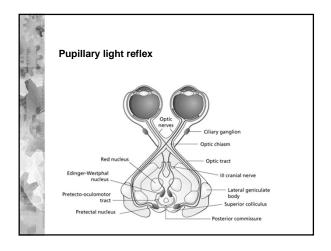


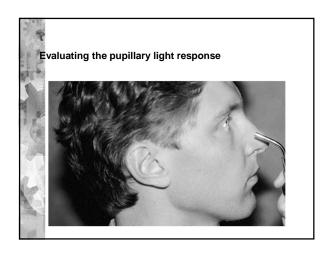


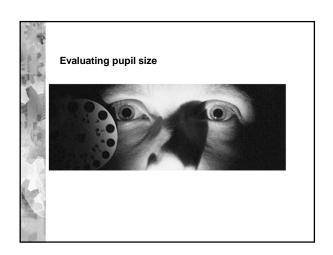
consensual response, pupil dilated (decreased peripheral reflexes) * Argyll-Robertson: miotic pupil, no direct or consensual response, normal near response (light-near dissociation)- midbrain lesion seen in sarcoid, multiple slerosis

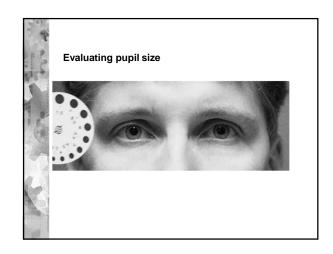


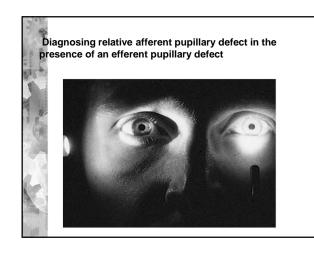


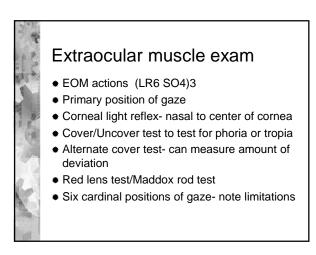


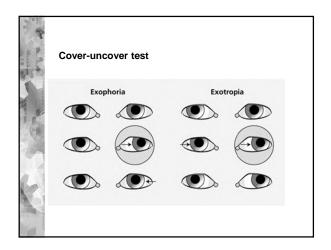


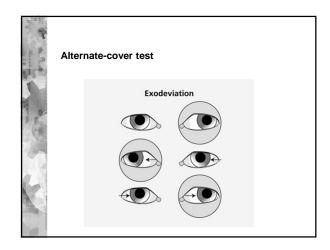


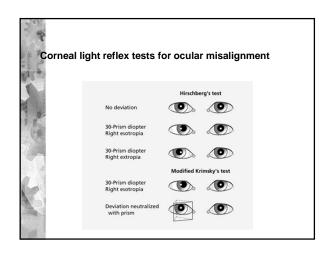


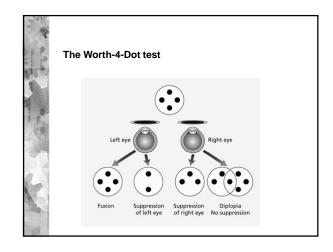


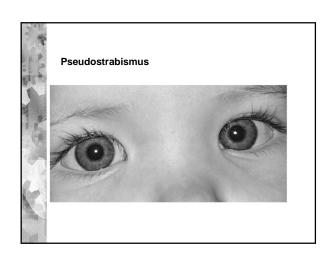


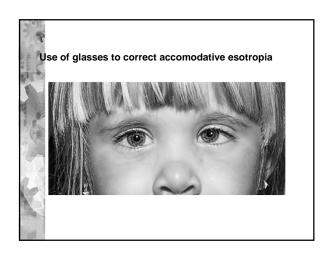


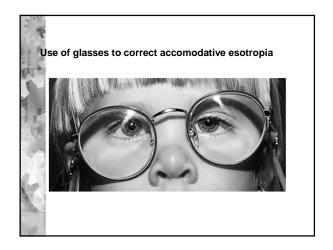


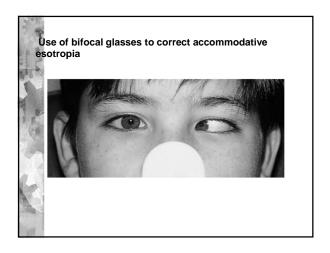


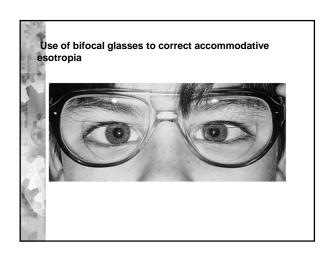




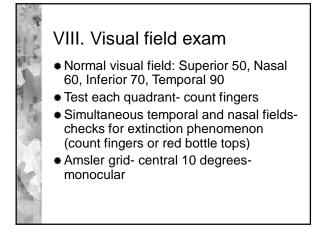


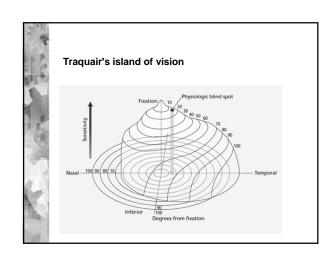


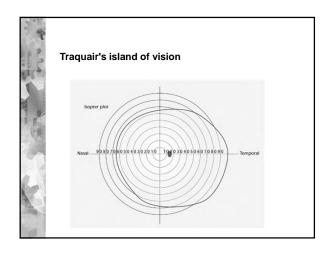


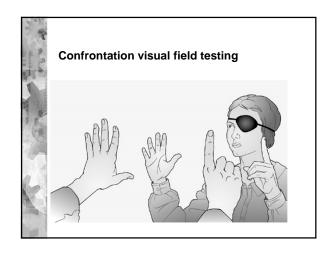


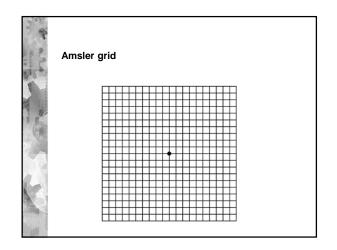


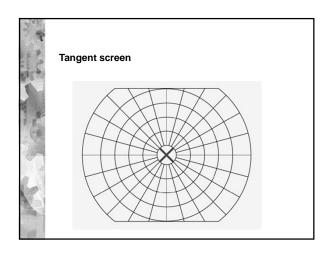


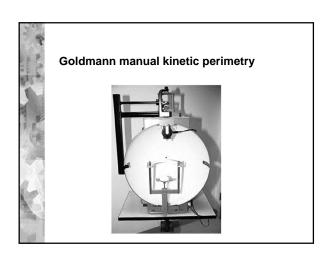


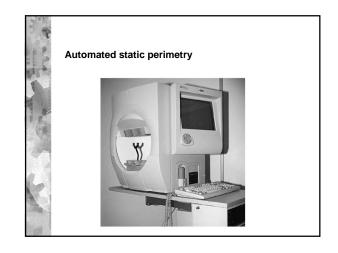


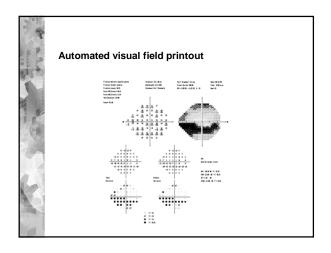


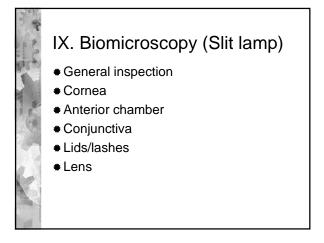


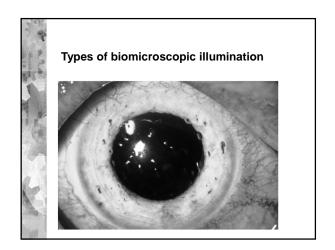


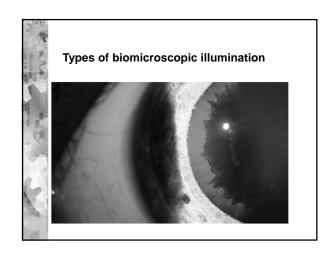


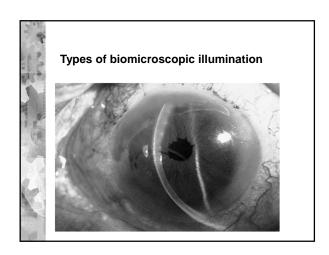


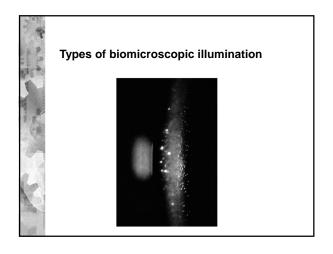


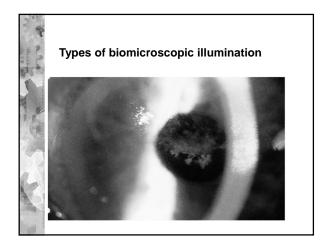


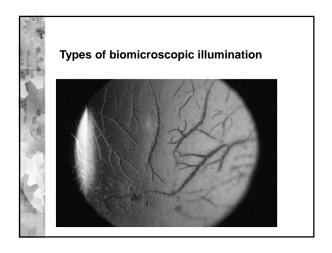


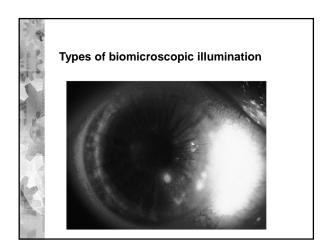


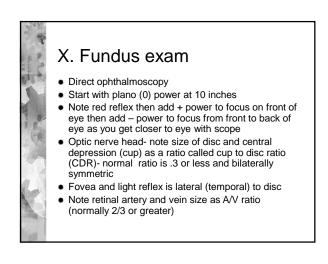


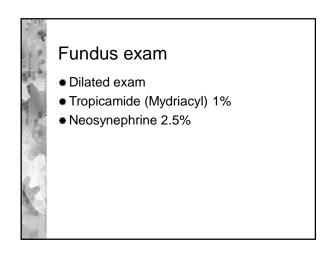


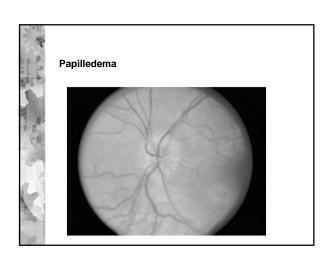












XI. The Red Eye

- **★** Differential Dx
- * Acute conjunctivitis
- * Acute iritis
- * Acute glaucoma
- * Corneal trauma/abrasion

Evaluation of Red Eye

- * Is vision affected?
- Check visual acuity!
- * Foreign body sensation?
- * Photophobia?
- ★ Trauma?
- * Contact lens wearer?
- * Corneal fluorescein staining?
- * Discharge?-purulence- bacterial

Red Eye Evaluation

General observation-penlight exam
Topical anesthetic (Tetracaine, Opthaine)?
Keratitis-corneal abrasion/contact lens
overwear, photophobia
Iritis- no fb sensation, photophobic
Angle closure glaucoma- general distress, HA,
malaise, nausea, vomiting, dull ache,
decreased acuity, mid-dilated pupil, poor
direct response

Red Eye Evaluation

- * Pupil reaction- small if iritis, keratitis, abrasion
- Pattern of redness- "ciliary flush"- injection at limbus and indicates iritis, angle closure, or keratitis
- Corneal opacity/fb? White area= infectious keratitis
- * Anterior chamber- hypopyon or hyphema?

Red Eyes Managed by Primary Care

- * Conjunctivitis (bacterial, viral, allergic)
- * Corneal abrasion
- * Corneal foreign body
- * Contact lens overwear
- * Subconjunctival hemmorhage
- * Blepharitis
- * Stye
- * Chalazion

Red Eyes- Referral Needed

- * Angle closure glaucoma
- * Hyphema
- * Hypopyon
- # Iritis
- *Keratitis/corneal ulcer



Acute conjunctivitis/bacterial conjunctivitis

- * Common
- Moderate to copius discharge/matting of lashes
- * No effect on vision
- * No pain
- * Clear cornea
- * Staph A., H.influenza, Strep pneu, Pseudomonas a.

Bacterial conjunctivitis

- **★** Empirical therapy
- Broad spectrum- Polytrim, Ocuflox, Quixin, Sulfacetamide
- # Erythromycin ophthalmic oint at night
- If cornea intact- Tobradex, Maxitrol, Pred-G, Vasocidin
- **★** Use qid to q1h depending on severity
- * Advise patient very contagious/hygiene

Viral Conjunctivitis

- * Serous discharge, pre-auric nodes, injection, lid edema, fever, sore throat (PCF), corneal infiltrates, bilateral (EKC), subconj. hemmorhage
- * Adenoviruses
- # Highly contagious
- Usually self-limiting

Viral Conjunctivitis

- * No work or school until no discharge
- * Hygiene
- Topical steroids/combination med if cornea intact- Pred Forte/Tobradex bidqid
- Tell patients- sx get worse for 7-10 days before getting better, resolve in 3-6 weeks

Chlamydial Conjunctivitis

- Consider if chronic red eye no better with other therapy
- Corneal pannus, corneal infiltrates, follicles, pre-auric node, mucus or stringy discharge

Sexually active teens, young adults, neonatal Tx- Oral TCN for 3 weeks, Erythromycin for 3 weeks, Doxycycline for 1 week, or Azithromycin 1 gram- single dose

Topical tx- Erythromycin, sulfacetamide tid x 3 weeks

Allergic conjunctivitis

- Hx of seasonal allergies/ltching, photophobia, burning and conjinjection
- Thin, watery discharge if seasonal
- Ropy, thick discharge with large papillae if vernal conjunctivitis
- Pre-treatment with Crolom, Alomide, Alocril, Alamast, Optivar, Patanol x 4 weeks with recurrent seasonal allergies
- Tx- mild cases, cold compresses, artificial tears, Lacrilube, OTC topical decongestants
- Avoid rubbing eyes!
- Moderate to severe- Patanol or Livostin, topical NSAID (Acular, Voltaren)
- Topical steroids (Alrex, Vasocidin, Vexol, Flarex) if very
 Topical steroids (Alrex, Vasocidin, Vexol, Flarex) if very
- Topical Cyclosporine 2% gtts qid if steroids ineffective
- Oral antihistamines



Giant Papillary Conjunctivitis (GPC)

- Associated with soft contact lens wear
- Fb sensation, itching, excess mucus and large (1 mm) papillae on upper lid conj
- Weeks to years after starting CL wear (mean= 18 months)
- Tx= stop CL wear, new lenses, preservative free solutions
- Artificial tears, Topical antihistamines (Patanol), topical steroids in severe cases

XII. Corneal/Conjunctival Foreign Body

- Check for corneal perforation/anterior chamber
- Fluorescein- look for aqueous leakage thru wound (Seidel's sign)
- * Topical anesthetic (ophthaine, tetracine)
- * Evert upper eyelid
- Remove with swab, spud, needle, or burr under slit lamp
- If fb is in visual axis, advise regarding possible scarring and loss of acuity

XIII. Corneal Abrasion

- * Visual acuity, Size, shape, location, depth
- Anterior chamber reaction (may have secondary iritis)
- * Topical anesthetic- limit instillation
- * Woods Lamp or Slit Lamp with fluoroscein
- 5%); topical antibiotics, analgesia. Severe pain- topical NSAIDs (Acular, Voltaren)
- Patching may help pain if abrasion over 50% of cornea- not if contact lens wearers because of risk of infection
- * If CL wearer-Ciloxan, Ocuflox, Tobrex

XIV. Chalazion

- * Painless nodules in lids
- * Granulomatous inflamm of Meibomian glands
- * Topicals won't help
- * Hot compresses/massage qid
- * Kenalog 10/ml- use up to 0.3ml from palpebral side and 30 gauge needle
- Depigmentation may occur- don't use if dark skin
- * Biopsy if recurrent to r/o sebaceous gland Ca

XV. Hordeolum (stye)

- Painful, swollen lid with pustule (this differentiates from chalzion)
- Staph infection of glands
- * Topicals won't help
- Oral antibiotics (Diclox, E-mycin, TCN, Amoxil x 10 days)
- # I&D if external
- * May result in chalazion if chronic

XVI. Preseptal cellulitis

- Painful, swollen lid, normal vision and motility; no proptosis
- Not systemically ill/may follow sinusitis
- * Staph, Gr. A Strep, Strep pyogenes
- Limit spread to posterior septum with immediate oral antibiotics (Amoxicillin, Augmentin, E-mycin, IV Nafcillin,Oxacillin if severe)



XVII. Orbital cellulitis

- * Pain, red, swelling, proptosis, vision loss, loss of motility, systemically ill, fever
- * Spread from teeth, sinus, lid penetration
- * Staph, Strep, H. flu
- * Potential- intracranial infection, septicemia, cavernous sinus thrombosis
- Immediate hospital/ IV antibiotics (Cefuroxime, Cefoxitin, Ceftriaxone, Ticar/Clavulanate)

XVIII. Blepharitis

- Inflamm of lid margins and lashes
- * Red. collarettes (fibrin around lashes). madarosis (loss of lashes), trichiasis (inturned lash), plugged glands, conjunctivitis
- * Lid hygiene- tearless shampoo, commercial scrubs (Ocu-clear, Lid Scrub, Lid Wipes)
- * Moderate, severe, chronic-topical or oral meds: Sulfacetamide, Tobramycin, E-mycin, Polysporin bid-qid
- * Excessive inflamm and pain- use combo meds: Tobradex, Maxitrol, Blephamide, Vasocidin

XIX. Dacryocystitis

- * Nasal aspect, lower lid
- Mucopurulent discharge
- Fever, severe red swelling
- * Anaerobes: Pepto-streptococcus, Propionibacterium, Fusobacterium most freq pathogens
- * If afebrile- oral antibiotics (Augmentin. Ceclor), topical antibiotics, warm compresses
- If febrile- hospitalized with IV Ancef

XX. Episcleritis

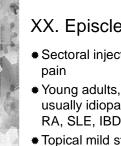
- * Sectoral injection, cornea clear, mild
- * Young adults, self-limiting (2-3 days), usually idiopathic, may be assoed with RA, SLE, IBD, Gout, Sarcoidosis)
- *Topical mild steroids (FML, Pred-mild) q 4 h; cold compresses, artificial tears

XXI. Scleritis

- * Severe, boring pain, photophobia, decreased vision, tearing
- * Scleral vessels dilated, deep red in sector or diffuse pattern
- * Tx- cycloplegia, topical steroid, oral NSAID, oral prednisone
- * Consider underlying systemic disorder: RA, SLE, Gout, Syphilis, Zoster, Ankylosing spondylitis, Wegener's granulomatosis
- * Tests: CBC, ESR, RF, ANA, HLA-B27, FTA-ABS, CXR, S-I joint films

XXII. Pinguecula/itis

- * Yellow, lipid-like deposits at limbus of exposed conjunctiva
- * Degeneration of collagen in conjunctiva results in dryness, irritation,
- * Older population, environmental exposures, Solar/UV light
- * Ocular lubricating drops: Tears Naturale II, Lacrilube, Refresh PM
- * Topical steroids: Pred Mild, Vexol, Pred Forte, Inflamase Forte



XXIII. Pterygium

- Raised, red, triangular wedge, fibrovascular growth on nasal limbus
- UV light exposure, warm dry climates or dust/smoke
- * Topical decongestants (Naphcon-A); steroids (FML, Vexol, Pred-mild)
- *Surgery if in visual axis/ cosmesis

XXIV. Ocular Trauma

- * Have A.B.Cs been addressed?
- What was vision before injury and after injury?
- * Is there past hx of amblyopia
- * Did it occur at work?
- * Eye protection and what type?
- * Chemical exposure/eye irrigated?
- * Paresthesias around the eye?
- * Last oral intake?

Ocular Trauma

- * Visual acuity is most important element
- Examine bony structure of orbit for displacemnt
- * Blowout fx accompanies blunt trauma
- Enophthalmos, restricted motility, lid anesthesia
- * Tx broad spectrum antibiotics
- * Thorough check for globe perf
- Hyphema- tx strong cycloplegia and bed rest x3-5 days. Check IOP.

Ocular Trauma

- Iris check with transillumination-tears, anisocoria, mydriasis
- Lens instability (phacodonesis) due to rupture of zonules
- * Traumatic cataract
- * Traumatic vitreous hemm
- Retinal trauma- hemm, fb, choroidal tears, retinal tears, commotio retinae
- * Intraocular fb- remove within 12-24 hours

Blow Out Fracture

- * Signs: edema, ecchymosis of lid
- * Restriction of motility especially vertical
- * Orbital crepitus (subcut emphysema)
- Hypoesthesia of ipsilateral cheek, entrap of infraorb nerve,
- * Risk of medial wall fx is orbital cellulitis
- * CT of orbits- axial and coronal views
- If entrapment, with diplopia, surgery in 10-14 days to allow for resolution of hemm and edema
- Medial wall fx- start Keflex, E-mycin qid x14
 d. Medial wall fx resolves spontaneously in 3-

Ocular trauma-chemical burn

Alkali more serious than acid

Acids create initial burn then cease, alkali penetrat4cornea to destroy stroma, and endothelium

Copious flush with salline

Test with litmus paper; If ph 6-8, dc lavage

Debride necrotic tissue with slit lamp

Swabs in fornices

Cycloplegic and broad spectrum antibiotic

Pressure patch if large area (50%)

Add topical 1% prednisolone acetate q 2-4.

Monitor IOP



