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Glaucoma

Patient name: _____

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DATE INITIAL

Admission: _____

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- I. The client/caregiver can define glaucoma.**
- It is increased fluid pressure within the eyeball.
 - It is caused by increased production or decreased outflow of aqueous humor.
 - The optic nerve can be damaged as the result of increased pressure.
- II. The client/caregiver can list signs and symptoms of glaucoma.**
- Chronic or open-angle glaucoma (gradual onset)
 - Reduced peripheral vision
 - Intermittent and temporary blurred vision
 - Halos around lights
 - Dull eye pain or headache, especially in morning
 - Difficulty adjusting to dark rooms
 - Acute or closed angle (rapid or sudden onset)
 - Severe eye pain
 - Headache
 - Nausea or vomiting
 - Loss of sight
 - Cornea that appears cloudy
 - Considered medical emergency
- III. The client/caregiver can list factors that increase the risk.**
- Blacks over the age of 40 years. Blacks are five times more likely to have glaucoma than whites.
 - People with family history of glaucoma
 - Everyone over the age of 60 years, especially Mexican Americans
 - Trauma to the eye, or eye abnormalities
 - Prolonged corticosteroid use
 - Nearsightedness also increases risk of glaucoma.

- IV. The client/caregiver can list possible treatments.**
- Medications
 - Surgery
- V. The client/caregiver can list measures to prevent or manage glaucoma.**
- Obtain early detection with comprehensive dilated eye exam routinely. Comprehensive eye exam includes the following:
 - Visual acuity testing measures how well you see at various distances.
 - A dilated eye exam can reveal any damage to retina or optic nerve.
 - Tonometry uses an instrument to measure pressure inside the eye.
 - Medication teaching should include the following:
 - Take medications as ordered.
 - Teach proper technique to administer medication for eye drops or ocular therapeutic system.
 - Arrange for assistance in administering medication if client has difficulty in medication administration.
 - Keep an extra supply of prescribed drugs on hand.
 - Avoid all drugs that contain atropine.
 - Check with the physician before using any nonprescription medications. Be cautious about herbal supplements and check with physician before using.
 - Stress the importance of ongoing need for medication use.
 - Nutritional considerations are as follows:
 - Maintain a healthy diet that includes plenty of fruits and vegetables.
 - Your physician may suggest supplements of vitamins A, C, and E and minerals such as zinc and copper.

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3. Drink fluids in small amounts but frequently over the course of a day.
 4. Use caffeine in low to moderate amounts.
 - D. Exercise regularly. Consult with physician regarding an appropriate exercise program.
 - E. Learn relaxation techniques. Stress can trigger an attack of acute-angle glaucoma. Avoid emotional upsets, especially crying.
 - F. Wear proper eye protection when using tools, playing sports, or working with chemicals.
 - G. Avoid factors that increase pressure in eye:
 - Coughing, sneezing, aggressive nose blowing
 - Strenuous exercise
 - Straining when having bowel movement
 - Bending at the waist
 - Lifting heavy objects
 - H. Prevent overuse and strain of eyes.
 - I. Wear identification tag or bracelet.
 - J. Seek medical attention immediately if pain or visual changes occur.
- VI. **The client/caregiver can list measures to promote safety, as decreased peripheral vision can be detrimental.**
- A. Clear pathways.
 - B. Provide adequate lighting.

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- C. Turn head to visualize either side.
- D. Ask for a referral to a specialist in low vision for help with adaptive equipment or low vision rehabilitation.

RESOURCES

National Eye Institute, National Institutes of Health
www.nei.nih.gov/health/glaucoma/glaucoma_facts.asp

American Academy of Family Physicians

Occupational consult for activities of daily living

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