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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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