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Cataracts

Patient name: _____ Admission: _____

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- I. **The client/caregiver can define cataracts and risks for developing cataracts.**
 - A. It is when the lens of the eye becomes cloudy and impairs vision.
 - B. Cataracts can occur in one or both eyes.
 - C. Cataracts grow slowly, and thus, vision gets worse gradually.
 - D. Risk of cataracts increases by
 - Aging process
 - Diabetes
 - Lifestyle behaviors such as smoking or alcohol use
 - Prolonged exposure to ultraviolet sunlight

- II. **The client/caregiver can list symptoms of a cataract.**
 - A. Cloudy or blurry vision
 - B. Poor night vision
 - C. Glare—sensitivity to bright light or halo may appear around lights
 - D. Double vision or multiple images in one eye
 - E. Frequent prescription changes in eyeglasses or contact lenses

- III. **The client/caregiver can list method of detection for cataracts.**
 - A. Comprehensive eye exam that includes
 1. Visual acuity testing measures how well you see at various distances.
 2. Dilated eye exam can reveal any damage to retina or optic nerve.
 3. Tonometry uses an instrument to measure pressure inside the eye.

- IV. **The client/caregiver can list methods to manage, treat or prevent cataracts.**
 - A. Early symptoms can be improved with
 - New eyeglasses/contacts
 - Use of brighter indoor lighting

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- Antiglare sunglasses
 - Wearing hat with brim to block ultraviolet sunlight
 - Use of magnifying lenses
- B. If cataracts interfere with activities such as driving, reading, and watching television, surgery may be indicated.
 - C. Surgical treatment would remove cloudy lens and insert replacement artificial lens. Follow postsurgery instructions, and wait for clearance from physician before driving again.
 - D. Nutritional suggestions include eating green leafy vegetables, fruits, and other foods with antioxidants.
 - E. Routine comprehensive eye exams.

RESOURCE

National Eye Institute
301-496-5248
www.nei.nih.gov

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