

that she aided many individuals and families to a healthier, happier way of life.

The greatest compliment to a Public Health Nurse was one given by a boy in a rural school who was asked what a family was; His reply was

"It is my mother, father, us children, the dog and cat — and our nurse".

References :

1. N. O. P. H. N. Manual.
2. Public Health Nursing Practice — Ruth Fruman.
3. Personal Notes and Experiences.

My Notes & Procedures

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Ophthalmic Nursing Series (II)

Eye Therapeutics

Treatment of conditions of the eye may be both local and general.

Local Treatment.

1. Drugs may be used in the form of :—

Drops. These are applied to the lower fornix by gently pulling down the lower lid and instilling the drops on the inside of the lid.

Lotions. The eye is irrigated with lotion by means of an Undine. In the home, lotions may be applied by bathing the eye, using cotton wool.

Ointment. A smooth glass rod is used to apply ointment to lower lid; the lids are shut and the rod withdrawn allowing the lids to wipe off ointment.

2. Heat.

(a) *Moist Heat* must be applied with extreme care so as not to cause a scald; unless the case is a surgical one, it is advisable to let the patient (adult) carry out the treatment under supervision.

A satisfactory method is to use a cotton wool padded wooden spoon.

The spoon is dipped in the hot water, excess water removed by pressing against side of bowl, and then held near closed eye and as it cools sufficiently, the spoon is then pressed on the closed lid. The process is repeated for 10-15 minutes as ordered. *Note* if a metal spoon is used, special care must be exercised as the metal retains heat.

(b) *Dry Heat.* Prolong application of heat may be applied with a Maddox Heater which is a small electric heater. An eye pad is placed between the eye and the electric pad.

Medical Diathermy is also used to apply dry heat.

3. Cold.

An application of cold is sometimes used to control orbital haemtoma. An ice bag, or small pack, lightly filled with finely crushed ice is applied as ordered.

General Treatment.

Eye conditions are often manifestations of some general physical disease in which case general treatment is combined with local treatment of the eye.

Drugs used in Local Treatment

	Drug	Strength	Used for
Lotions	Saline	0.8% (normal)	Cleansing Conjunctivitis (mainly mechanical)
	Boracic	2%	
Drops <i>Antiseptic</i>	Argyrol	10%	Antisepsis
	Sod. sulphacetimide	10-30%	Antisepsis for conjunctivitis
	Penicillin	1000 units	antisepsis
	Penicillin	5000 units in one c.c.	antisepsis for severe conjunctivitis as ophthalmia neonatorum
	Zinc Sulphate	1%	antisepsis for angular conjunctivitis
Drops <i>(Mydriatic)</i>	Atropin	1%	mydriatic (dilates pupil and paralyses ciliary muscle) (1) Treatment of iritis, corneal ulcer. (2) Post operative. (3) To dilate children's eyes for examination.
	Homatropine	2%	-do- To secure brief dilation of pupil for examination of eye. Can be neutralised with eserine.
Drops <i>(Myotic)</i>	Eserine	1-1.5%	To constrict pupil in glaucoma and after examination with Homatropine drops.
	Pilocarpine	1%	To constrict pupil in glaucoma.
Drops <i>(Anaesthetic)</i>	Cocaine (Toxic)	4%	4 drops every 5 mins. for 1/2 hour to anaesthetise eye. Used for more eye operations.
	Decicaine	1%	Local anaesthetic drops supposed to raise tension of eye less than cocaine.
Drops <i>(Hæmostatis)</i>	Adrenalin	1,10000	1. To stop bleeding during eye operation. 2. To alloy irritation in allergic conjunctivitis.
	Fluorescein (diagnostic)	1%	To stain ulcers and abrasions of cornea, to make them easily visible.
Eye ointment	Boric acid	5%	Soothing and prevents lid sticking.
For lids and Conjunctivitis	Yellow oxide of mercury	1%	for Blepharitis
	Sod. Sulphacetimide	10%	for Blepharitis and conjunctivitis.
	Penicillin	1,000 units	for Blepharitis.
<i>Mydriatic</i>	Atropine	1%	to dilate pupils.
<i>Myotic</i>	Eserine	1%	for constricting pupil.
	Pilocarpine	1%	for constricting pupil.