Introduction

The procedures contained in this manual are for use as tools in providing patient care where procedures are performed in the physician’s office and/or in clinics. It has been written from a nursing/technician perspective, but other ophthalmic medical personnel may find the information useful. Each procedure has been reviewed and revised to reflect evidence-based practice to foster excellence in ophthalmic patient care consistent with the mission of ASORN. References have been expanded or updated. Suggested readings/references provide general sources of information. The reader may refer to these sources for additional information or for procedures not included in this manual. In the individual practice setting, all ophthalmic medical personnel must consider each patient individually, existing policies, product availability, and practitioner preferences when preparing for the procedure. The ophthalmic registered nurse must be familiar with current regulatory agency requirements and applicable state nurse practice acts. The nurse or technician must function within their scope of practice and may assist in the procedure as instructed.

The format for this manual is to list the basic supplies, instruments, and action-rationale statements for ophthalmic care in the office or clinic setting. Individual procedures include an overview and objective. Case-specific action-rationale statements are included. This will help nursing and all ophthalmic medical/surgical personnel understand the procedure, anticipate the needs of the team, provide quality patient care, and assist the physician when indicated. Always follow institutional policy.

Standards, Outcomes, and Learner Objectives

Standards

All personnel responsible for assisting with surgical procedures or performing ophthalmic testing in the office or clinic setting will:

• Understand the principles and practice of aseptic technique.
• Understand the principles and practice of universal precautions.
• Be knowledgeable regarding patient assessment, monitoring, and care in emergency situations.
• Be instructed in and demonstrate proper chair side, treatment room, or operating room procedures where applicable.
• Be instructed in the principles and practices of laser safety where applicable.
• Be instructed in the principles and practices of safe handling, administration, and disposal of medications used in that setting.
• Be knowledgeable in the collection, labeling, and logging of laboratory specimens where applicable.
• Be knowledgeable about and demonstrate proficiency and safety in performing ophthalmic tests.
• Understand the principles and practices of effective patient education.

Outcomes

All patients requiring ophthalmic testing, laser procedures, surgery, or other intervention in the office or clinic setting will have it performed by informed, skilled, qualified personnel in a safe and effective manner.

Learner Objectives

1. Identify equipment and supplies required to perform ophthalmic tests and procedures.
2. Describe the fundamentals of aseptic technique in the office or clinic setting.
3. Demonstrate safe handling, administration, and disposal of medications used in the ophthalmic office or clinic setting.
4. Describe the steps necessary to perform individual ophthalmic tests accurately and safely.

Bibliography

Amsler Grid Testing

Overview
Amsler grid testing is performed to:

- determine the presence of abnormal scotoma (central and paracentral), other visual defects, and/or metamorphopsia.
- assess for presence of macular disease or defects.
- indicate change from dry age-related macular degeneration (AMD) to wet AMD, central serous chorioretinopathy, and related disorders.

Objectives
1. To determine the quality of central vision (30 degrees of the visual field).
2. To evaluate disturbances of visual function.

Equipment
Patient’s best near correction (reading glasses, bifocals, trifocals, contact lenses, or nothing if patient has monovision for near)
- Occluder or eye patch (optional)
- Standard Amsler grid
- Standard 100-watt bulb illumination in hooded lamp (optimal illumination)

<table>
<thead>
<tr>
<th>Action</th>
<th>Rationale</th>
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<tbody>
<tr>
<td>1. Determine from physician the required standard visual acuity for proceeding with test (usually 20/200 or better).</td>
<td>1. Patients with vision less than 20/200 will probably not be able to properly fixate centrally, resulting in inaccurate documentation.</td>
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<tr>
<td>2. Explain procedure to patient with explicit instructions to look only at the fixation dot in the middle of the grid.</td>
<td>2. Easy-to-understand instructions will facilitate accurate patient assessment of the grid reading and detect corresponding area of macular involvement.</td>
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<tr>
<td>3. Have patient wear best near correction and test one eye at a time by closing or covering the other eye with hand, occluder, or eye patch. (Use a hooded lamp with 100-watt bulb projected onto chart for optimal standard results.)</td>
<td>3. AMD patient’s best visual acuity is obtained with grid to be looked at under a hooded lamp so face remains in shadow.</td>
</tr>
<tr>
<td>4. Carefully observe patient for proper fixation (using the lower portion of their bifocals/trifocals) while asking patient the following series of questions. Have them hold the card about 12 – 16 inches away from face (normal reading distance).</td>
<td>4. Standardizing the testing procedure at each visit reduces the occurrence of subjective errors and helps teach proper home monitoring technique by the patient. Follow the instructions that come with the grid.</td>
</tr>
<tr>
<td>a. Do you see the dot in the center of the chart?</td>
<td>a. If not, use a marking pen and enlarge the dot or make a large X through it.</td>
</tr>
<tr>
<td>b. Focus on the dot. Do you see the four corners of the big square?</td>
<td>c. Have patient point to any missing areas.</td>
</tr>
<tr>
<td>c. Focus on the dot. Do you see the whole grid? Are there any missing, distorted, or blurred squares? If so, where?</td>
<td></td>
</tr>
<tr>
<td>d. Keep focusing on the dot. Are the lines all straight and parallel and all the small squares equal? If not, where are they missing, different, irregular, doubled, distorted, crooked, or bent?</td>
<td></td>
</tr>
<tr>
<td>e. Again, focus on the dot. Do you see anything else? Anything shining, wavering, discolored, blurred, blotched, or grayish? Where?</td>
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