

OPHTHALMIC SYMPTOMS

Ophthalmic symptoms are complaints related to the eyes and vision. Common symptoms include:

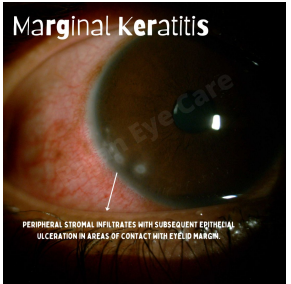
1. Redness of the eye
2. Pain
3. Itching
4. Watering
5. Discharge
6. Photophobia (sensitivity to light)
7. Blurred vision
8. Foreign body sensation
9. Dryness
10. Floaters

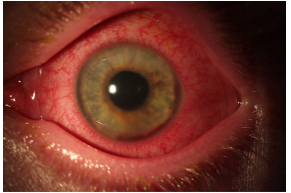
Proper evaluation of these symptoms helps identify the underlying eye disorder and determine whether self-care, pharmacist intervention, or urgent ophthalmologic referral is needed.

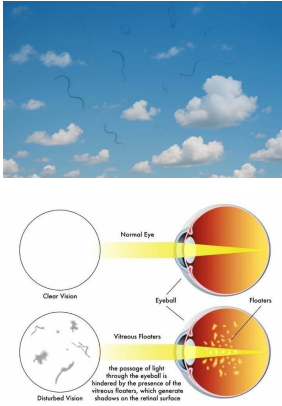
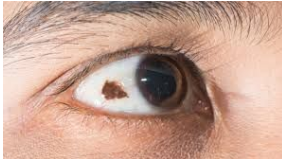
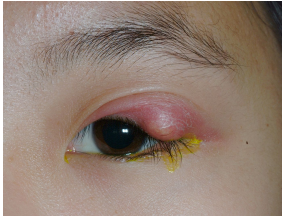
Symptom/Condition	Description	Causes	Common Clinical Features	Management/Referral	
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Red Eye (Conjunctivitis)	Redness of the eye due to dilation of conjunctival vessels or bleeding beneath the conjunctiva.	Conjunctivitis Blepharitis Corneal abrasion Foreign body Keratitis Iritis (Uveitis) Glaucoma Scleritis	Redness, eye discharge, pain, itching, watering, photophobia, visual changes	Depends on cause; refer if severe pain or visual impairment	
Allergic Conjunctivitis	Allergic inflammation of conjunctiva caused by pollen, dust, etc. Seasonal, and usually bilatera	Associated with allergic disorders such as Asthma Atopic dermatitis	Bilateral red itchy eyes, tearing, burning, sneezing, runny nose, itchy palate	Avoid allergens, Cold compresses, artificial tears, antihistamines (Ketotifen Levocabastine), mast-cell stabilizers, Topical decongestants (Naphazoline Tetrahydrozoline Oxymetazoline), Prescription drugs (Sodium cromoglycate	

				Nedocromil Ketorolac eye drops)	
Bacterial Conjunctivitis	Bacterial infection of conjunctiva	Eyes glued shut upon waking	Copious Purulent discharge, sticky eyelids on waking, redness, foreign body sensation, Mild to moderate pain Reduced vision	Prescription antibiotic eye drops; physician referral	
Blepharitis	Chronic inflammation of eyelid margins		Itchy, gritty eyes, eyelid redness, crusting, swollen eyelids	Lid hygiene, Lid massage , warm compresses, antibiotics if severe	
Episcleritis	Inflammation of episclera (layer between	Associated with RA	Sectoral or diffuse redness, mild discomfort	Usually self-limiting; NSAIDs or steroids if severe	

	conjunctiva and sclera)				
Herpes Simplex Eye Infection	Viral infection caused by HSV-1		Pain, redness, tearing, photophobia, blurred vision, eyelid vesicles	Antiviral therapy - Trifluridine 1% eye drops Oral Acyclovir Oral Valacyclovir Oral Famciclovir ; immediate referral	
Marginal Keratitis	Inflammation of peripheral cornea	Chronic staphylococcal blepharitis	Painful red eye, photophobia, blurred vision, mucopurulent discharge, Foreign body sensation	Ophthalmology referral; topical steroids	
Subconjunctival Hemorrhage	Bleeding beneath conjunctiva	Spontaneous rupture of vessels Trauma Anticoagulant use Bleeding disorders	Bright red patch on sclera, usually painless	Self-resolves in 7–14 days; treat underlying cause, Warm compresses	

Uveitis (Iritis)	Inflammation of iris, ciliary body, or choroid		Pain, redness, photophobia, blurred vision, watering	Urgent referral; steroid eye drops	
Arcus Senilis	Lipid deposition in peripheral cornea. White-gray ring around the peripheral cornea.	Lipid deposition in the cornea. Bilateral Common in elderly	White-gray ring around cornea, usually asymptomatic	Lipid profile if age <50 years	
Dry Eye Syndrome	Reduced tear production or excessive evaporation	Aging Sjögren syndrome Computer use Environmental factors Medications - Oral contraceptives Antihistamines Beta-blockers	Dryness, burning, soreness, foreign body sensation	Artificial tears, humidifiers, cyclosporine drops	

Floaters	Shadows from clumped vitreous fibers	Clumping of vitreous fibers.	Dark specks, cobweb-like objects moving in vision. Floating spots, Moving shadows	Refer if sudden onset or associated flashes of light	
Nevus	Pigmented or non-pigmented conjunctival mole.		Flat or slightly raised pigmented lesion	Usually harmless; refer if enlarging	
Stye (Hordeolum)	Infection of eyelash follicle (usually Staphylococcus)	Staphylococcus species	Painful localized eyelid swelling, redness	Warm compresses; antibiotics if persistent	
Trichiasis	Inward growth of eyelashes	Complications - Corneal abrasion Eye irritation Visual problems	Eye irritation, tearing, corneal abrasion, visual disturbance	Epilation - removal with forceps, cryotherapy, electrolysis	

Watery Eyes (Epiphora)	Excessive tear production	Allergies Infection Blepharitis	Excessive tearing, irritation	Treat underlying cause (allergy, infection, etc.)	
Xanthelasma	Cholesterol-rich yellow plaques on eyelids	Indicate: Hypercholesterolemia Hyperlipidemia	Yellowish eyelid plaques, usually bilateral	Lipid profile evaluation	
Foreign Body in Eye	Presence of external material in eye		Sharp pain, burning, tearing, redness, scratching sensation	Eye irrigation; urgent referral if vision affected	



OPHTHALMIC SYMPTOMS

RED EYE DISORDERS

Allergic Conjunctivitis



Itchy, red eyes with watery or stringy discharge.

Bacterial Conjunctivitis



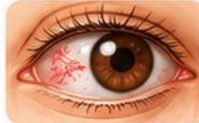
Redness with thick, yellow or green discharge.

Blepharitis



Inflammation of eyelid margins; red, swollen, itchy lids.

Episcleritis



Redness and mild discomfort in a localized area.

Uveitis



Eye pain, redness, light sensitivity, blurred vision.

Herpes Simplex



Redness, pain, blisters, and sensitivity to light.

Marginal Keratitis



Inflammation near the corneal edge; pain, redness, watering.

Subconjunctival Hemorrhage



Bright red patch in the white of the eye; usually painless.

OTHER EYE DISORDERS

Dry Eye Syndrome



Dryness, irritation, burning, gritty sensation.

Floaters



Small specks or shadows floating in your vision.

Nevus



A benign pigmented spot on the eye.

Stye



Painful, red lump on the eyelid caused by blocked gland.

Trichiasis



Eyelashes grow inward, causing irritation.

Watery Eyes



Excess tearing due to irritation, allergy or blockage.

Xanthelasma



Yellowish deposits on eyelids (common with high cholesterol).

Foreign Body



Feeling of something in the eye; redness, irritation.

Arcus Senilis



Gray-white ring around the cornea (common with aging).



ASSESSMENT

Evaluate symptoms, history, and risk factors.



SELF-CARE / PHARMACIST ADVICE

- Provide guidance on self-care measures.
- Recommend OTC products when appropriate.
- Educate on hygiene and prevention.



REFERRAL WHEN NECESSARY

- Severe pain or vision changes
- Persistent or worsening symptoms
- Suspected serious conditions
- No improvement with self-care



APPROPRIATE TREATMENT

- Treat underlying cause
- Use appropriate medications
- Follow up to ensure resolution





PRESERVATIVES IN EYE CARE PRODUCTS

COMMON PRESERVATIVE

Benzalkonium chloride



ADVERSE EFFECTS



Stinging



Burning



Itching



Keratitis



Worsening dry eye

CONTACT LENS CONSIDERATIONS

- Preservatives accumulate in soft lenses.
- Can cause toxicity and irritation.



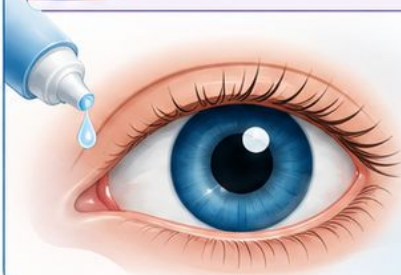
ADVICE



- Remove contact lenses before administration.



- Wait at least 1 hour before reinserting lenses.



Safe eyes,
clear vision,
better life!



ROLE OF THE PHARMACIST IN OPHTHALMIC DISORDERS



1 PATIENT ASSESSMENT

Ask about:



Nature of symptoms



Duration



Pain



Redness



Discharge



Visual changes



Contact lens use



Previous eye disease



Current medications

2 PATIENT EDUCATION

Teach proper eye drop administration:



Wash Hands



Tilt Head Back



Pull Lower Eyelid Down



Instill One Drop



Close Eye Gently



Apply Nasolacrimal Pressure



Avoid Touching Dropper Tip

3 COUNSELING



Explain correct medication use.



Discuss side effects.



Advise adherence to therapy.



Encourage hygiene measures.

4 REFERRAL CRITERIA

Immediate referral if:



Eye pain



Sudden vision loss



Photophobia



Corneal injury



Suspected herpes infection



Uveitis



Severe redness



Foreign body with visual impairment



Pharmacists: Your partners in eye care
for better outcomes and safer use.

