

## **Ophthalmic Nursing Workshop**

**Duration: 4 Hours**

**Date: Saturday 20<sup>th</sup> September 2025**

### **INTRODUCTION (20 MINS)**

Welcome & overview of the workshop

Brief introductions and a question like: "What's one interesting thing you know or have experienced about eye health?"

Learning objectives for the day

Importance of continuous education in ophthalmic nursing

### **SESSION 1: THEORETICAL TEACHING ON BASIC ANATOMY AND VISION SCIENCE (45 MINS)**

#### **OVERVIEW OF THE EYE ANATOMY (15 MINS)**

Key structures: cornea, lens, retina, macula, optic nerve, etc.

Functions of each structure

#### **PHYSIOLOGY OF VISION (15 MINS)**

Light perception and processing

Visual pathways from retina to brain

Focus on refractive errors and the role of the lens and cornea

#### **COMMON OCULAR DISEASES OVERVIEW (15 MINS)**

Cataracts, glaucoma, diabetic retinopathy, macular degeneration

Basic pathophysiology and impact on vision

Brief introduction to the role of the nurse in early detection and management

## **SESSION 2: EYE EMERGENCIES – IDENTIFYING AND MANAGING (45 MINS)**

### **COMMON EYE EMERGENCIES (20 MINS)**

Trauma (e.g., chemical burns, foreign bodies)  
Acute angle-closure glaucoma  
Retinal detachment  
Acute infections (e.g., conjunctivitis, keratitis)

### **INTERACTIVE CASE SCENARIOS (25 MINS)**

Small group discussion with case studies  
Participants diagnose based on symptoms and signs  
Discuss initial nursing interventions  
Debrief with key learning points and management strategies

### **BREAK (10 MINS)**

Refreshments and informal discussions

## **SESSION 3: DIABETIC EYE WORK-UP AND GLAUCOMA WORK-UP (60 MINS)**

### **DIABETIC EYE EXAMINATION & WORK-UP (30 MINS)**

Importance of routine diabetic eye screening  
Tests: Visual acuity, OCT, Fundus photography  
Signs of diabetic retinopathy: Background retinopathy, maculopathy, neovascularisation  
Role of ophthalmic nurse in patient education and early detection

### **GLAUCOMA WORK-UP (30 MINS)**

Understanding intraocular pressure (IOP), cup-to-disc ratio  
Techniques: Tonometry, gonioscopy, visual fields  
Risk factors for glaucoma and the importance of early intervention  
Role of nurses in screening, educating, and monitoring



## **SESSION 4: INTERACTIVE STATIONS - CLINICAL DATA COLLECTION & INTERPRETATION (60 MINS)**

### **STATION 1: OCT (OPTICAL COHERENCE TOMOGRAPHY) (15 MINS)**

Quick explanation of OCT principles and its use in diagnosing retinal conditions  
Participants will observe or use OCT

### **STATION 2: FUNDUS PHOTOGRAPHY (15 MINS)**

Demonstration of fundus photography  
Identify common pathologies seen in fundus images  
Nurse's role in capturing high-quality images

### **STATION 3: VISUAL FIELD TESTING (15 MINS)**

Introduction to perimetry and visual field tests  
Importance of visual field loss in glaucoma and neurological disorders

### **STATION 4: DATA INTERPRETATION (15 MINS)**

Discussion of collected clinical data (OCT images, fundus photos, visual field results)  
Group activity: participants interpret data and identify potential abnormalities  
Provide feedback and review correct interpretation techniques

### **CONCLUSION & Q&A (20 MINS)**

Review the most important points from the workshop  
Open floor for any questions or clarifications  
Collect feedback on the session for future improvements

### **CLOSING REMARKS (5 MINS)**

Encourage continuous learning and staying updated with ophthalmic advancements

