



## OBJECTIVES:

Describe the collaboration of the hospital Ophthalmology Department in resolving queries or consultations about the ophthalmological medication used by the residents in the public nursing home of the referential area.



The project was presented to two doctors in December 2017

## METHODS AND MATERIALS:



1. A transversal study was carried out in January 2018 with residents. Eye drop treatments and medical records were revised
2. Data about the use of the S group(ATC codes) was collected between Jan 2015 - Dec 2017
3. Interactions with glaucoma and cataracts were reviewed
4. Adverse effects of the eye drops
5. Recommendations and a proposal for improvements have been sent.

## RESULTS

1. In January 2018, of the 194 residents in the care home, 23 were receiving treatment with artificial tears and 7 (average age 82,7 years old) were being treated, chronically, with eye drops for glaucoma.



Of these 7 patients, only 3 were being revised by the specialist (it is important periodically measure ocular tension and visual acuity):

- 1 was receiving quadruple therapy (carbonic anhydrase inhibitor + alpha-2 adrenergic receptor + beta-blocker + prostaglandin analogues)
- 2 received triple therapy
- 3 received double therapy
- 1 received monotherapy (prostaglandin analogues)

2. The greatest use of ophthalmological preparations (between 2015-2017) corresponded with: Lubricants, tobramycin-dexamethasone, tobramycin, diclofenac, latanoprost.
3. The drugs revised in the 7 patients with eye drops were: propanolol, amitriptiline, bisoprolol, pinaverio.
4. Regarding the medication which needs to be taken into account with ophthalmological diseases, there are:



- Anticholinergic drugs which can interact in patients with acute angle-closure glaucoma are: hyoscine; tolterodine; tricyclic antidepressant, typical antipsychotic, hydroxycine. Topiramate can produce glaucoma.
- Alpha-1 adrenergic blockers. The discontinuation (or cancellation or suspension) in cataract interventions needs to be evaluated (due to the risk of inter-operative flaccid iris syndrome)
- Topical non-selective beta blockers in the treatment of glaucoma: precaution in asthma (bronsopam, bradycardia)
- Corticoids are associated with cataracts.

5. We sent this recommendations:

SERVICIO DE FARMACIA

**ADMINISTRACIÓN:**

- Lávese las manos con agua y jabón.
- Limpie bien las secciones del ojo con una gasa estéril.
- Colóctelo ligeramente el colirio entre las manos.
- Agite el frasco suavemente.
- Abra el colirio evitando que el goteador entre en contacto con las manos o cualquier superficie.
- Inclíne la cabeza ligeramente hacia atrás. Tire del párpado inferior y deje caer la gota, teniendo cuidado de no tocar el ojo con el gotero.
- Cierre el ojo unos instantes, parpadee un par de veces y elimine el líquido sobrante con una gasa limpia.
- Lávese de nuevo las manos con agua y jabón.
- Cierre perfectamente el envase y guárdelo en su lugar.

- Si se administra más de una gota del mismo colirio, separe cada gota 2 minutos.
- Si usa más de un colirio: debe administrarlos con una diferencia de 5-10 minutos.
- Si usa una pomada en los ojos, ponga primero el colirio y a los 5-10 minutos la pomada.



## CONCLUSIONS

Due to the age and clinical situation of the residents in the nursing home, the collaboration with the ophthalmology service was found to be useful and guarantees continuing care and an efficient use of the resources as well as the acquisition of knowledge in this area.