



## Paediatric Intensive Care unit Nursing Procedure: Performing Eye Care

### Definition:

To prevent complications such as eye infection or injury (Joyce 2002). Eye care is the practice of assessing, cleaning, irrigating and instilling prescribed ocular preparations. (2)

Unconscious, sedated and/or paralysed patients are dependent on good eye care to maintain the integrity of the ocular surface.

### OBJECTIVES

- Maintain eye cleanliness and prevent cross-infection.
- Promote comfort and relieve pain.
- Keep the mucosa moist and promote closure of eyelids.
- Treat existing infection.
- Administration of; prescribed eye medication and treatments.
- Prevent further injury to the eye.
- Detect disease.
- Treat existing infection.

### EYE ASSESSMENT

Provide a baseline assessment, monitor response to clinical treatment, identify changes or concerns to the condition of the eyes.

Observe the condition of the eye for redness, inflammation, swelling, presence of any discharge, foreign body or eyelash defect. Each eye should be assessed independently.

If an infection is suspected an eye swab should be collected. (swabs for Chlamydia should be transported in a viral transport medium).

## EQUIPMENT:

### 1. BASIC EYE HYGIENE

- Sterile pack containing a gallipot, gauze swabs and dressing towel (clean field).
  - Sterile water.
  - (An aseptic technique may be necessary if the eye is damaged or post ophthalmic surgery)
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- PREVENTION OF DRY EYES
- Lacrilube (methylcellulose ointment)
  - Geliperm (polyacrylamide gel)
  - Passive eyelid closure if possible ( Not the most effective method of decreasing risk of ocular abrasions (3).

### References

Joyce N (2002) Eye care for intensive care patients. A Systemic Review No 12. The Joanna Briggs Institute for Evidence Based Nursing and Midwifery, Adelaide.

### Bibliography.

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