Common Eye Conditions 
Every Primary Care Clinician Should Know

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UCSF Family Medicine Board Review
March 9, 2016
Disclosure

I have no financial interest in any of the products mentioned in this presentation.
The Eye Exam

- Eye Vital Sign
- Near Vision Card
- Held at 14 inches
- Glasses as needed
Pupils

- Look for afferent pupillary defect
- Swinging flashlight test
- +APD indicates optic nerve or large retinal lesion
Motility

- Six extraocular muscles
- Test cardinal fields of gaze
Confrontational Visual Fields

- Cover eyes on same side
- Hold fingers midway between
- Normal per eye: 60-60-60-90
Anterior Chamber Depth

- Deep chamber: illumination of nasal iris
- Shallow chamber: shadow on nasal iris
- Dilation: Phenylephrine 2.5%, Tropicamide 1%
Fundoscopy

- PanOptic or Direct Ophthalmoscope
- Evaluate optic nerve, retinal vessels, macula

http://www.welchallyn.com/images/corporate/0509_wa_bmurf/011810xx1PanOpticRedHe.jpg
http://webvision.med.utah.edu/imageswv/retina.jpeg
Primary Care Ophthalmology

http://www.factzoo.com/sites/all/img/reptiles/chameleon-eyes.jpg
Viral Conjunctivitis

- URI
- Clear or mucous discharge
- Lymphadenopathy
- Contagious!
- Treat for comfort
Bacterial Conjunctivitis

- Purulent discharge
- Culture
- Staph, Strep, Hflu
  - Polymixin/Trimethoprim
  - Fluoroquinolones
  - **NOT** Tobra or Gent
- GC, chlamydia
  - Systemic Rx
Allergic Conjunctivitis

- History of atopy
- Conjunctival edema
- Itchy!

- Topical antihistamines
  - Elestat
  - Zaditor
  - Patanol

- Visine tachyphylaxis
Blepharitis

- Redness, itching, “grit”, dry eyes
- Rosacea, Staph, Demadex
- Warm compresses, baby shampoo, artificial tears
- Doxycycline, Azithromycin

http://www.stop-rosacea.com/
Herpes Simplex

- When to refer:
  - V1, V2
  - red eye
  - eye pain
  - change in vision

- Acyclovir
Herpes Zoster

- Hutchinson’s sign: nasociliary nerve
- Treat Post-Herpetic Neuralgia:
  - Lyrica, Neurontin, TCA’s
Uveitis

- Inflammation of vascular tissue
- Auto-immune
- Infectious
- Toxic
- Masquerade
- May require immunosuppression
Angle Closure Glaucoma

- Headache
- Loss of vision
- Firm eye
- IV Diamox, Mannitol
- Glaucoma gtt’s
- Surgical treatment
Subconjunctival Hemorrhage

- Valsalva, HTN, anticoagulants, eye rubbing, spontaneous
- In the setting of trauma: refer
Corneal Abrasion

- Pain!
- Loss of epithelium
- Not infected
- Erythromycin ung
- Artificial Tears
- Patching
Corneal Foreign Body

- Iron is toxic
- Surgical treatment
Hyphema

- Severe eye trauma
- Risk of rebleed
- Risk of glaucoma
Ruptured Globe

- Peaked pupil
- Brown tissue outside the eye
- CT scan NOT MRI
- Fox shield, NPO
Cataract

- Painless progressive loss of vision with age
- Also caused by DM, XRT, trauma, medications
- Difficulty reading, driving, glare
- Outpatient surgery
Glaucoma

- Chronic progressive optic neuropathy
- Loss of visual field
- Risk factors: age, tobacco, race, family hx
- Medications may have systemic interactions
Macular Degeneration

- Risk factors: age, UV, tobacco, Family Hx
- Loss of central vision
- Dry form: AREDS vitamins, stop smoking
- Wet form: anti-VEGF injections
Disorders of the Eyelid and Orbit
Chalazion

- Blocked oil gland
- Inflammation
- Warm compresses
- Incision/curettage
Cellulitis

- Preseptal vs Orbital
- Preseptal: full EOM, no proptosis, quiet eye
  - Treat PO Abx
- Orbital: proptosis, strabismus, inflamed eye
  - Treat IV ABx
Thyroid Orbitopathy

- Proptosis
- Strabismus/Diplopia
- Corneal exposure
- Optic nerve compression
- $^{131}$I may aggravate
- Surgical treatment
Disorders of the Retina
Retinal Detachment

- Flashes/Floaters
- Loss of vision/field
- Sudden, painless
- Surgical treatment

Diabetic Retinopathy

- Microvascular disease
- Bleeding
- Macular edema
- Neovascularization
- Glucose/BP control
- Laser ablation
- Anti-VEGF
Hypertensive Retinopathy

- Mild: arteriolar narrowing
- Mod: cotton wool spots, hemorrhages
- Severe: disc edema, vessel leakage, infarcts
HIV/CMV Retinopathy

- Microvascular disease
- Annual exam if CD4 > 200
- CMV retinitis
Retinal Artery Occlusion

- Embolic: cardiac echo, carotid doppler
- Vasculitic (GCA)
Retinal Vein Occlusion

- Hypertension
- Glaucoma
- Young patients: hypercoagulable
Neuro-Ophthalmology

Stroke

- Homonymous field defect
- Location of lesion is contralateral + upside-down
Pituitary Adenoma

- Compression of nasal fibers at optic chiasm
- Bitemporal hemianopia
Temporal Arteritis

- Acute vision loss
- Headache, jaw claudication, scalp tenderness, proximal myalgias, constitutional symptoms
- ESR and CRP
- Prednisone 100mg QD
- Temporal artery biopsy
Optic Neuritis

- Loss of vision
- Pain with EOM
- +/- disc edema

- Multiple Sclerosis
- Steroids
Pseudotumor Cerebri

- Headache, tinnitus
- Papilledema
- Vision loss
- Female, overweight
- Medication-induced
- LP: opening pressure

http://www.caleytes.com/images/papilledema-image.jpg
Horner Syndrome

- Anisocoria in the dark
- Mild ptosis
- Acute and painful: R/O carotid dissection

http://www.mrcophth.com/oculoplasticlegallery/traumatichorner/horner.jpg
Third Nerve Palsy

- Anisocoria in the light
- Severe Ptosis
- EOM paresis
- Microvascular
- PCA/PCom aneurysm
Thank You!

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