

Shared care for instilling eye drops

Supporting people needing eye drops to instil their medication independently is likely to improve their self-confidence and quality of life.

The following should be based on a discussion between the health care professional and patient (and carer, as appropriate) and only signed if all agree with the statements.

Assessing whether shared care is appropriate

For the healthcare professional and patient/carer together.

In the view of the health care professional, is shared care suitable? Yes No

Is the person requiring eye drops able to make a decision about shared care? If not, do they have someone who is willing and able to act in their best interests to make this decision? Yes No

Is the person requiring eye drops physically able to undertake the necessary care or have someone willing and able to carry out care on their behalf? Yes No

The health care professional has discussed the side effects and the importance of referring to the manufacturer's patient information leaflet which is supplied with the eye drops? Yes No

Does the person requiring eye drops/carer agree to undertake shared care until next agreed review date? (insert review date) Yes No

Patient/Carer:

Name: Signature:

Healthcare Professional:

Name: Signature:

Date:

continued over...

Care Plan			
For the patient/carer. To be completed by, or with, the help of the health care professional.			
Patient's Name:			
Carer's Name:			
To contact Healthcare Professional:			
To contact GP:			
Name of eye drops:			
Please indicate which eye requires the drops: Tick appropriate box.	<input type="checkbox"/> Left <input type="checkbox"/> Right <input type="checkbox"/> Both		
When do you need to instil the drops each day?		Number of drops required:	

You will need:

- Tissues.
- Bottle of eye drops.
- Manufacturer's patient information leaflet that will be in the box with the eye drops.

Things you will need to do before you start:

- Check the expiry dates. Note that eye drops often expire 28 days after opening.
- Mark each bottle with the opening date.
- Aids for dispensing eye drops are available from pharmaceutical companies and may be available on prescription - ask the nurse about this
- Wash and dry your hands thoroughly.
- Remove any contact lenses.
- Read the dosing instructions on the pharmacy label.
- Read the manufacturer's patient information leaflet.

Now you are ready to start:

- Make sure that you are sitting comfortably, with your head well supported but tilted backwards.
- Do not let the dropper tip touch your eye or anything else.
- Gently pull down beneath the lower eye lid, to create the 'well' for the drop.
- Look up, when instilling the eye drop.
- The drop may sting a little, but it should not be painful.
- Let one drop fall into the well and then release the lower eye lid.
- Close the eye for 30 seconds.
- Put the cap back on the bottle.
- If your vision is blurred, wait until you can see clearly before driving etc.
- Keep the bottle in a safe place.
- Throw the bottle away 28 days after opening, even if there is some left.
- Some drops may need to be kept in the fridge. Please check the label.

Adapted from the Queen's Nurse Institute
Coronavirus Information Centre 2020

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