

Clinical Skills

CNS



ophthalmoscopy



- ❖ Color index :
- Notes
 - Important
 - Slides
 - Extra
 - Words meanings

For your questions, comments and ideas:

Email: OSCE.Team437@gmail.com
Twitter: [@OSCE_Team437](https://twitter.com/OSCE_Team437)

Objectives and materials:

OBJECTIVE: To correctly perform Ophthalmoscopy in a normal patient.

MATERIALS: Ophthalmoscope,
dimly-lit room.

Penlight



Ophthalmoscope



Preparation

Important

- 1-Introduce yourself to the patient.
- 2-Confirm patient's ID.
- 3-Explain the procedure to the patient.
- 4-Get patient's consent.
- 5-Wash hands.
- 6-Prepare the necessary materials. Make sure Ophthalmoscope is working properly.
- 7-Position the patient sitting down in a chair opposite you. Ensure the room is dimly-lit.

Good morning I'm ... (your name)... I'm a second year medical student¹. Can you tell me your name and give me your ID please²? Okay ... (patient name)... today I'm here to examine your eyes using an ophthalmoscope³, is that okay with you⁴? Before I start I should wash my hands⁵ and prepare the materials⁶. I just want you to sit down in front of me to begin the examination⁷ ..

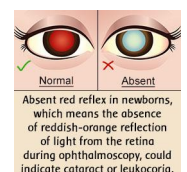
Examination

Procedure

- 8-Switch ON the Ophthalmoscope light and set focussing wheel to zero.
- 9-Instruct the patient to gaze ahead on the opposite wall and to ignore the light from the Ophthalmoscope.
- 10-Use the Ophthalmoscope with the same eye as the eye that you are examining in the patient (e.g. if you are looking at their left eye – look through the Ophthalmoscope using your left eye), and use the hand of the same side to hold the Ophthalmoscope.
- 11-At about an arm's length, position yourself 15 degrees lateral to the visual axis, shine the light into the eye and look through the lens for the 'red reflex'

- 8- Do as written in the procedure.
- 9- Now I just need you to gaze ahead on the opposite wall and to ignore the light from the ophthalmoscope.
- 10- Do as written in the procedure.
- 11- Do as written in the procedure.

*Red reflex: refers to the reddish-orange reflection of light from the eye's retina



12-Keep the 'red reflex' in view and slowly move towards the patient at the same angle (turn the wheel to adjust the focus as you get nearer). Hold the head with your free hand with the thumb lifting the eyelid to allow a better view.

13-Locate the optic disc (nasal side of the eye) by moving the Ophthalmoscope around
● Assess colour, cup, and contour of the disc

12- Do as written in the procedure.

13- See the picture in the next slide for better understanding.

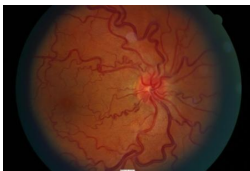
14-Then follow the four major branches of the optic vessels to look for tortuosity, haemorrhage, ischaemia, etc.

15-Look to the superior, inferior, nasal, and temporal margins of the retina.

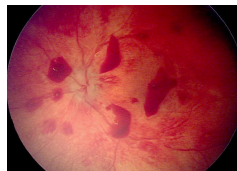
16-Ask the patient to briefly look into the light to assess the macula located temporal to the optic disc.

17-Repeat on the other eye.

14- Tortuosity (تصير الفيسلز متعرجة)



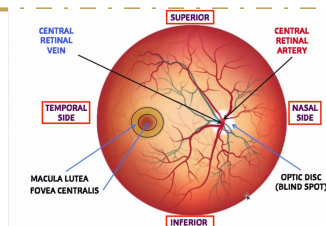
Haemorrhage



Ischaemia



15-



*When you see the optic disc, this will be the Nasal side.

*When you see the fovea, this will be the Temporal side.

16- Now I'm gonna assess the macula, I just need you to briefly look into the light.

17- Now the other eye.

After the examination

18-Thank the patient

19-Wash hands.

20-the comfort of the patient and answer any question or concerns he/she may have.

21-Document the procedure.

Alright (Patient's name) we're done. Thank you for your patience¹⁸.

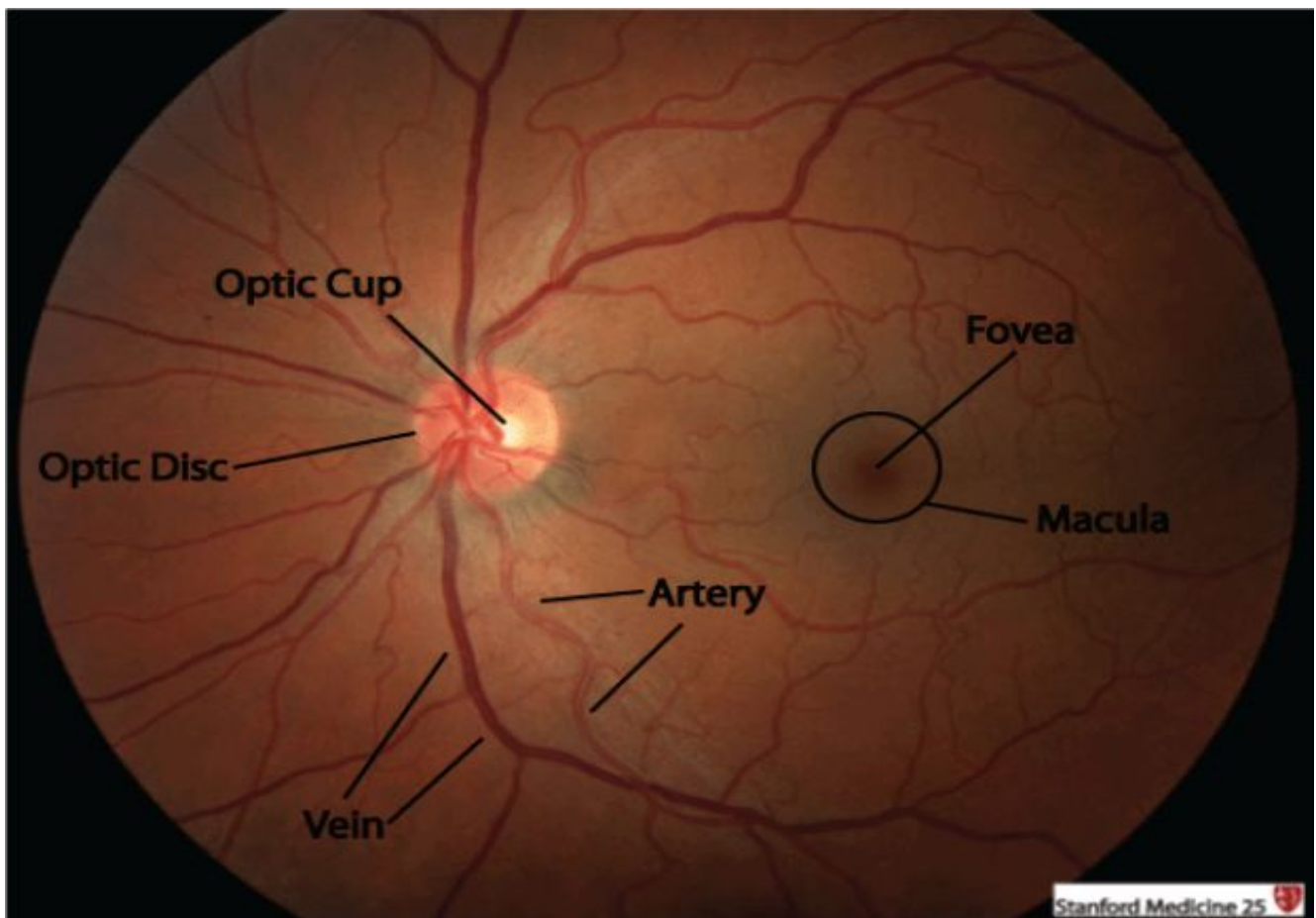
Ideally I should wash my hands¹⁹.

Are you comfortable? Do you have any questions?²⁰.

Document the procedure²¹.

NASAL SIDE

TEMPORAL SIDE



Videos, pictures and notes:

- After you finish from each test or step inform the doctor about what you notice but usually you're gonna say "normal or the test is negative" bc he's not a real patient
- Don't forget to compare both sides
- Smile, don't stress
- Cut your nails
- Don't forget your stickers
- [Video of ophthalmoscope from 4:13 to 5:15](#)

[Here is a video for the whole presecure:](#)

<https://youtu.be/IGaKNmUqMAY>

If it's meant to you It will be

Leaders :

Renad Alfirm , Ahad Algrain , Zeyad Alkhenizan

Members :

- Alanoud Alotaiby
- Dimah Alaraifi
- Gharam Julaidan
- Leena Alrahmah
- Renad Alsuellmi
- Shahad Aljebreen
- Ali Alammari
- Abdulelah Aldossari
- Faisal Alsaif
- Fahad Alfaiz
- Abduljabbar Alyamani

