

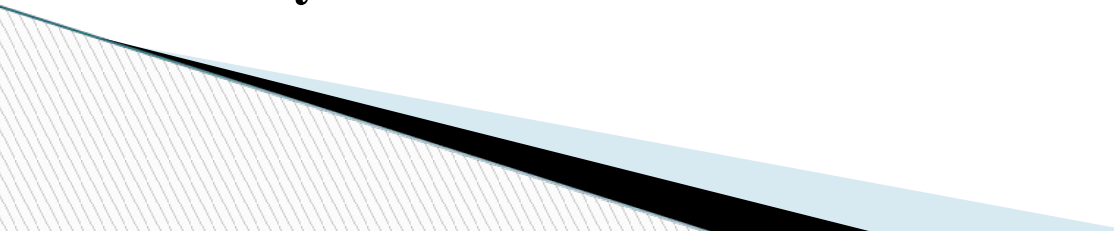
# Unit 25

## *Some Problems of the Eyes*

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# Objectives

- ❑ **Know about the parts of the eye and understand how the eyes function**
  - ❑ **Examine the eye and know the symptoms that indicate some problem with the eyes**
  - ❑ **Identify common eye infections and know about their treatment**
  - ❑ **Identify symptoms of vitamin deficiency and know about their treatment**
  - ❑ **Deal with simple problems of the eye**
  - ❑ **Explain to the parents how defective eyesight can be treated**
  - ❑ **Explain to the parents and the children how to take care of the eyes**
  - ❑ **Plan activities and games that teach children how to take care of their eyes.**
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# **Signs and Symptoms when the Eyes are Affected**

**The following are indications that there is some problem in the eyes.**

- 1) Infection in the eyes is indicated by**
  - a) Red and painful eyes with or without discharge**
  - b) Itching with redness**
  - c) Sticky yellow substance in the eyes**
  - d) Watery and sticky eyes.**
- 2) If a foreign body enters the eyes, it will cause**
  - a) Pain and watering of the eyes**
  - b) Itching or irritation in the eyes.**

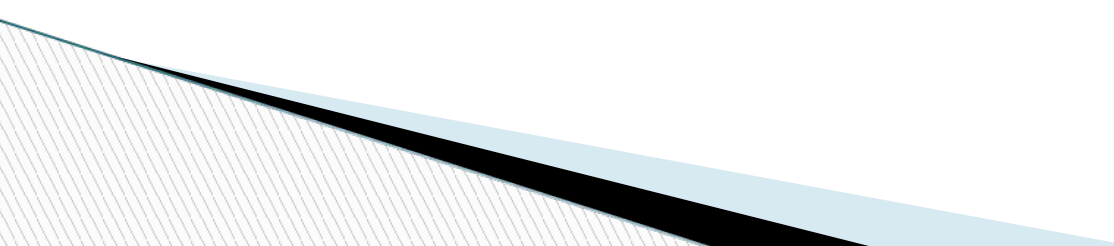
### **3) Vitamin Deficiency**

**Deficiency of Vitamin A leads to**

- a) Night blindness i.e., inability to see in dim light**
- b) Greyish white spots on the conjunctiva**
- c) Ulceration of the cornea**
- d) Opaque bulging cornea that may be ulcerating.**

**Deficiency of Vitamin B leads to**

- a) Muddy brown conjunctiva.**



#### **4) Defective eyesight is indicated by**

- a) Inability or difficulty in seeing objects that are far away**
- b) distorted vision or seeing double**
- c) Blurred vision i.e., inability to see objects clearly**
- d) Difficulty in seeing objects that are near**
- e) Double vision due to squint.**

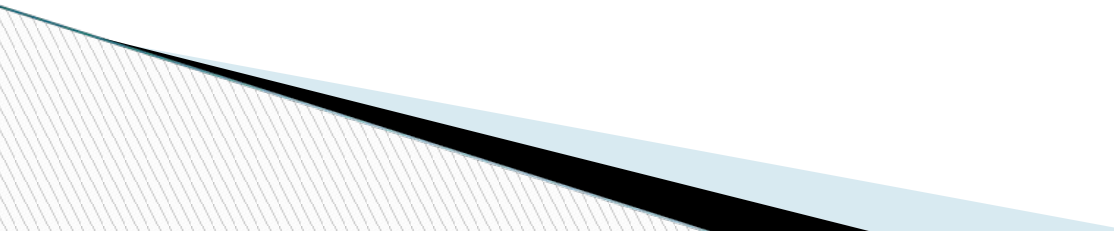
**The above are due to changes in the shape of the lens or the eyeball.**

# Infections of The Eye

**There are three common infections of the eye. These are:**

- a) Conjunctivitis — This is of four types**
  - **bacterial**
  - **viral — Trachoma and during measles**
  - **allergic**
  - **tuberculous**
  
- b) Stye**
  
- c) Corneal ulcer**

## **Common Conjunctivitis**

- ❑ Eyes are red and painful and there is sticky yellow discharge from eyes. This pus dries up on the eyelid when the child sleeps and makes eyelids stick together. This has to be washed up before eyes open. In severe cases, the eyes become swollen and child cannot close the eyes properly.**
  - ❑ Newborn having conjunctivitis is serious and should be referred to doctor.**
  - ❑ Take antibiotic treatment from doctor and tell child not to touch and rub the eyes.**
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## ▣ Stye

**Small red swelling on the eyelid caused by bacterial infection of eyelash. Swelling becomes painful and can burst open to discharge pus. Then pain becomes better.**

**Treatment: Apply antibiotic eye drops and keep eye cool to reduce swelling and pain.**

## ▣ Corneal Ulcer

**Due to injury to thin membrane covering white of eye. This injury can be due to bacterial infection or due to foreign body or due to harmful liquid in the eye.**

**Can also be due to Vitamin A deficiency**

**Infection due to poor hygiene or measles or chicken pox .**

**Watery eye which the child does not want to open can be due to corneal ulcer or foreign body. Refer to doctor.**



- ❑ **Allergic Conjunctivitis** – redness and itching due to allergy to dust, or plants. Comes and goes at the same time every year.
- ❑ **Tuberculous Conjunctivitis** – small painful yellow swelling in the eye and redness around it. Painless but is a symptom of TB.
- ❑ **Viral Conjunctivitis**
- ❑ **A) During measles : eyes become red and painful. No pus. But if eyes not kept clean then there is secondary bacterial infection which affects cornea and causes blindness. So keeping eyes clean is very important and consult a doctor.**

# Eye Injury

**Injury due to any foreign body like little stones, glass pieces or metal bits. These usually tear the cornea and affect eyesight.**

**Sometimes there may be injury to the whole of the eyeball, as when the eye is hit with a ball. This can be very serious.**

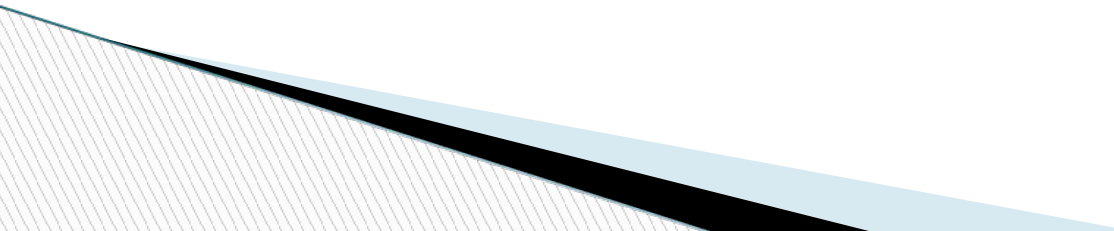
**Acid or other harmful liquids may fall in the eye.**

**Treatment: If the irritation is mild and the child is able to indicate where the foreign body is, try to take it out with the edge of a soft cloth. Alternatively, wash the eye with pure water by filling a glass with water and putting the child's eye in the water by bending the head forwards.**

**Tell the child to open and close the eyes several times.**

**More serious injuries should be referred immediately to the hospital**

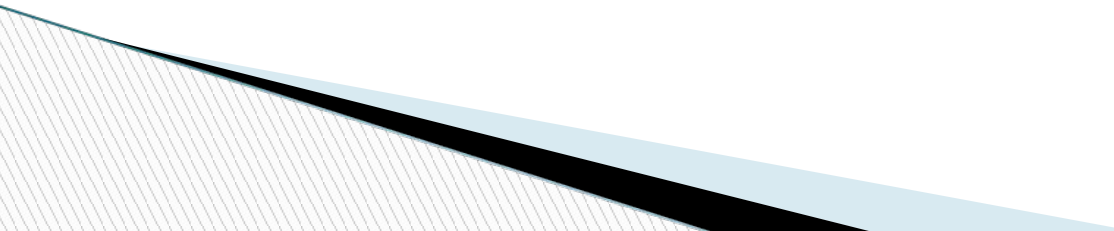
## ❑ **Defective Eyesight**

- ❑ **Short sight – sees close objects but not far away objects; can't see blackboard, has headache**
  - ❑ **Long sight – cannot read normal print but can see objects far away clearly.**
  - ❑ **Can be corrected using spectacles.**
  - ❑ **Cataract – sometimes seen in children. Needs surgery**
  - ❑ **Squint – eyeballs do not move in coordination. Vision get affected. Needs to be corrected by surgery.**
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# Care of The Eyes

**Eye diseases should be treated early as they may cause blindness.**

**Explain to the parents that if the following precautions are taken, many infections can be prevented.**

- a) The eyes should be washed everyday with cold water.**
  - b) Children should be told not to play with dangerous objects or liquids that may harm the eyes.**
  - c) Particular care should be taken of the eyes when the child has fever, or when there is eye infection around.**
  - d) If the cause of allergy is known, the child should be protected from the offending material.**
  - e) Any infection should be immediately treated.**
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*Thank You*