

Shared care for instilling eye ointment

This document is intended for health care professionals and patients/ carers working together.

Supporting people needing eye ointment 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 ointment 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 ointment 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 ointment? Yes No

Does the person requiring eye ointment/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 ointment:	
Please indicate which eye requires the eye ointment: Tick appropriate box.	<input type="checkbox"/> Left <input type="checkbox"/> Right <input type="checkbox"/> Both
When do you need to instil the ointment each day?	

You will need:

- Tissues.
- Tube of eye ointment.
- 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 ointment often expires 28 days after opening.
- Mark each tube with the opening date.
- 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:

- Wash hands before and after applying ointment, to prevent cross infection and to remove residue.
- Make sure that you are sitting comfortably, with your head well supported.
- Gently pull down beneath the lower eye lid, to create the 'well' for the ointment.
- Instil a thin ribbon of the ointment into the 'well' then close your eyes.
- The ointment may take a few moments to melt and spread over your eye. Initially, it may cause some blurring of the vision.
- If your vision is blurred, wait until you can see clearly before driving etc.
- Wipe the excess from the eyelids.
- Put the cap back on the tube.
- Keep the tube in a safe place.
- Throw the tube away 28 days after opening, even if there is some left.
- Some ointment 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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