

Clinical Decision-making



IRRITABLE EYES

Irritable eyes



A 37-year-old woman was referred to an ophthalmologist. For more than two years she had suffered progressively worsening grittiness and burning of both eyes, often associated with redness and watering. The symptoms were present on most days.

Irritable eyes



Q1: Suggest some possible causes.

Irritable Eyes



Irritable eyes

Scenario 1

Scenario 2

Scenario 3

Scenario 1



The patient reported that the symptoms were worse towards the end of the day, particularly in a warm dry environment. The ophthalmologist had provisionally diagnosed dry eyes and prescribed artificial tears, with some benefit.

Scenario 1



The patient also complained of a persistently dry mouth. Arthritis had been diagnosed a number of years previously.

Scenario 1



Q2: Is the diagnosis likely to be correct ?

Q3: What simple examination techniques might be used to confirm the presence of dry eyes?

Scenario 1



Q4: Suggest a treatment regimen.

Scenario 2



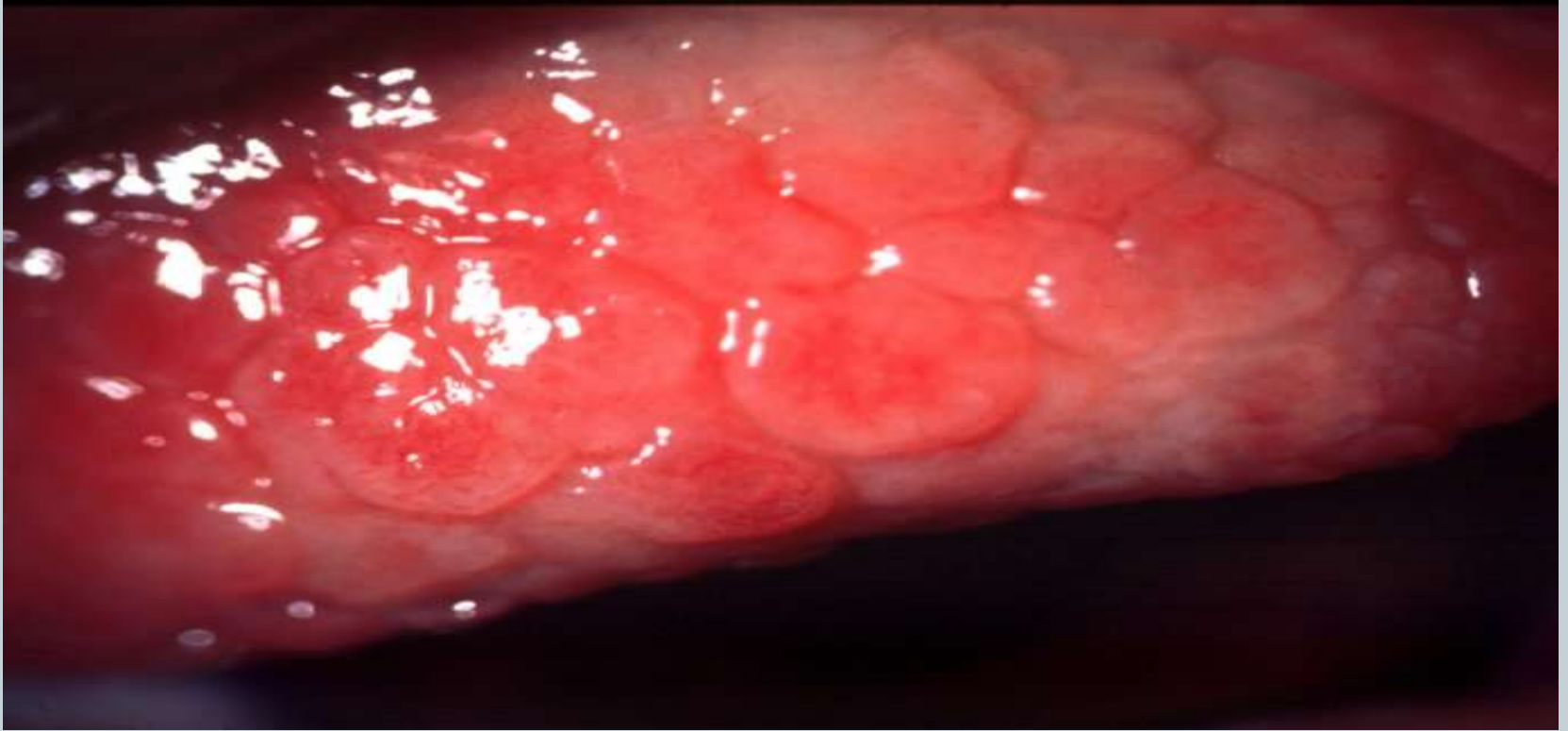
The patient's major complaint was itching. The discomfort was worse in spring than at other times of the year. She had suffered from asthma as a child, and moderate to severe eczema throughout her life. There was a family history of atopy.

Scenario 2



The eyelid skin was red and excoriated, and there was a stringy mucous discharge. Eversion of the upper eyelids revealed large conjunctival papillae. There was superior corneal scarring.

Scenario 2



Q5: What is the diagnosis ?

Scenario 2



Q6: Suggest appropriate treatment.

Scenario 3



The symptoms of grittiness, burning and redness were worse on waking in the morning, when there was frequently mild stickiness or crusting of the lids.

Scenario 3



Q 7 : Describe the abnormalities shown here and suggest the diagnosis.

Scenario 3



Q8: What treatment is appropriate?



Thank You