



มหาวิทยาลัยราชภัฏนครปฐม



4172701 Adult Nursing 1

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Learning outcomes

- Describe patients with abnormalities in the EENT disease.
- Describe Pathology, signs and symptoms of patients with abnormalities in the EENT disease.
- Describe treatment in patients with abnormalities in the EENT disease.
- Describe nursing diagnosis and nursing care in patients with abnormalities in the EENT disease.

EENT disease: overview

- **Eye:** glaucoma, cataract, retinal detachment, eye injury, hyphema, diabetic retinopathy
- **Ear:** hearing loss, tympanic membrane perforation, otitis media, mastoiditis, Meniere's disease (vertigo)
- **Nose:** nasal bleeding, nasal polyps, sinusitis
- **Throat:** tonsillitis, nasopharynx, CA larynx

EENT disease



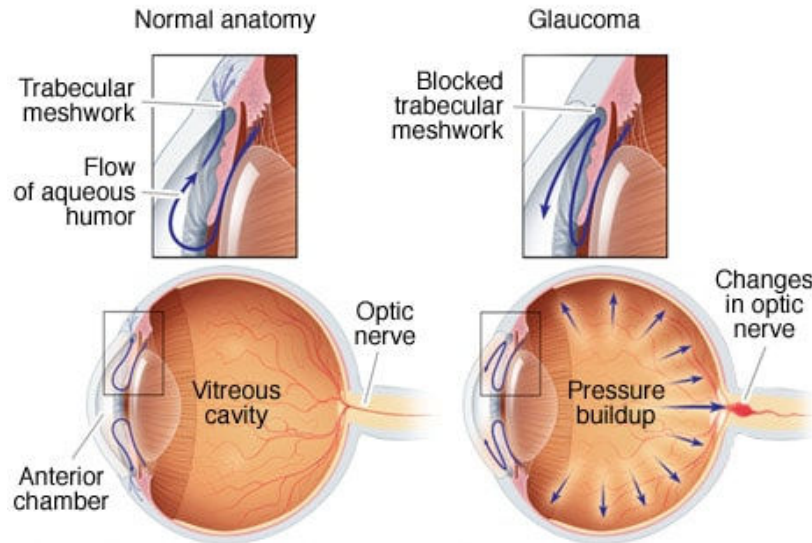
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Part 1 Eye disease

glaucoma

Glaucoma is a disease that can cause vision loss and blindness by damaging an optic nerve.

It usually happens when fluid builds up in the front part of the eye. If the drainage angle is not working properly, fluid builds up. Pressure inside the eye rises, damaging the optic nerve.



- Open-angle glaucoma
- Closed-angle glaucoma

Open- angle glaucoma

- No symptoms in early stages
- Gradually, patchy blind spots in your side vision.
- In later stages, difficulty seeing things in central vision

Closed- angle glaucoma

- Severe headache, Severe eye pain, Eye redness
- Nausea or vomiting
- Blurred vision, Halos or colored rings around lights

glaucoma

Treatment

- Medicines: Prostaglandins, Miotic or cholinergic agents, Alpha-adrenergic agonists, Beta blockers, Carbonic anhydrase inhibitors
- Surgery: Trabeculectomy, Peripheral iridectomy, Cyclotherapy etc.
- Laser treatment

Nursing Diagnosis

1. Impaired Visual Function related to increased intraocular pressure and optic nerve damage.
2. Risk for Injury related to impaired peripheral vision and potential falls or accidents.
3. Deficient Knowledge regarding glaucoma, treatment, and self-care measures.
4. Anxiety related to the diagnosis of glaucoma and potential vision loss.

Cataract

A cataract is a clouding of the lens of the eye.

types of cataracts:

- Age-related cataracts.
- Congenital cataracts.
- Secondary cataracts.
- Traumatic cataracts



Cataract

symptoms

- cloudy or blurry vision
- Lights are too bright or give off a glare or a halo
- Poor night vision
- Double vision
- Colors seem faded
- Increased nearsightedness, increasing the need to change eyeglass
- Distortion of vision in either eye



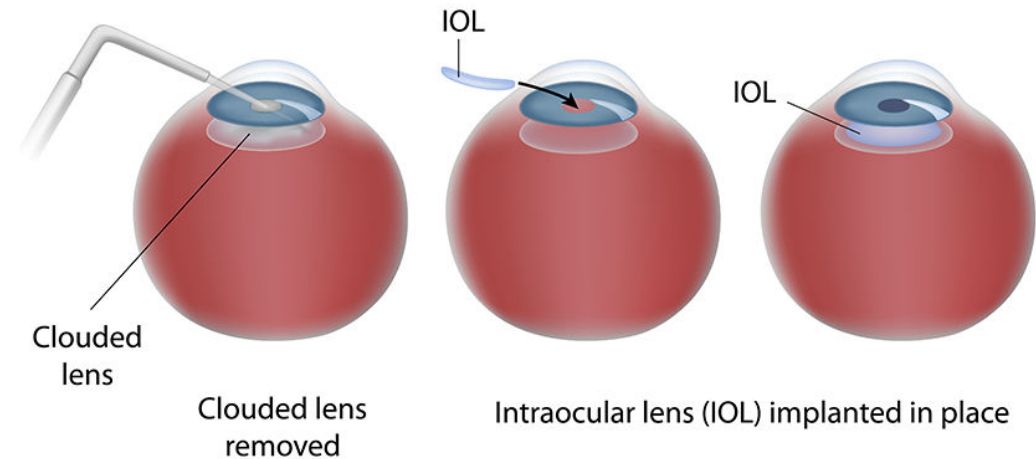
Cataract

treatment

Surgery:

- Phacoemulsification
- Extracapsular surgery

Cataract Surgery



Cataract

Post op surgery care



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DO's ✓

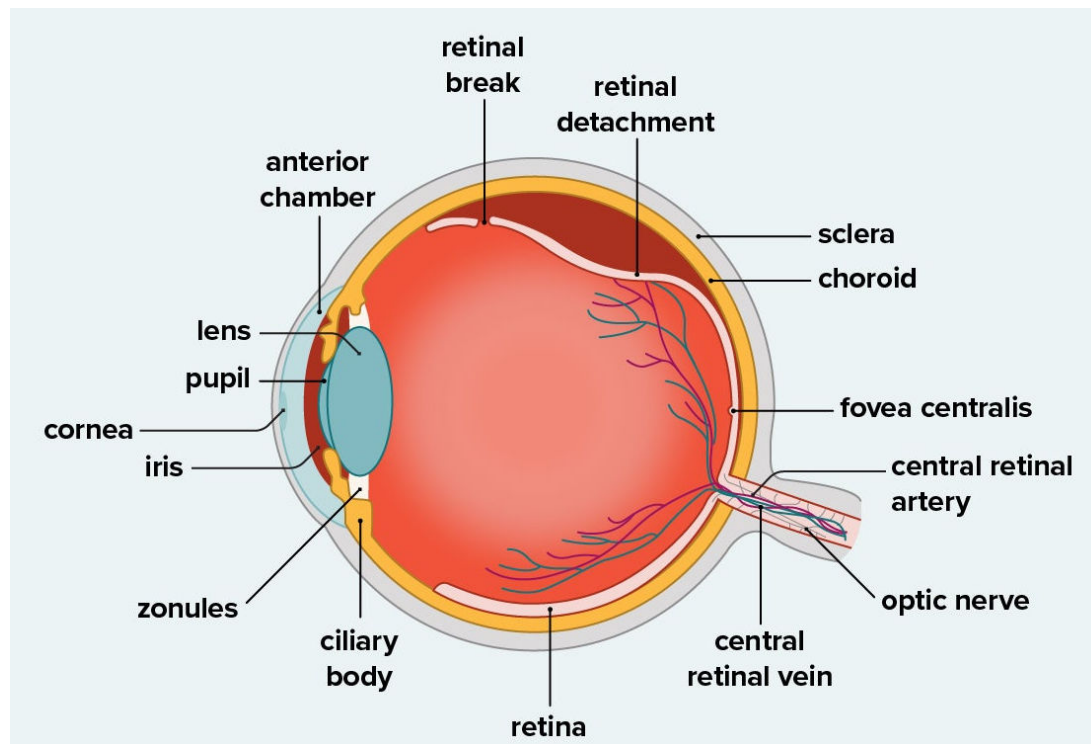
- 1 Apply eye drops (1 month)
- 2 Put on eye shield (while sleeping for 1 week)
- 3 Perform eye cleaning (1 week)
- 4 No food restrictions
- 5 Allowed to travel
- 6 Able to drive (1 day after surgery or until your vision is clear or as advised by doctor)
- 7 Wear sunglasses when outdoors (1 week or longer if light sensitive)
- 8 Can watch TV
- 9 Can do computer work
- 10 Simple cooking is fine (no deep frying)
- 11 Can do near work (e.g. reading / writing / needlework)
- 12 Shower / bathe but avoid water entering eye
- 13 Gardening after 2 weeks
- 14 Use your eyes!

DON'Ts ✗

- 1 Don't rub / press on eye (1 month)
- 2 Don't apply make-up (1 month)
- 3 Don't splash water into the eye (2 weeks)
- 4 Avoid carrying young children who may accidentally poke your eye
- 5 Don't exercise (1 month)
- 6 Avoid sports (1 month)
- 7 Avoid swimming (1 month)
- 8 Don't lift heavy objects (1 month)
- 9 Avoid strenuous work (2-3 weeks)
- 10 Avoid wearing contact lens (1 month)

retinal detachment

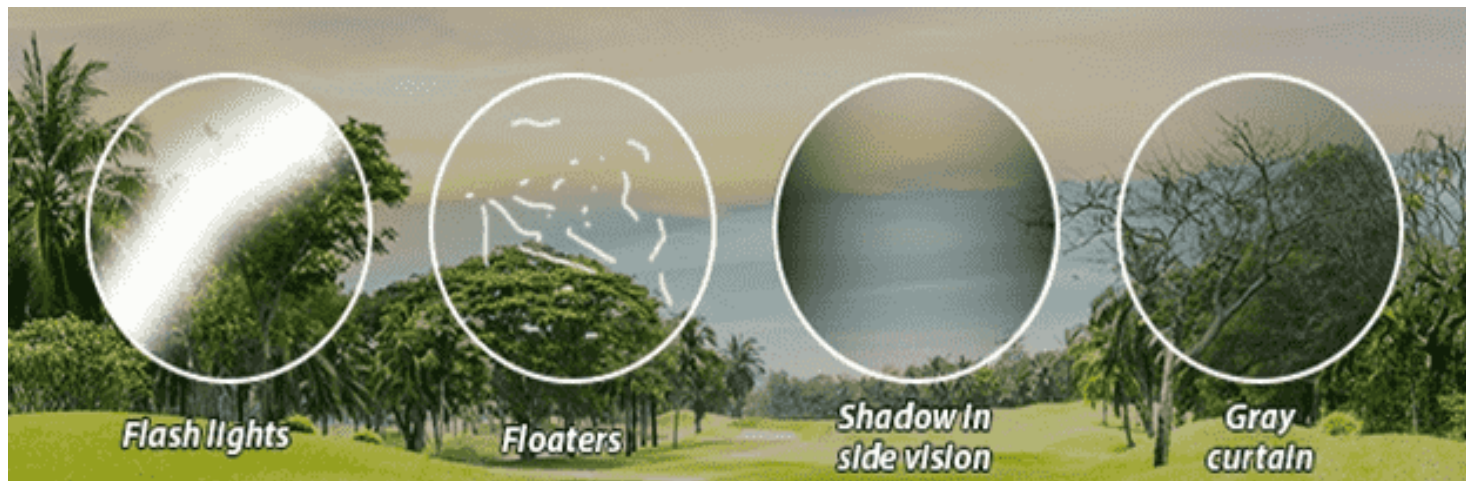
- A detached retina is when the retina lifts away from the back of the eye.



retinal detachment

• Signs & Symptom

- flashes of light
- floaters
- blurred vision
- grayness in the field of vision

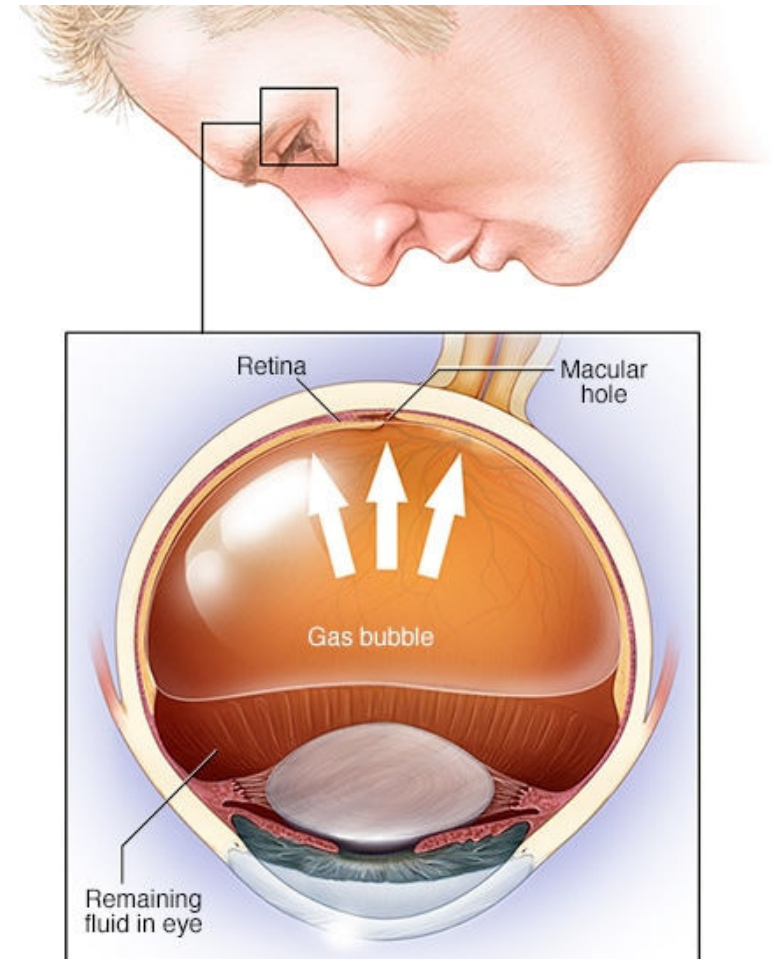


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retinal detachment

Treatment

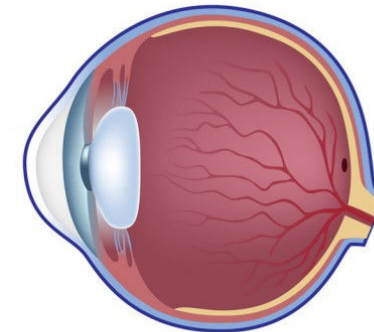
- Laser treatment (photocoagulation)
- Freezing treatment (cryopexy)
- Pneumatic retinopexy
- Scleral buckle
- Vitrectomy



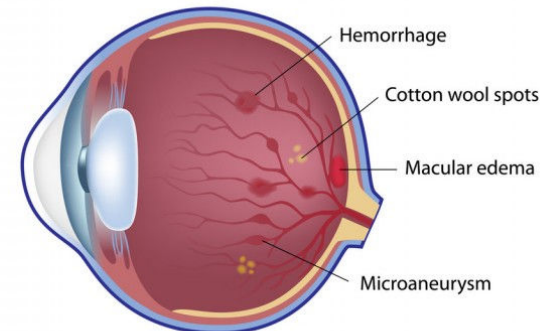
diabetic retinopathy

Diabetic retinopathy is an eye condition that can cause vision loss and blindness in people who have diabetes. It affects blood vessels in the retina.

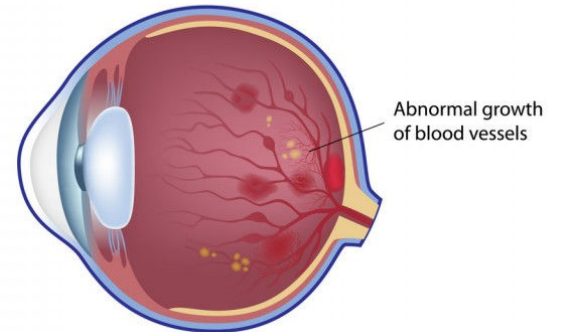
Normal



Diabetic Retinopathy



Nonproliferative Retinopathy



diabetic retinopathy



Symptoms

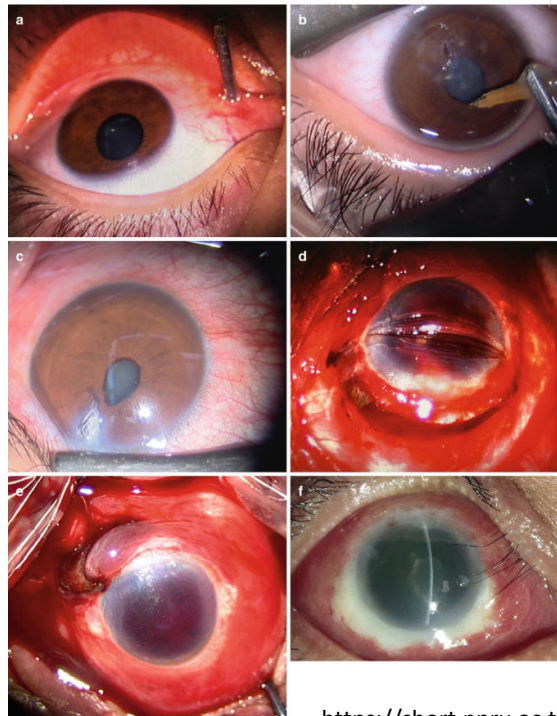
- Spots or dark strings floating in your vision (floaters)
- Blurred vision
- Fluctuating vision
- Dark areas in your vision
- Vision loss

• Treatment

- Controlling your blood sugar and blood pressure
- Injections: anti-VEGF
- laser photocoagulation
- Eye surgery: vitrectomy

eye injury

- Common causes of eye injury include domestic or industrial accidents, assault, sporting injuries and motor vehicle crashes.
- Injury may be to the eyeball (globe), surrounding soft tissues and bones of the orbit.



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Corneal Abrasions and Foreign Bodies

- For surface foreign bodies, irrigation or removal.
- For corneal abrasions, antibiotic ointment and pupillary dilation
- For intraocular foreign bodies, surgical removal
- **Eye Contusions and Lacerations:** Consult an ophthalmologist
- **Ocular Burns:**
 - **Thermal burns:** cleansed+ophthalmic antimicrobial ointment
 - **Chemical burns :** irrigation with 1 to 2 L; until the pH of the conjunctiva is in the normal range
- **Hyphema:** bed rest with the head elevated 30 to 45° and given an eye shield





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