

The RCGP Curriculum

The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



Eyes and Vision

The Role of the GP and emerging issues in primary care

- Understand how visual loss and impairment cause significant physical and psychosocial morbidity
- Take a focused history, examine, diagnose and treat common eye conditions and know when to refer to specialist care
- Co-ordinate access to community and secondary care services including appropriate rehabilitation services
- Recognise and address the impact of visual loss and impairment on a person's daily life, work, communication, mobility, access to healthcare, etc.
- Undertake opportunistic health screening for people with visual problems.

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs

- Changes in colour vision
- Diplopia, squint and amblyopia
- Discharge from the eye
- Dry eyes
- Entropion/ectropion
- Epiphora
- Eyelid swellings
- Falls
- Orbital swellings

- Red eye: painful and painless
- Visual disturbance
- Visual field disturbance

Common and Important Conditions

- Cataracts
- Colour blindness
- Congenital, neonatal and childhood eye problems
- Conjunctivitis
- Contact lens use and associated conditions
- Diabetic eye disease
- Disorders of tears and tear ducts
- Disorders of the pupil such as Horner's syndrome, Holmes-Adie
- Dual sensory impairment and loss (vision and hearing)
- Episcleritis, corneal or dendritic ulcers, pterygium, pinguecula, corneal injury and erosions
- Eye trauma
- Eyelid problems
- Genetic eye problems such as retinoblastoma, retinitis pigmentosa
- Glaucoma
- Intracranial pathology affecting vision
- Keratitis
- Keratoconus
- Loss of vision or visual disturbance
- Macular degeneration
- Malignancy such as retinoblastoma, lymphoma, melanoma
- Ophthalmic herpes zoster
- Ophthalmic manifestations of infections such as syphilis, TB, toxocariasis, toxoplasmosis
- Optic neuritis and neuropathy
- Orbital infections
- Red eye

- Refractive error including myopia, hypermetropia, astigmatism
- Retinal problems
- Squint – childhood and acquired
- Subconjunctival haemorrhage
- Systemic diseases with associated eye problems
- The effect of stroke and migraine on vision
- Thyroid eye disease
- Uveitis
- Vitreous detachment.

Examinations and Procedures

- Eye examination including for foreign bodies and corneal staining with fluorescein
- Fundoscopy, visual acuity tests and results, red reflex testing, visual field tests, Amsler charts

Investigations

- Interpreting tonometry, optician reports, and tests of colour vision
- Relevant blood tests (e.g. for giant cell arteritis).

Other

- Certification of visual impairment – how it works, benefits, criteria
- Restrictions on driving and employment
- Types of help and support available including low vision aids, guide dogs, services available etc.

How this might be tested in MRCGP

AKT

- Recognition of serious eye disease in a photograph
- Interpretation of visual field charts
- Management of glaucoma.

RCA

- Elderly man has a rapid deterioration in vision over the past month. Examination expected requested by patient.
- Gardener has troublesome allergic conjunctivitis and hay fever despite using over-the-counter eye drops and antihistamine tablets

- A schoolteacher presents with a painful eye and blurred vision. Examination (photo provided) suggests uveitis.

WPBA

- Log entry reflecting on the local optician who frequently requests hospital referrals for patients
- Log entry about a tutorial on the 'acute red eye' and your subsequent management of the next three patients with this symptom
- Consultation Observation Tool (COT) about an elderly woman who has watering eyes.

How to learn this topic

This section describes *examples* of opportunities for learning. We recognise that Covid-19 restrictions have significantly affected their accessibility



Other relevant specialties

- Paediatric assessment of vision and treatment of squint
- A&E management e.g. Foreign body, arc eye
- Diabetic clinics

Acute

- ED & Eye Hospital – management of acute red eye including scleritis and iritis; acute visual loss; eye injuries, trauma & foreign body; acute glaucoma; eye infections
- Urgent care centres
- Surgery - common eye operations (e.g. cataract) including pre- and post-op care.

Primary Care

- Day to day practice
- Out of hours in GP
- Home visits
- Community optometrists

Core themes

- Communication and Consultation** communication with partially sighted or blind patients; access to services & health information
- **Prescribing** - evidence based prescribing for common conditions, topical treatments.
 - **Co-morbidity** - psychosocial issues; ageing
 - **Teamworking** - with specialist nurses, optometrists, diabetic team
 - **Ethics and medicolegal** - fitness to drive, registration of partial sightedness blindness and its implications
 - **Health Promotion** - effects of smoking, advice on cessation

Community/MDT

- School eye clinics
- Aids for low vision clinics
- Community services for blind or partially sighted people
- Third Sector services (e.g. RNIB)
- Specialist social workers

Tips

- Audit/QIP
- Significant Event Analysis
- Clinical governance
- Risk Assessment
- Dr as teacher
- Leadership
- BNF