

Eye Instillation Drops or Ointment

NURSE DELEGATION: INSTRUCTIONS FOR GENERAL NURSING TASK

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review Caregiver performance annually or as needed to assure continued competency in performance of the task.

General Task: Eye Instillation, Drops or Ointment

Purpose:

- To instill or apply drops or ointment into the eye
- To treat infections and relieve inflammation
- To lubricate dry eyes

Supplies Needed

1. Medication (eye drops) or Eye Ointment
2. Tissues
3. Washcloth
4. Disposable non-sterile gloves and plastic trash bag
5. Hand-washing solution

Procedures/Steps to Follow to Perform the Task

- **Eye Drops**
 1. Check the MAR designating which eye requires medication.
 2. Explain the procedure to the resident.
 3. Assemble the equipment at a convenient work area.
 4. Put on gloves.
 5. Assist the resident as needed to either a sitting position with his/her head tilted slightly backward or supine in bed with the neck slightly hyper-extended.
 6. Inspect the eye(s) for drainage or redness, and wipe away any discharge. Gently clean any crust or drainage along the eyelid with a damp washcloth. Always clean the eye from the inner to outer canthus.
 7. Inspect the color and appearance of the noninvolved eye if only one eye receives medication or ointment.
 8. Using the forefinger, gently pull down the resident's lower lid. Ask the resident to look up at the ceiling.
 9. Drop the prescribed number of drops into the middle of the resident's lower eyelid. (Do not touch the eye with the dropper; steady your hand by resting it lightly on the resident's forehead.)
 10. Instruct the resident to close his/her eyes, but not to squeeze the eyes shut.
 11. Wipe off the excess medication with a tissue.
 12. Provide resident comfort measures.
 13. Clean and replace the equipment. Discard disposable items including disposable gloves in plastic trash bag.
 14. Wash hands with hand-washing solution.

Eye Instillation Drops or Ointment

- **Eye Ointment**

1. Check the MAR designating which eye requires medication.
2. Explain the procedure to the resident.
3. Assemble the equipment at a convenient work area.
4. Put on gloves.
5. Assist the resident as needed to either a sitting position with his/her head tilted slightly backward or supine in bed with the neck slightly hyper-extended.
6. Inspect the eye(s) for drainage or redness, and wipe away any discharge. Gently clean any crust or drainage along the eyelid with a damp washcloth. Always clean the eye from the inner to outer canthus.
7. Inspect the color and appearance of the noninvolved eye if only one eye receives medication or ointment.
8. Squeeze a small amount of ointment from the tube into a tissue, and discard.
9. Pull the resident's lower eyelid gently downward while having the resident look up.
10. Apply a thin line of ointment along the conjunctival surface of the retracted lower eyelid with the tip of the ointment tube. (Do not touch the resident's eye with the medication tube.)
11. Instruct the resident to close his/her eye and rotate the eyeball. Rub the resident's eyelid lightly without traumatizing the eye to distribute the medication.
12. Wipe off the tip of the ointment tube with a tissue.
13. Wash hands with hand-washing solution.
14. Clean and replace the equipment. Discard disposable items including disposable gloves in plastic trash bag.
15. Provide resident comfort measures.
16. Wash hands with hand-washing solution.

Outcomes

1. Resident will receive eye medication as prescribed by physician.
2. Inflammation, infection, dry eyes, etc. will be successfully treated.

Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact

1. Temporary blurring of vision is common for certain medication, and resident should be informed of this.
2. If the resident is receiving both eye drops and eye ointment, the drops are to be instilled before the ointment.
3. Watch for redness, swelling or inflammation around the eye. If these are seen, notify the nurse.

