

## Information for Patients

# G2G - Glaucoma Patient Education Course

**We invite you to come and learn how to get to grips with glaucoma in a friendly, informal atmosphere.**

Manchester Royal Eye Hospital and The University of Manchester have undertaken a two-year research study, looking at the education and information that people with glaucoma receive. As a result, we are proud to have developed a course for those with glaucoma like no other on offer in the UK.

Here at Manchester Royal Eye Hospital, we believe that patient education is a vital part of the treatment and management of glaucoma. In fact, education is as important as the treatment itself. Having all the necessary information helps you to take charge of your condition and participate in decisions about your treatment.

The course is ideally suited to those people who have been diagnosed with glaucoma within the past two years, although, people who have had glaucoma for many years, have also benefitted from attending the course.

## What will I learn on the course?

- **Anatomy and physiology** – A brief look at the anatomy of the eye, to learn what intraocular pressure is, how it is created and how this affects the eye.
- **Glaucoma Classification** – The most common types of glaucoma are discussed including chronic open angle glaucoma, normal tension glaucoma and ocular hypertension.

- **Assessment and Diagnostic tests** – An informative discussion around your clinic appointment, the diagnostic tests we may ask you to undergo, why we ask the questions we do and the questions you may like to ask us?
- **Treatment** – We will look at your treatment options, such as eye drops, ocular lubrication, lid hygiene and laser treatments. We will also discuss the side effects and benefits of the treatment and when to contact our team for support.
- **Drop instillation** – A brief look at drop instillation and offer you practical tips to ensure you put the right drop, in the correct eye at the correct time.

Drop instillation practical session This session will allow us to support you to instil your eye drops independently.

- **Lifestyle and glaucoma** – We review the areas of your lifestyle which may affect your glaucoma, giving you tips to look after the health of your eyes.
- **Driving and Glaucoma** – The DVLA, when you need to contact them and what happens when you do. We will also explore how glaucoma may affect you driving and what you can do to ensure you are safe to drive.
- **Ongoing Support** – We will supply you with the contact details of all the right people to talk to and point you in the right direction for online support, charities, glaucoma groups and importantly who to contact in an emergency.

## Who runs the glaucoma course?

The course is run by qualified ophthalmic specialist nurses with expertise in glaucoma. The course content was developed from the previously mentioned research study involving patients and healthcare professionals.

## Will I be able to ask questions?

The course is run in a relaxed and informal manner where group interaction and questions are encouraged.

## Can someone come with me?

Places are limited on each face-to-face course and are held in one of Manchester based sites. If you would like someone to accompany you, please ring and discuss this with the course organiser.

## Patient feedback

These are comments we have received from previous course attendees:

“I thought the course was fantastic... didn't expect to learn as much as I did.”

“Everything was quite, quite clear...yeah. During the session... you could interrupt and ask questions, which was very good.”

“... liked the fact that they told us, when you go to clinic, don't be afraid to ask questions... so when I go next time I shall be firing all the questions (laughs).”

“... it turned out to be very useful indeed, in that he can now put in his own eye drops.”

**For further information or to book a place on this free course please contact the glaucoma specialist nurses on (0161) 701 4819.**

This is an office telephone number. If no one is available to answer your call, please leave a message and your call will be returned.