

## Information for Patients

# Get a Grip on Glaucoma

## Learn how to look after your eyes

**We invite you to come and learn about 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.

### Who is the course suitable for?

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.

### Why a course?

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.

### What will I learn on the course?

The course session lasts approximately half a day.

During the sessions the topics that will be discussed are:

- **How does the eye work?** - Anatomy of the eye, using model eyes.
- **What is glaucoma?** - The most common types of glaucoma are discussed including chronic open angle glaucoma, normal tension glaucoma and ocular hypertension.
- **Feeling confident to put eye drops in** - A practical session which deals with how to put eye drops in and the use of drop aids.
- **How can I make sure I put my eye drops in on time every day?** Practical tips.
- **How do eye drops work?** - Find out exactly how your eye drops work.
- **What are the side effects of eye drops?** - Find out what's normal and when to seek help.
- **What to expect at an eye clinic appointment** – Find out what tests you could have and why.
- **What should I be asking at my clinic appointment?** – Questions you might like to ask.
- **Can I drive with glaucoma?** - Regulations and requirements of the DVLA.
- **Lifestyle and glaucoma** - What you can do to help yourself.

### Who runs the glaucoma course?

The course is run by qualified 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 definitely encouraged.

## Can someone come with me?

Places are limited on each course. If you would like someone to accompany you please ring and discuss this with the course organiser on the number below.

## 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 the course contact:

Glaucoma Specialist Nurse  
Manchester Royal Eye Hospital  
Telephone number: (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 although it might not be on the same day.