

Your Healthcare Transition Pack

MREH | Glaucoma

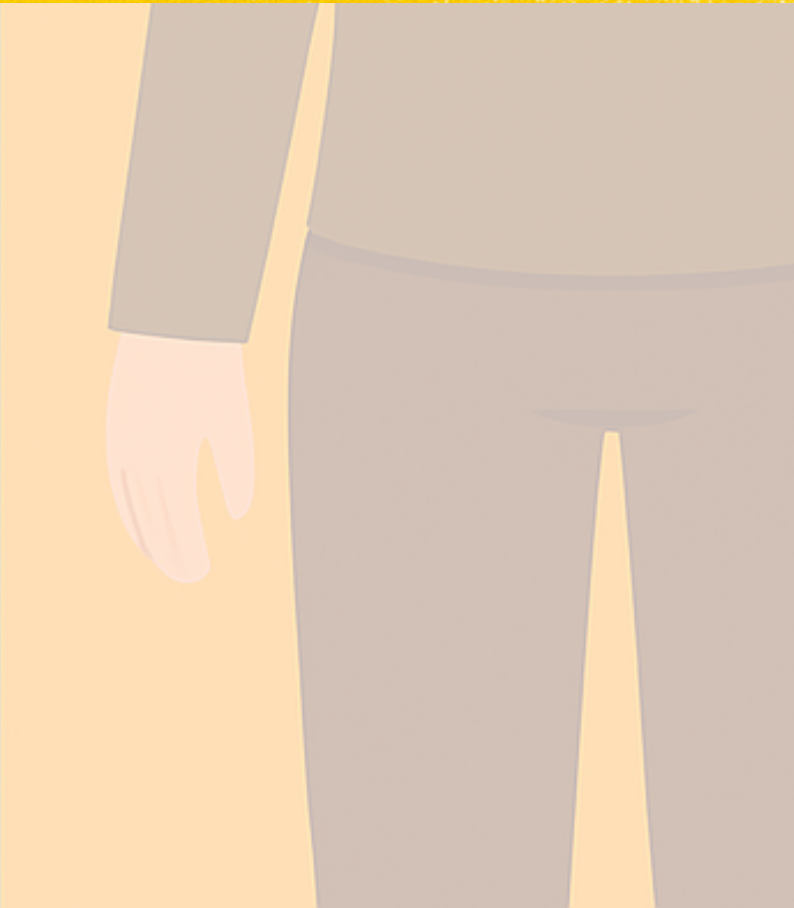


Table of Contents

What is childhood glaucoma?	3
Your eye care professionals	4
What's checked at my visit?	5-6
Help me with my glaucoma drops	7
Meet your team	8
Your glaucoma journey	9
All about healthcare transition	10
Ready Steady Go	11
Transition: Moving into adult care booklet	12
The glaucoma transition clinic	13
Ask 3 questions	14
Glaucoma FAQ's	15-16
Signposting	17
Certificate of visual impairment	18
Benefits & concessions	19
ECLO	20
VI support groups & organisations	21
Your rights	22
Youth forum	23
Kooth	24
Physical activity recommendations	25
Eatwell guide	26



2. Why does it happen?

Glaucoma can develop when the eye's drainage system doesn't work properly, causing fluid to build up and increase pressure inside the eye. We'll let you know if that pressure is higher than it should be at each visit.

CLICK ME
for the MREH
glaucoma
website

1. Intraocular pressure

Inside your eye, a clear fluid (aqueous humor) moves from the back to the front and then drains out through a tiny filter called the trabecular meshwork.

3. What is the result?

High pressure inside the eye can damage the optic nerve, affecting vision and making it harder to notice things around you. The eye may also look bigger, cloudy, or red, and it can cause watering or sensitivity to light.

what is childhood
glaucoma?

4. What is the treatment?

Treatment usually involves eye drops or sometimes surgery. Even after that, your eyes will need to be checked regularly for the rest of your life, either at the hospital or by your optician, to make sure they stay healthy.

5. When does it happen?

Glaucoma can be present from birth, but it can also develop because of another eye condition or a condition you're born with, such as Sturge-Weber syndrome. It may also occur after cataract surgery.

Click **HERE**
for more info



YOUR EYE CARE

PROFESSIONALS



NURSE/ ORTHOPTIC ASSISTANT

They will check your vision by asking you to read down a chart. Please make sure you wear your contact lenses/bring your glasses!



ORTHOPTIST

They check your vision if you're not sure about your letters, and they look at your eye position, your eye muscles, and how well your eyes work together.



OPTOMETRIST (OPTICIAN)

They check if you need glasses or if your glasses prescription has changed. They also make sure your contact lenses fit properly and are right for you.



OPHTHALMIC TECHNICIANS

They will do your visual field test and take pictures of the back of your eye.



DOCTORS /CONSULTANTS

They will look at everything above, check the health of your eyes, measure your eye pressure & decide how to help you.





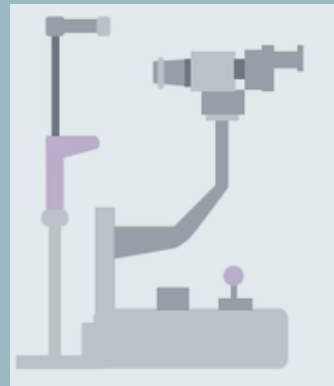
WHAT'S CHECKED AT MY VISIT?



VISUAL ACUITY

We check how many letters or pictures you can see with each eye. This is done at every visit, using your glasses or contact lenses, so we can monitor any changes in your vision.

With your chin on the rest and your forehead against the bar, we use a bright light and magnification on a slit lamp to check your eyes from front to back. Sometimes we use drops to widen your pupils so we can see the back of your eye clearly — this is where your optic nerve and optic disc are.



EYE HEALTH CHECK



OCT

When we look at the optic nerve through a lens, it looks a bit like a doughnut. If the pressure in your eye gets too high, the middle gap gets bigger and the rim around it becomes thinner. We sometimes take pictures of this in Clinic E using a scan called an OCT.

When the doughnut rim thins, it can affect how much you see around you. To check this, we do a visual field test in clinic G, where you press a button each time you see a small flash of white light. This is usually done once a year.



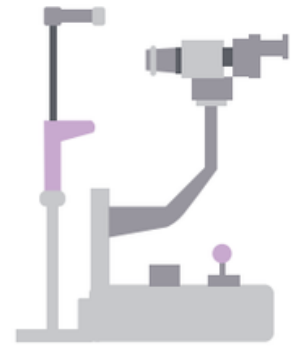
VISUAL FIELD

WHAT'S CHECKED AT MY VISIT?

IOP



We can measure your eye pressure (IOP) in two ways: with the iCare (pictured left) or with the slit lamp (pictured right). The slit lamp method is usually more accurate. Try not to hold your breath during these tests, as this can give us a false reading.



ICARE REBOUND TONOMETRY

You will be asked to look straight ahead. The probe gently touches your eye — it doesn't hurt, it just feels like a light tap on the eye. You will hear a few beeps as it takes the readings.

GAT (SLIT LAMP)

Goldmann Applanation Tonometry (GAT) is a way of checking the pressure in your eye using the slit lamp. We'll put numbing drops in first. With your chin on the rest and your forehead against the bar, you'll look straight ahead. A blue light shines as a small probe gently touches the surface of your eye to take the reading.

WHAT HAPPENS IF MY PRESSURE IS HIGH?



IN SUCH CASES, EYE DROPS OR SURGERY WILL BE DISCUSSED WITH YOU. TO FIND MORE INFORMATION ABOUT YOUR TREATMENT OPTIONS, [CLICK BELOW.](#)

[CLICK
HERE](#)

[CLICK
HERE](#)

HELP ME WITH MY

GLAUCOMA DROPS



Click here for your record of eye drop regime & plan of care

THINGS TO REMEMBER

- Check you've got the right drops — your GP can add them to your repeat prescription.
- Use them at the same time every day so it becomes routine; missing doses can cause irreversible sight loss.
- Wash your hands and keep the bottle tip away from your eyes and fingers.
- Remove your contact lenses first, then wait a short while before using any other eye drops, such as lubricating drops.
- Most eye drops expire 28 days after opening, so write the date you open the bottle on the label to avoid forgetting, and follow any storage instructions provided.

Putting eye drops in can be tricky — for you and for your parent or guardian.

If you would like some help/tips, just let us know.

We can also provide drop aids to make the process easier and more comfortable.



CLICK HERE to learn more about your eye drops



CLICK HERE to learn how to put in your eye drops



MEET YOUR TEAM



Mr Ken Yau

Consultant Ophthalmologist
Children, young people & adults



Emma Williams

Advanced Clinical Optometrist / Transition champion
Adults



Elisha Solanki

Specialist Orthoptist / Transition champion
Children & young people



Rachel Hilton

Glaucoma Specialist Nurse
Adults

GLAUCOMA



Contact number for Elisha: **0161 701 4819**

Contact number for Rachel: **0161 701 4882**

It may help to save these numbers in your phone so you can reach us easily if you have any concerns or don't receive your appointment.

YOUR GLAUCOMA JOURNEY



Glaucoma is a lifelong condition, so you'll need regular eye-health checks throughout your whole life, usually at the hospital.

As glaucoma is often diagnosed at birth, your parents or guardians usually manage your care when you're younger, usually in clinic G & H with Mr Yau and other members of team.

As you get older, we'll help you become more confident and independent with your eye care. This process is called **transition**, and the "Ready Steady Go" programme guides you through it.

As a teenager, you may move to the glaucoma transition clinic, where you'll also see Elisha, an Orthoptist with specialist glaucoma training. Mr Yau will still be involved in your care.

Once the process is complete, we'll make a shared decision about moving you to the adult clinic (Clinic B). Mr Yau usually stays as your consultant, with Rachel and Emma supporting you through the **transfer**.

EVERYTHING YOU NEED TO KNOW ABOUT

Healthcare Transition

TRANSITION AT MREH

To help you understand what healthcare transition looks like at the Eye Hospital, we've made a leaflet for you & your parents/guardians.

Click **HERE** to view it



EASY READ LEAFLET

We created an Easy Read version to make the information simpler, clearer, and more accessible for everyone

Click **HERE** to view it

YOUR TRANSITION PACK

If you're 11+ and have a lifelong condition such as glaucoma, we've put together a helpful info resource.

Click **HERE** or scan the QR code to access it



MFT STRATEGY OF CARE

This is the Trust's plan to help make your move into adult services safe, consistent, and personalised, with support along the way.

Click **HERE** to view it

NICE GUIDELINES

These help us make safe, evidence-based decisions about your care, while supporting shared decision-making, so that you have a say at every step.

Click **HERE** to view them

Click [HERE](#)
for more
info

Go

Steady

Ready

The "Ready Steady Go" (RSG) programme is a national initiative designed to help young people like you, build the skills and confidence you need to manage your lifelong health condition.

We use the Ready Steady Go (RSG) programme at MREH.

It has three sections, and you'll move through them gradually from around age 11.

RSG asks you and your parents/ guardians questions about your condition, confidence, and education/work plans.

Please answer the questions as honestly as you can. If any do not feel relevant or appropriate, you can leave it blank.

Easy-read versions are available, and you can visit the **RSG website** for more information or to translate it into your preferred language.

Yes

Yes

Yes

Yes

Yes

Yes

Ready
Steady Go
programme

Transition: moving into adult care

Information for young people and families



CLICK HERE
for the full booklet

The Glaucoma Transition Clinic

What to expect during your visit to this clinic in H

1

Meet your Transition Champion, Elisha Solanki

She will guide you through the transition process and carry out your eye check. You will also see Mr Yau.

2

Learn about your eye health

Learn why lifelong monitoring protects your vision and why using your drops (if prescribed) is important.

3

Ask questions & share your goals

Use this longer appointment slot to talk about your treatment, the future & what matters most to you about your care.

Before your appointment

Sign up for **MyMFT**.

Complete the RSG questionnaire we send you.

If you can't use the app, we can give you a paper copy at your visit.

What is MyMFT?

It is an app that you can download if you are 16 or older to manage your information, check your appointments and read your letters.

For more information, **click here**.

Ask 3 Questions

or as many as you like!

Ask 3 Questions helps you take an active role in decisions about your care. It gives you a clear structure to speak up and understand your options.

This approach helps you & us make decisions together — this is called **shared decision-making**.

Click **HERE** for more information.



Shared Decision Making

There may be choices to make about your health and care. Make sure you get the answers to these three questions:*



Ask 3 Questions

What are my **choices**?

How do I get **support** to help me make a decision that is **right for me**?

What are the **pros** and **cons** of each option for me?

Your health and care team needs you to tell them what is important to you. **It's all about shared decision making.**



In addition to the 3 questions, filling out the Ready Steady Go programme might make you think of **extra** things you want to ask.

We've added some FAQs on the next page, but if your question isn't there, just speak to a member of staff.



Glaucoma FAQ's



WHAT IS GOING TO HAPPEN IN THE FUTURE WITH MY CARE?

Once you've completed the RSG programme, and we've agreed together that you're ready to move on to the adult services, **your next appointment will be in Clinic B**. The checks and assessments you're used to will remain the same.

01.

Mr Yau will continue as your consultant and oversee your care, but you may also meet other healthcare professionals who are part of his team.



WHAT IS MY RIGHT TO CONFIDENTIALITY?

If you would like to look at your records or be seen without a parent or guardian present, **you are entitled to do so**—simply let us know your preference.

We only share information when there is a **genuine risk of harm**, and even then, we limit it to what is **strictly necessary**.

02.



WHAT IS THE EFFECT OF SMOKING, VAPING & ALCOHOL ON GLAUCOMA?

Smoking is linked to higher eye pressure, although it's not yet known whether it directly increases the risk of glaucoma-related damage. However, what we do know for certain is that **smoking is one of the biggest causes of preventable illness in the UK**.

Vaping-glaucoma evidence is still limited, but the higher nicotine levels in vapes may contribute to eye-related problems.

When it comes to alcohol, research is mixed. However, drinking **large amounts of alcohol** can damage the optic nerve and negatively affect overall health.

03.

Glaucoma FAQ's

CAN I DRIVE IF I HAVE GLAUCOMA?

You must tell the DVLA if you have glaucoma in both eyes (for car or motorcycle licences) or in one or both eyes (for bus, coach or lorry licences).

If you do not have a Certificate of Visual Impairment (CVI), you can continue to drive if the **vision in one eye is 0.3 (6/12) or better and you pass the DVLA visual field test.**

04.

Specsavers will carry out this test, which is different from your hospital test and done with both eyes open. For more information click [HERE](#).

WHAT IS THE IMPACT OF MY CONDITION ON FAMILY PLANNING?

Although **congenital glaucoma can be inherited**, it doesn't mean your children will definitely develop it.

If you're thinking about starting a family, **please let us know** — we can refer you to our genetics team for personalised advice.

05.

Your medications or management plan may also need to be reviewed, as **some glaucoma treatments aren't suitable during pregnancy.**

DO I HAVE TO TELL WORK/SCHOOL/COLLEGE THAT I HAVE GLAUCOMA?

It's your choice if and when you tell them about your sight loss, unless it affects safety—like driving or using machinery—where you must report it.

When you do share information, keep it practical by **explaining how your vision affects your work and what support would help.**

06.

If you have a Certificate of Vision Impairment (CVI), you're **protected under the Equality Act and entitled to reasonable adjustments** so you can access the same opportunities as others.

Some of this support can be funded through the **Access to Work** programme.

Career

- Schools have a duty to provide independent and impartial careers advice for 13-18 year olds
- National Careers service: 13 – 19 call or email through the website. If 20 + can get face to face guidance. Tel: 0800 100 900
- Bitesize careers
- Connexions (Trafford)
- Career connect (Manchester)

Driving

- Driving with glaucoma
- Eye conditions & driving

Wellbeing

- GP
- NHS talking therapies
- Kooth (online)
- 42nd street
- Mind
- Mental Health Foundation
- Young Minds
- Samaritans
- Childline
- CAMHS

Other resources

Health

- GP
- Physical activity guidelines
- Brook
- Eatwell guide

Learning disabilities & Autism/ADHD

- MFT website
- Reasonable adjustments
- Print & fill your healthcare passport
- Right to choose
- National Autistic Society
- ADHD Youth voice

Secondary glaucoma

- MREH website on Uveitis
- Online support for Uveitis
- Glaucoma UK leaflet
- Sturge Weber Foundation
- Sturge Weber UK

Struggling with your vision?

You may be eligible for a **Certificate of Visual Impairment (CVI)**

What is it?

A CVI is an official document about your sight loss that can give you access to extra **help**.

CLICK HERE

for the full certification criteria

Can I get it?

The doctor decides if you can get a CVI, but **registering for one is your choice**.

Please note **you cannot drive** with a CVI.

How do they decide?

They will check your visual acuity and your visual field test. If either one is reduced enough, you may be considered eligible for registration.

You may be registered as **sight impaired (SI)** or **severely sight impaired (SSI)**

BENEFITS & CONCESSIONS



	SSI	SI
Blind person's tax allowance	X	
Television licence fee reduction	X	
Blue badge scheme	X	
Free postage - 'Articles for the Blind'	X	X
Free NHS eye examinations	X	X
Disabled persons rail card	X	X
Free bus travel (if SI then only free travel within a certain time period)	X	X
Free directory enquiries	X	X
Cinema pass	X	
Protection under the Equality Act	X	X
Assessment by Social Services	X	X
Personal Independent Payment	X	X
Attendance Allowance (65+)	X	X
Carer's Allowance	X	X
Universal Credit	X	X
Free ticket for a guide at theatres, galleries and attractions	X	X



ECLO Office

ECLO

Eye clinic liaison officer

LAURA ROSS



Laura is your ECLO
For contact details

[CLICK HERE](#)

She's here to support you if you have a CVI, both in hospital and at home, making sure you feel informed, listened to, and never on your own.

In addition to Laura, you can get support from the options on the right.

Click each one to find out more.

[CVI form](#)

[Manchester Sensory Support Service](#)

[QTVI](#)

[ROVI's](#)

[DSA](#)

[PIP](#)

[DLA](#)

[Genetic counselling](#)

LOOK

A mentoring organisation that helps you build community and connection, with resources on education, mental wellbeing, sex and relationships.

BLIND IN BUSINESS

This charity helps you get into work more easily, offering career advice, job-search support and interview practice.

HENSHAWS

A charity offering support, advice, home adaptations and training plus social activities to help you connect with others.

CLICK

to see how each of these can support you with your visual impairment



THOMAS POCKLINGTON TRUST

This charity offers support across education, employment, volunteering and leadership.

ACCESS TO WORK

You can apply for a government grant to help pay for specialist equipment, support workers, travel costs & changes to your workplace.

RNIB

A charity that offers information, practical advice and emotional support.

EXTANT

A professional performing-arts company run for and by visually impaired artists, putting visually impaired people at the centre of its productions, training and creative opportunities.

IF YOU'RE UNDER 18...

You have rights in the NHS!

Confidentiality



YOUR RIGHTS

You have the right for information about yourself, your health and treatment to be private from family, teachers, employers or other organisations. You have the right to see your records and have them explained to you.

Please see the nurse in charge if you would like to apply to do this

You have the right to be seen on your own without your parent/carer. Please let a member of the nursing staff know if you wish this to happen.

EXCEPTIONS

Healthcare professionals have a duty to keep you and everyone else safe. This means sometimes they have to share information about you on a need-to-know basis if they think you or others are at risk of harm.

It is your right to be told if this is going to happen.

Consent to Treatment

YOUR RIGHTS

You are entitled to make decisions about things that happen to your own body. It's important for us and your family to help you make good decisions but ultimately it's your body and you have the choice. If you feel you don't want treatment, talk to us.



EXCEPTIONS

If a healthcare professional thinks you are unable to make informed decisions they have to find someone else to consent for you. This could be parents, doctors, courts or local authorities.

This will only happen on occasions where you do not have the capacity to make the decision yourself and everyone feels it's in your best interest.



Feedback

YOUR RIGHTS

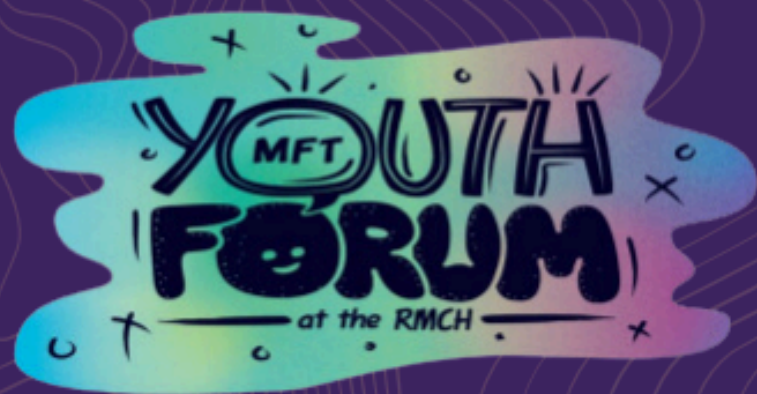
Your feedback on services (whether good or bad) is essential for improvement. Any person, no matter how young they are, has the right to give feedback without it affecting their services. You can complain about services you've received in the past or are still receiving now. **There are NO EXCEPTIONS!**

COMPLAINTS

If you want to resolve a problem directly ask for the "sister in charge" (if on a ward) or the "complaints manager". Alternatively you could contact the Clinical Commissioning Group (CCG) if you want to resolve a problem without speaking to the hospital directly.



YOUTH FORUM
at the RMCH



Are you aged 11-25 and want to make a difference for young people accessing MFT hospitals or services?

You can:

Add membership on to your cv

Learn about NHS Careers

Learn new skills

Have your say

How to Join

Youth forum meets once a month in person and online. If you are interested in joining, please get in touch via email and complete the consent form.

Youth.Services@mft.nhs.uk



Why Join?

Gain confidence

Meet interesting people

See your ideas happen

Because it's fun!

Good snacks!

Make friends





Free, safe and anonymous mental health support whenever you need it.



Chat with our team of friendly practitioners



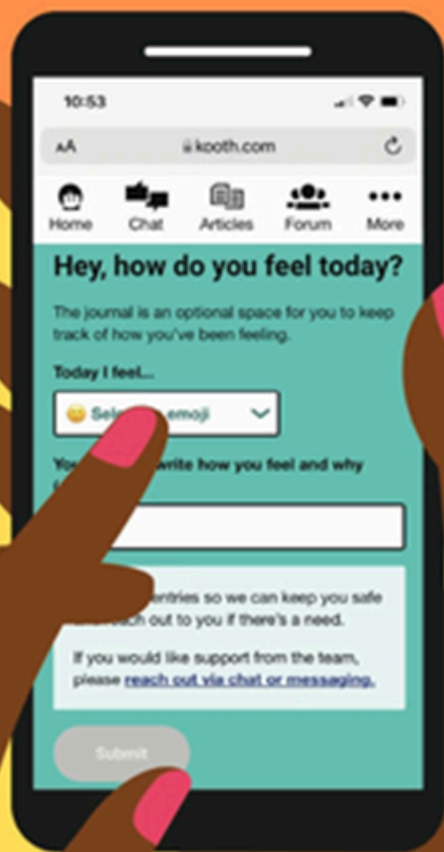
Helpful articles



Self-help tools and activities



Support from the Kooth community



Visit **kooth.com** to find out more



Physical activity

For children and young people

5-18 years



BUILDS
CONFIDENCE AND
SOCIAL SKILLS



MAINTAINS
HEALTHY WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES AND BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
AND LEARNING



IMPROVES
HEALTH AND
FITNESS



MAKES YOU
FEEL GOOD

Be Physically Activity

Spread activity
throughout
the day

aim for
an average of at least

60

minutes per day
across the
week

All activities
should make you
breathe faster
and feel warmer



Play



Run/Walk



Bike



Active Travel



Swim



Skate

Activities
to develop
movement
skills, and
muscle
and bone
strength
ACROSS
WEEK



Sport



PE



Skip



Climb



Workout



Dance

Get Strong



Inactivity

Move More

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 897kJ/167kcal

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Per day  2000kcal  2500kcal = ALL FOOD + ALL DRINKS



Produced by
The Orthoptic Department

Elisha Solanki

All rights reserved