

Cycle ID: 2

Name of Cycle: Conjunctivitis

Type of Learning: Scheduled

Reflection

- What do I want to learn? (list specific learning needs)
- Why do I want to learn about this?

Patients frequently present to the pharmacy with conjunctivitis. I need to know more about this area of OTC practice.

Specifically I need to know:

- Symptoms
- Different types
- Treatment
- Counselling

Planning

- What activity/activities could I undertake to meet this learning need?

- I will read the Minor Ailments DL pack section on conjunctivitis. My tutor will test me on my knowledge and role play scenarios with me.
- I will also read product literature on treatment products.
- I will shadow the pharmacist dealing with conjunctivitis queries.

Action

- What did I learn in relation to my learning needs? (Provide a short summary)

I read the minor Ailments information of Conjunctivitis. I also read product literature on treatment products, practiced role plays with my tutor and shadowed her during a consultation.

I learnt that:

- Conjunctivitis is characterised by irritation, itching, and a sensation of grittiness in the eye and watering or discharge e.g. Bacterial conjunctivitis is associated with a purulent discharge while viral and allergic conjunctivitis is associated with a watery discharge.
- To distinguish between bacterial, viral and allergic conjunctivitis.
- For allergic conjunctivitis Otrivine-Antisin can be used 2-3 times daily for relief of itching and redness for a max of 7 days.
- When treating infective conjunctivitis chloramphenicol drops should be applied every 2 hours for the first 48 hours and 4 hourly thereafter if symptoms improve. If no improvement after two days, referral is appropriate.
- Practical advice such as eye infections are highly contagious, the patient should be advised to wash hands thoroughly after touching the eye and avoid sharing towels or pillows.

Notes

Copy of product literature
Tutor observation

Evaluation

- Did I meet my learning need(s)? If not, why not?
- How have I used/applied my learning? (Put an example of how have used your learning)
- Have I identified any further/additional learning needs?
 - I have met my learning needs
 - I feel I can confidently deal with queries related to conjunctivitis, differentiating between different types and offering treatment and advice.
 - A patient presented with a purulent discharge and gritty feeling in both eyes. On examination and discussion it was distinctive of bacterial conjunctivitis. I recommended and counselled the patient on the use of chloramphenicol eye drops and what to do if symptoms do not improve
 - I will deal with any patients presenting to the pharmacy with eye complaints in the future.

Standards

Performance Standards Claimed (You should specify the MAIN performance standards highlighted by this activity which reflects the QUALITY of the evidence presented)

- A1.6 – Make decisions which demonstrate clear and logical thought
- A4.6 – Base your actions, advice and decisions on evidence
- A5.1 – Identify and prioritise your own learning and development
- B1.11 – Provide information and advice appropriate to the needs of the recipients
- C2.8 – Provide appropriate information and advice on the management of minor ailments