

EYE HEALTH



Many eye conditions are preventable if detected or treated early. Regular eye examinations are an effective measure for identifying common eye problems and can prevent avoidable blindness and vision loss. While eye disease can occur at any age, the main risk factors include: being over 40 years of age, smoking, hypertension, diabetes and having a family history of eye disease.

Some groups experience greater barriers to accessing eye health care, for example Aboriginal and Torres Strait Islander people and people from culturally and linguistically diverse backgrounds.

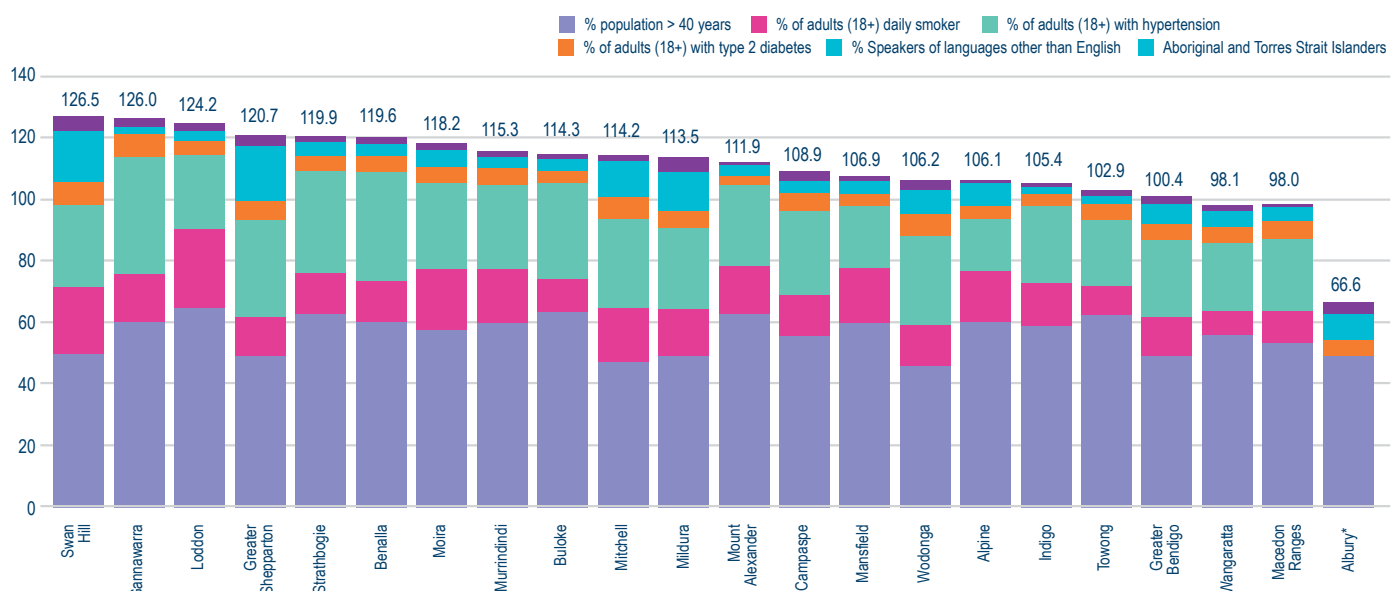
In addition, emerging evidence suggests that increased digital screen time is associated with vision problems in children¹. It is recommended that children have a full eye examination with an optometrist prior to commencing school and then regular visits as they progress through primary and secondary school.²

The impacts of vision loss are multifaceted. Vision loss is associated with serious injuries caused by falls and motor vehicle accidents, depression related to loss of independence and reduced social engagement. There are also strong associations between vision loss and dementia³.

Many eye conditions have no symptoms in their early stages and therefore identifying those at higher risk of eye disease is important in primary health care. General practice plays a crucial role in reducing avoidable blindness and vision loss and its associated burden of disease.

Regional data on risk factors for vision loss and eye disease

Proportion of population with risk factors for eye disease by LGA in the Murray PHN region



*Hypertension and smoking data is not available for Albury LGA

1 Timorkhan, M.A., 2022. Children's vision health during the COVID-pandemic. Middle East Journal of Family Medicine, 20(4).
 2 Good vision for life. 2020, Back to school: make the first test of the year an eye exam. Good vision for life. <https://goodvisionforlife.com.au/2020/01/30/back-to-school-make-the-first-test-of-the-year-an-eye-exam/>.
 3 Burton MJ, et al. 2021. The Lancet Global Health Commission on Global Eye Health: vision beyond 2020. Lancet Glob Health. Apr;9(4)

Change Idea templates	<p>Change Idea templates help to identify focus areas for quality improvement activities using practice data. Your Quality Improvement Consultant can assist in identifying change ideas for your practice.</p>	<ul style="list-style-type: none"> • Change Ideas template – Eye health
PDSAs - Quality Improvement	<p>Plan-Do-Study-Act (PDSA) cycles provide a framework to help develop, manage, and test quality improvement activities identified in change idea templates. Your Quality Improvement Consultant can assist in developing your PDSA templates.</p>	
Murray HealthPathways	<p>Murray HealthPathways aims to guide best-practice assessment, management and referral of common medical conditions, including when and where to refer patients, with guidance on what information is needed.</p>	<ul style="list-style-type: none"> • Ophthalmology Includes pathways for Cataracts, Children’s Eye Problems, Corneal Problems, Eye Assessment in Adults, Eyelid Problems, Irritated and Dry Eyes, Keratits, Low Vision Assistance, Red Eye, Trauma in Eyes, Vision Loss and Ophthalmology Referrals • Diabetic Retinopathy
Pen CS – CAT4 Recipes	<p>CAT4 recipes are designed to give new and experienced users a simple step-by-step guide to a particular problem or question.</p>	<ul style="list-style-type: none"> • CAT4 Recipes - Pen CS Help
Professional Development	<p>Eye Health – Vision 2020 Australia Vision 2020 Australia, the peak body for eye health and vision care organisations in Australia, have developed a range of professional development and training opportunities for health professionals working across the primary care sector.</p>	<ul style="list-style-type: none"> • Create your Vision Australia account here to access professional development
	<p>Vision 2020 eye health webinars</p>	<ul style="list-style-type: none"> • Glaucoma deep-dive Tuesday 14 March 2023, 6.30pm • Macular Degeneration Tuesday 9 May 2023, 6.30pm • Diabetes and Eye Health Wednesday 12 July 2023, 6.30pm • Children’s Vision Wednesday 30 August 2023, 6.30pm • Cataracts deep-dive Thursday 12 October 2023, 6.30pm

Additional Resources	<ul style="list-style-type: none"> • Vision 2020 Australia – Guide to eye health for primary health care providers • Vision 2020 Australia – Resources for patients and waiting rooms and health awareness days • KeepSight – a national recall and reminder system for people with diabetes • Good Vision for Life – find your local optometrist and information about healthy eyes • Vision Australia – provides support for people who are blind or have vision loss
First Nations Resources	<ul style="list-style-type: none"> • Vision 2020 Australia – Resources for Aboriginal and Torres strait Islander people
Health promotion events	<ul style="list-style-type: none"> • 12-18 March 2023 – World Glaucoma Week • 1-31 May 2023 – Macula Month

For further information or support please contact your local [Quality Improvement Consultant](#), email: gpsupport@murrayphn.org.au or visit the general practice support page on our [website](#)