



HULL & EAST RIDING GLAUCOMA GROUP

Patron: Mr C Burnett: Consultant Ophthalmic Surgeon & Glaucoma Specialist

based at Sight Support (formerly HERIB): Tel No: 01482342297

Newsletter: November 2019

November this year seems to be living up to its reputation for damp and misty days, a touch of frost, the rhythm of rain providing a musical backdrop, and the month when you begin to know how long winter can be. But – birds are still singing their hearts out despite the weather, and the November sun when it does shine has a way of making everything look and feel better, so with those positive thoughts in mind welcome to the Hull and East Riding Glaucoma Group Newsletter for November 2019.

Group News: October meeting

“One of the best meetings ever” – that was the accolade

given by members after what was a most informative and interesting talk delivered by Lisa Manthorpe and her colleague Sheila from the pre op assessment unit in the Eye Hospital. Lisa started by identifying, as Mr Burnett has done in the past, that eye surgery is not something to be taken lightly and cataract surgery, for example, while not a long operation, is not a “simple” one: it is a major operation on your eye. She identified that patients often wonder why so many checks are carried out, so many questions asked, and why the appointment takes so long. She identified that initial tests and checks are done with the

intention of establishing a baseline regarding general health, the aim being to ensure that the person concerned is fit enough to safely undergo both the operation and the anaesthetic. The appointment also serves to check that their condition hasn't changed since being put on the waiting list, as well as providing the opportunity to discuss any concerns which the patient may have. Tests carried out include: breathing; pulse; blood pressure; temperature; weight, vision, and eye pressure, and details of medical history, current medications and any allergies recorded. Lisa stressed the importance of these checks as a) pre existing conditions can affect outcomes of the surgery. (She identified also that any pending observations with Cardiology take precedence i.e. they will always prioritise life over sight); b) some eye drops can cause spikes in BP and c) some medications can affect the iris. (e.g Tamsulosin used for prostate problems). Eye measurements are carried

out; strength of natural lens, surface contours; length etc are all checked. Questions are also asked regarding how well patients will be able to cope a) with the surgery e.g lying flat on the trolley could be problematic for people with asthma/breathing problems, and coping with sterile drapes, across the face. and b) how well will they be able to cope after the surgery e.g with eye drop administration. (It was identified that District Nurses can no longer be asked to help with this). Lisa stressed the importance of identifying any problems at the pre op assessment so allowances or special arrangements can be made if necessary. After seeing the ophthalmic doctor for an eye examination and a discussion, a choice is offered regarding go ahead or not. If no consent is given by the patient that is the end of the process and the patient is free to go home. If however you agree to go ahead then you move on to the next stage of checks, based on patient medical notes. These can

involve checking for blood clotting problems, anaemia, renal function, full blood count - usually for people with pre existing conditions. ECGs are not done on every patient, usually only on those over 50 or procedures involving a general anaesthetic. The information gathered from the checks is used in discussion with the surgeon and anaesthetist in relation to the safety of the proposed procedure. If general health is identified as poor your GP may be asked to investigate and treat any problems identified, and you may then need to be referred back to the Eye Hospital when GP considers you are safe to undergo the surgery. Lisa commented that a question often asked by patients is why is much of this information gathered again by day case staff on the day of the surgery?! The answer: a) to confirm the information given at pre op assessment and check there are no new changes to general health; b) to ensure the correct patient receives the correct procedure

on the correct eye. (Many of the forms filled in are to make sure it's the right patient for the right job!); and c) to confirm consent. Some interesting points arose during discussion e.g. Warfarin is no longer stopped prior to surgery; no reassuring hand holding by nurse during procedure - staffing implications mean this is a luxury which is no longer feasible; patients now wear their own clothes rather than changing into a hospital gown. As you may gather from the write up this was a very full and comprehensive account of what happens at a pre op assessment appointment. Lisa's talk emphasised throughout that what takes place at the appointment is done to ensure the best possible outcome for each patient. Those present found her range of knowledge impressive, and her presentation gave us a very detailed insight into the work of the unit, the care they provide for people preparing for eye surgery, what to expect, and why it happens. It

was an interesting, helpful, reassuring and very worthwhile session, and we thank Lisa for giving her time and support.

Thanks Thanks as always to all who helped before, during and after the meeting and thanks also to Karen the Sight Support cook for a delicious lunch. Thanks also to Sight Support for the continuing invaluable support they provide for the group in terms of accommodation/ mailing of newsletters etc. setting out the room for us.

Lucky Bag Challenge A fantastic response this month with bags from Florida (Chris and Margaret), Scotland (Julia), Bahrain, Dubhah , and Disney World (Gill and Linda).

Other News Charles Bonnet support group. You may remember Sight Support indicated they were thinking of starting up a support group for this condition if the interest was there. They plan to hold a meeting in December and anyone who is interested in being involved or would like

more information can contact Tracy on 01482 342 297.

Programme for next year

Following the usual process of telephone calls, emails etc and taking various suggestions into account I'm pleased to announce we have a programme in place for 2020! The following people have indicated their availability and willingness to take part and we hope as always there will be something of interest for the many rather than the few. With regard to topics with a medical/eye background - we are very pleased to confirm that both Pat Savage (Glaucoma Nurse Practitioner,) and our Patron, Mr Burnett, in his capacity as Glaucoma Specialist and Consultant Ophthalmic Surgeon are prepared to give of their time to support us once again. Both have specific information to impart relating to their own areas of expertise, and both offer sessions which help with individual concerns and problems and allow the opportunity to ask the questions a hospital

appointment never quite has the time to accommodate. I'm sure all would agree that it goes without saying how valuable our links with both of them are and a programme without a contribution from them is difficult to contemplate. Recognising that other medical conditions can have implications for vision, e.g. diabetes, a condition which affects quite a few of our members, Ellen Beddows a Consultant optometrist from the Eye Hospital has agreed to talk to us about diabetic eye disease. Although not affecting vision, breathlessness is a condition which affects many of us for various reasons and which can have a detrimental effect on daily living. With that in mind, we have invited Dr Ann Hutchinson, from Hull/York Medical School and the creator of the 'Bringing Breathlessness into View' exhibition, to talk to us about living well with breathlessness. (Some of you may have seen her display going the rounds of shopping centres etc.)

Non medical speakers include Gill and Linda our 'legal ladies' who are on hand at all of our meetings to give informal advice. We are delighted that they have accepted the invitation to speak at one of our meetings, and give us the benefit of their wealth of knowledge of some specific legal and financial matters. As a 'break' from eyes, in August we are pleased to welcome back Kath and Clive Richardson the authors of "The Woman Who Didn't Exist" to regale us with their talk on many aspects of the English language, covering such things as punctuation howlers, silly labels, and a reminder of some spelling and grammar rules we may have learned at school. A copy of the programme has been included with this newsletter.

Next meeting Our next meeting will take place on Friday 13th December when we have Pat Savage, the Glaucoma Nurse Practitioner from the Eye Clinic as our speaker. Along with updates re the Glaucoma Clinic, Pat will as

always be using her time with us in a very practical way to help, advise and inform in relation to concerns and questions raised by the group. Many members are helped as a result of her sessions with us, and I'm sure this year will prove no exception. We hope you can join us on Friday 13th at 11am, (entry £1.50 per person), to hear Pat and to enjoy a special Christmas Buffet which will be available for all attending the meeting. For more information and to book your place please call Sight Support on 01482 342 297. (Booking in advance means you can be informed if there are any problems with the planned session).

And finally: **Resume of year**

From this side of the table 2019 has been a successful year, with very healthy attendance at all meetings, and excellent speakers. The benefits of Mr Burnett's fundraising Cycle Ride in the summer of 2018 lingered on in contributing to our summer buffet, and lunches after meetings have been well

received and attended.

Members have been supportive as always and we thank both those who are able to come to meetings and those who support us at a distance. We have been pleased to welcome many new faces over the year and as always it's heartening for myself, Liz and Martin to hear that people have felt generally supported and informed as a result of the information and advice provided by both the meetings and the Newsletter. We can organise and arrange things on your behalf, but the continued success of the group is down to yourselves as the members, so please accept our thanks - you are the ones who "add the extra sweetness to the mix." We hope to see you at our December meeting but if not, we look forward to seeing you in 2020. In the meantime we send our best wishes for a Merry Christmas and a Happy New Year.

Best wishes Kay Slingsby

Hull and East Riding Glaucoma Group Programme for 2020

| Date & Time | Details |
|-------------------------------------|---|
| Fri 14th Feb 11am - 1pm | Gill & Linda: local estate planners: Power of Attorney and other legal concerns. |
| Fri 3rd April 11am - 1pm | Ann Hutchinson: Hull York Medical School: Living Well with Breathlessness. |
| Wed 10th June 2pm - 4pm | Mr Burnett: Eye Hospital Glaucoma Consultant and our Patron. |
| Fri 14th Aug 11am - 1pm | Clive & Kath Richardson: 'I Don't believe a Word of It.' |
| Fri 9th Oct 11am - 1pm | Ellen Beddows: Eye Hospital Consultant Optometrist: Diabetic eye disease. |
| Fri 11th Dec 11am - 1pm | Pat Savage: Glaucoma Nurse Practitioner. |

Meetings take place every 2 months on the 2nd Friday of the month, from 11am till 1pm, at Sight Support in Beverley Road. (Please note the exceptions in April and June)

Entry: £1.50 per person.

For more information contact: Sight Support on 01482 342297.

We look forward to seeing you.