Do you want to know?

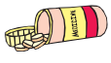
Visual Impairment

E03
sheet 1/1

What is it?

Visual impairment ranges in severity from decreased visual acuity to total blindness. Visual impairment has numerous causes: near sightedness, defect in the lens of the eye, and farsightedness. However other causes like nutritional, infectious, metabolic, degeneration changes and systemic disorders affect the function of the eye.

What do you need to know?

Drugs 

Comply with the prescribed medications (eye drops). Watch out for the side effects of the medications including stinging and burning sensation.

Diet

- Maintain adequate nutrition.
- Leafy vegetables are recommended.

Therapeutic Measures

- Avoid rubbing the eyes in order not to irritate or introduce bacteria.
- Use magnifying glasses and special reading light as instructed by your physician.
- Use assistive devices for vision enhancement, orientation and mobility (e.g. long cane, hand magnifier, portable lamp, flash light, etc…).

Considerations

- Follow safety measures especially while using the stairs. Driving is prohibited until cleared by your physician.
- Place clothings in specific and consistent locations such as drawers and closets.
- Place food and cooking utensils in specific and consistent locations such as cupboards and refrigerator.
- Keep furniture and household objects in specific and consistent places.
- Smoking is not advisable, however if you want, smoke in the presence of a family member for safety and fire prevention.
- Perform rehabilitation training that includes orientation and mobility training, independent living skills, reading and writing skills.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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