

Daily red eye & eyelid lesions

Inflammation and tumours

- ✦ 2-5% GP consultations ophthalmic in nature
- ✦ Red eye most common Ophthalmic presentation
- ✦ 70% of primary care red eye consist of:
 - ✦ Bacterial, viral and allergic conjunctivitis
 - ✦ Episcleritis
 - ✦ Subconjunctival haemorrhage

Other causes of red eye

- ✦ Keratitis
- ✦ Scleritis
- ✦ Acute glaucoma
- ✦ Foreign body trauma
- ✦ Chemical burns
- ✦ Orbital cellulitis

- **16-36%** of diagnoses are accurate
- **12%** of misdiagnosed have adverse outcomes
- After death, loss of vision is feared more than any other long term health condition
- A cause of depression
- Two thirds of working age are unemployed

NICE 'Red Eye' Clinical Knowledge Summary

- Doctor must always document the history and findings including negative findings of:
 - Visual acuity
 - Pain
 - Photophobia
 - Unilateral or bilateral
- If any red flag is present then a same day specialist referral should be made

- Refer any person with a red eye who *wears contact lenses* urgently to ophthalmology to exclude corneal ulcer.
- Refer any person with a *high-velocity injury* immediately to the emergency eye service. Imaging of the orbit is needed to check for intraocular foreign body.
- For people with *chemical eye injury* immediately irrigate the eye with water or 0.9% saline, and arrange urgent transfer for ophthalmology assessment.
- Refer any serious, and *potentially sight-threatening* case

Bacterial conjunctivitis



- ✦ Visual acuity - normal
- ✦ Pain - discomfort, no pain on eye movement
- ✦ Photophobia - none
- ✦ Unilateral or bilateral - unilateral then bilateral

Viral conjunctivitis

- ✦ Visual acuity - normal
- ✦ Pain - discomfort, no pain on eye movement
- ✦ Photophobia - none
- ✦ Unilateral or bilateral - bilateral



Allergic conjunctivitis



- ✦ Visual acuity - normal
- ✦ Pain - discomfort, no pain on eye movement
- ✦ Photophobia - none
- ✦ Unilateral or bilateral - bilateral (unilateral gardeners)

Episcleritis



- ✦ Visual acuity - normal
- ✦ Pain - discomfort, no pain on eye movement
- ✦ Photophobia - none
- ✦ Unilateral or bilateral - unilateral

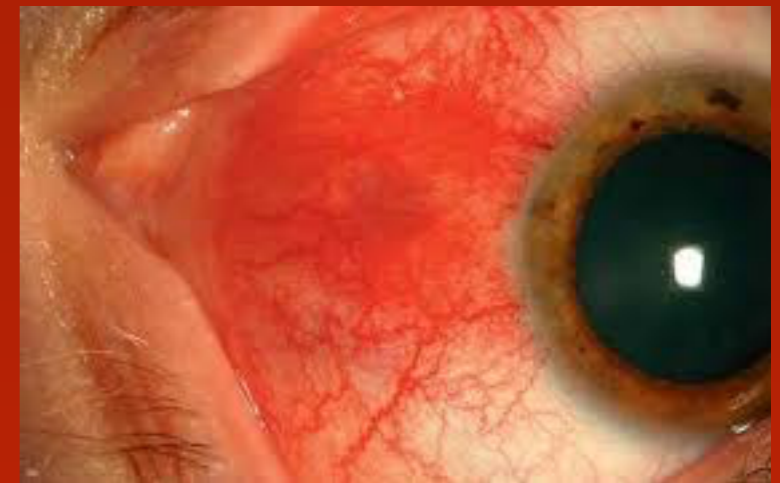
Keratitis

- ✦ Visual acuity - normal or reduced
- ✦ Pain - painful (or painless)
- ✦ Photophobia - yes
- ✦ Unilateral or bilateral - unilateral



Scleritis

- ✦ Visual acuity - normal or reduced
- ✦ Pain - painful - cannot sleep
- ✦ Photophobia - occasional
- ✦ Unilateral or bilateral - unilateral

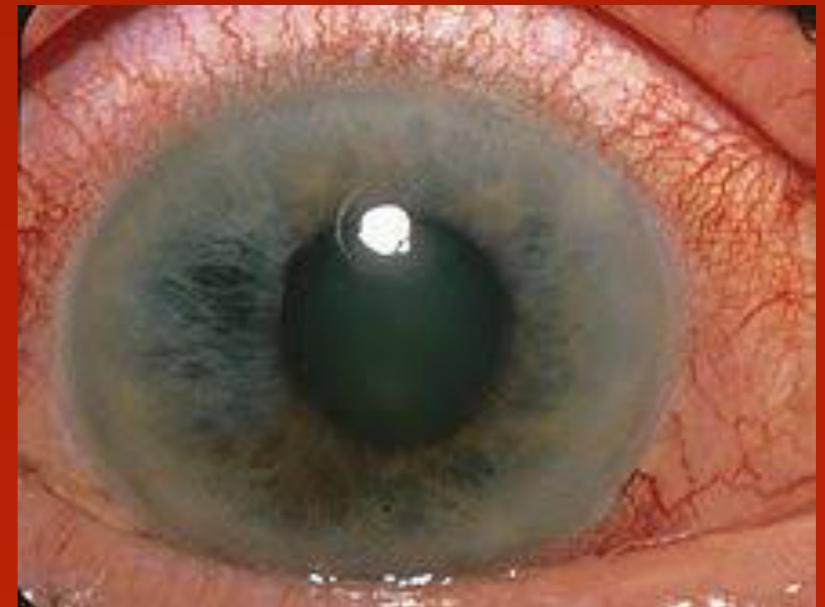


Clinical

Episcleritis	Scleritis
<ul style="list-style-type: none">• Abrupt -Days to weeks• Redness without irritation• Mild ocular discomfort -Burning, FB sensation, irritation• Localized	<ul style="list-style-type: none">• Insidious - over several days• <i>Pain</i>, tenderness to palpation, radiate• Worse at night+awake

Acute glaucoma

- ✦ Visual acuity - reduced
- ✦ Pain - painful
- ✦ Photophobia - no
- ✦ Unilateral or bilateral - unilateral



Foreign body trauma

- ✦ Visual acuity - normal or reduced
- ✦ Pain - painful
- ✦ Photophobia - occasional
- ✦ Unilateral or bilateral - unilateral



Orbital cellulitis

- ✦ Visual acuity - normal or reduced
- ✦ Pain - painful
- ✦ Photophobia - no
- ✦ Unilateral or bilateral - unilateral



Eyelid inflammation - blepharitis

- ✦ Inflammation of the lid margin (crusting/redness)
- ✦ Causes 'gritty' sensation
- ✦ Associated with styes and chalazia
- ✦ Improvement with warm compresses/lid hygiene/
artificial tears

Blepharitis types

- Anterior
- Posterior

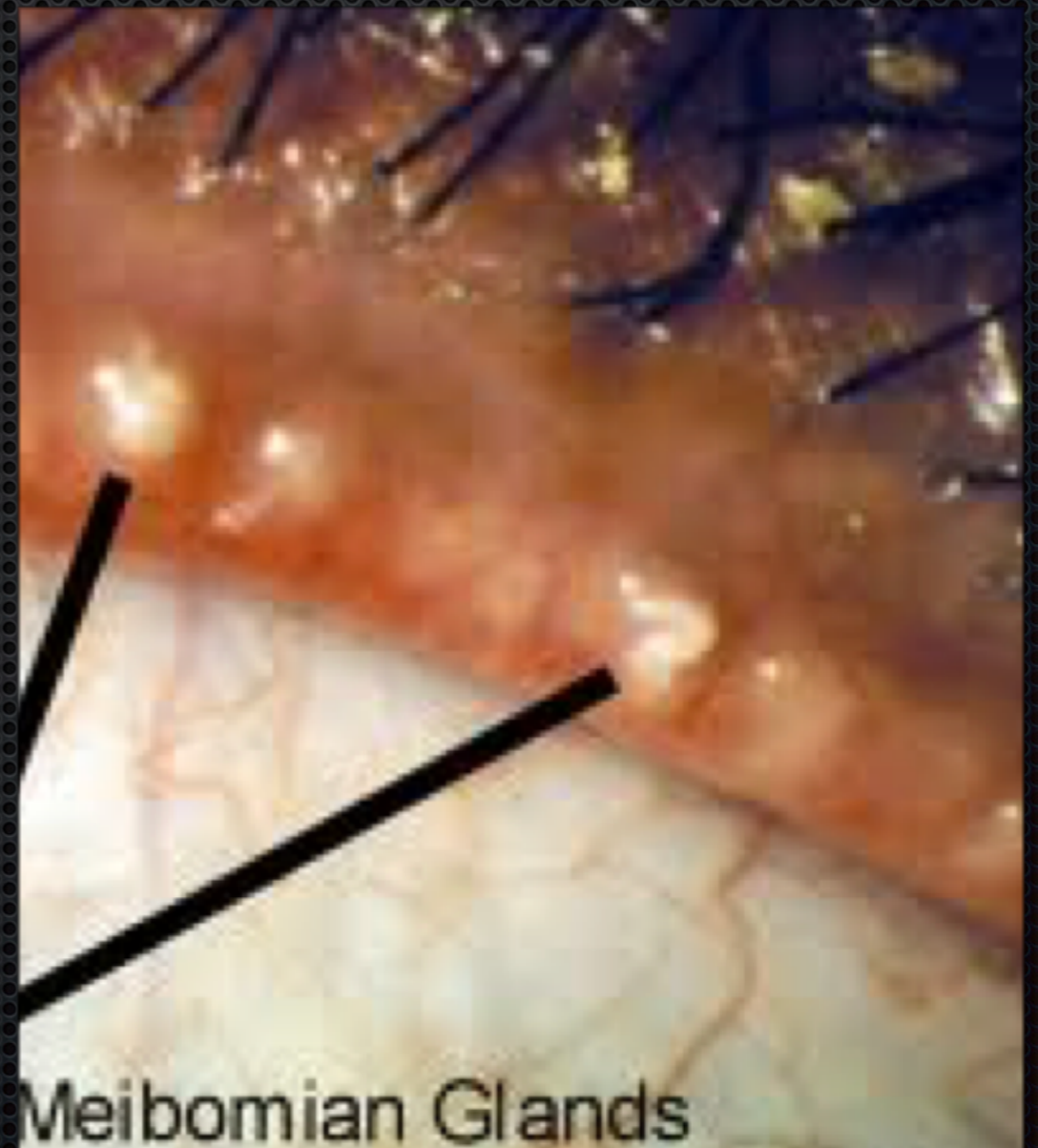
Anterior blepharitis

- Scales on eyelashes
- Hyperaemic lid margin
- Commonly caused by bacteria



Posterior blepharitis

- Involves meibomian glands - poster lid margin
- Problems with oil glands in eyelid



Wheat Bags Value Cotton Eye Mask Heat Pack

£4.95



Rated 4.8 out of 5 based on 58 customer reviews.

Wheat Bags Value Cotton Eye Mask Heat Pack from WheatyBags® is a microwave eye pillow made in the UK and offers great coverage across the eye or face area.

- Expertly designed microwave eye wheat bag.
- Assorted colours subject to available stock.
- Natural cotton fabric.
- Heat pack for Blepharitis, MGD and dry eyes.
- Choose between wheat or linseed filling.
- Fully safety compliant with BS8433.
- UK made.
- Trusted WheatyBags® brand.



Move your mouse over image or click to enlarge



** SPECIAL OFFERS **

Click below to redeem.

[Order](#)

[Details](#)

[FAQ](#)

[Instructions](#)

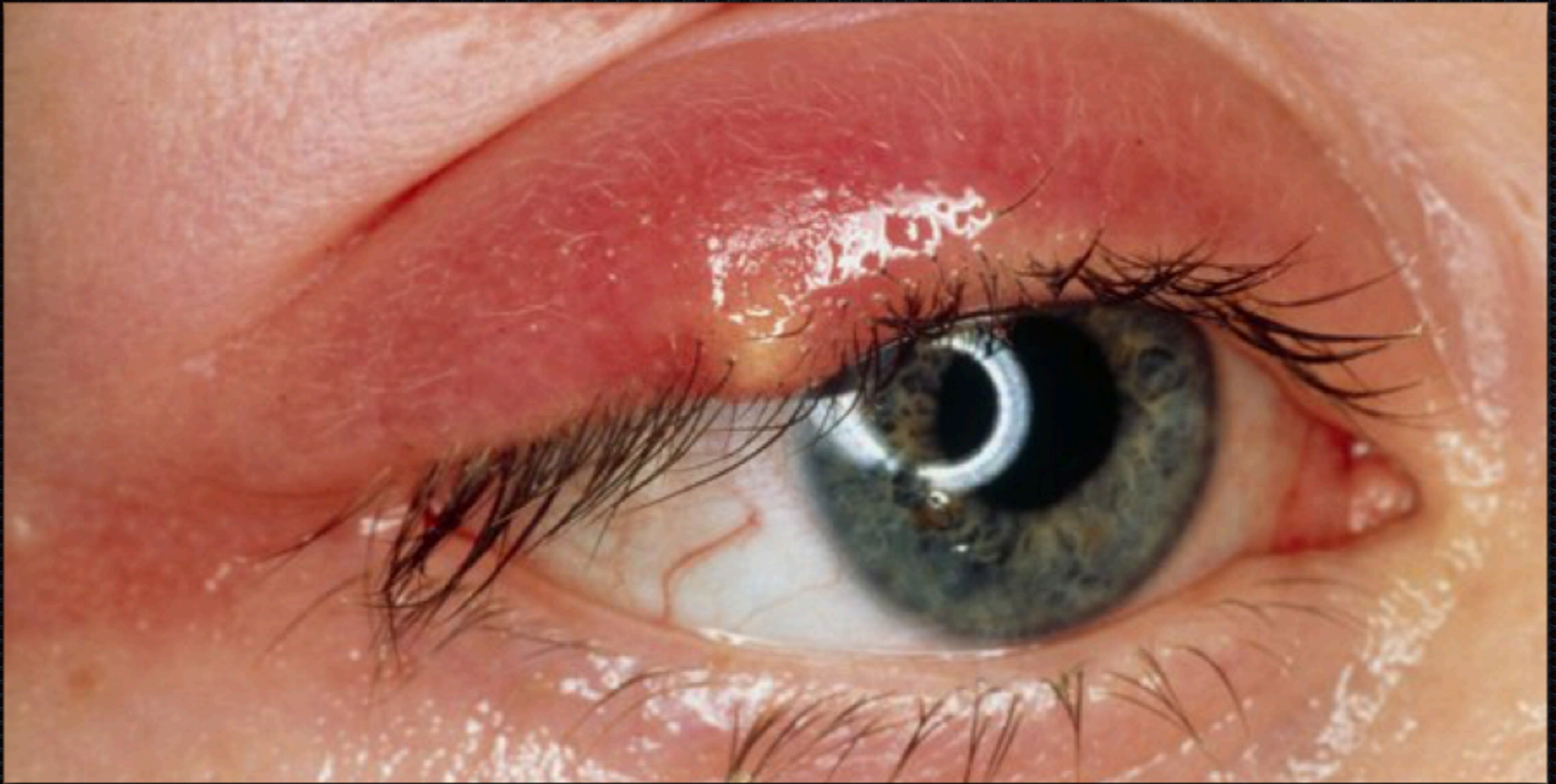
[Reviews](#)

£4.95 + delivery from £2.95

Eyelid lumps

Stye/External Hordeolum

- Painful tender red bump at the base of an eyelash
- Due to infected hair follicle at the base of an eyelash
- Most cases self limiting



Stye/External hordeolum

Internal hordeolum

- Abscess of meibomian gland
- Painful
- May respond to hot flannels
- Incision may be necessary



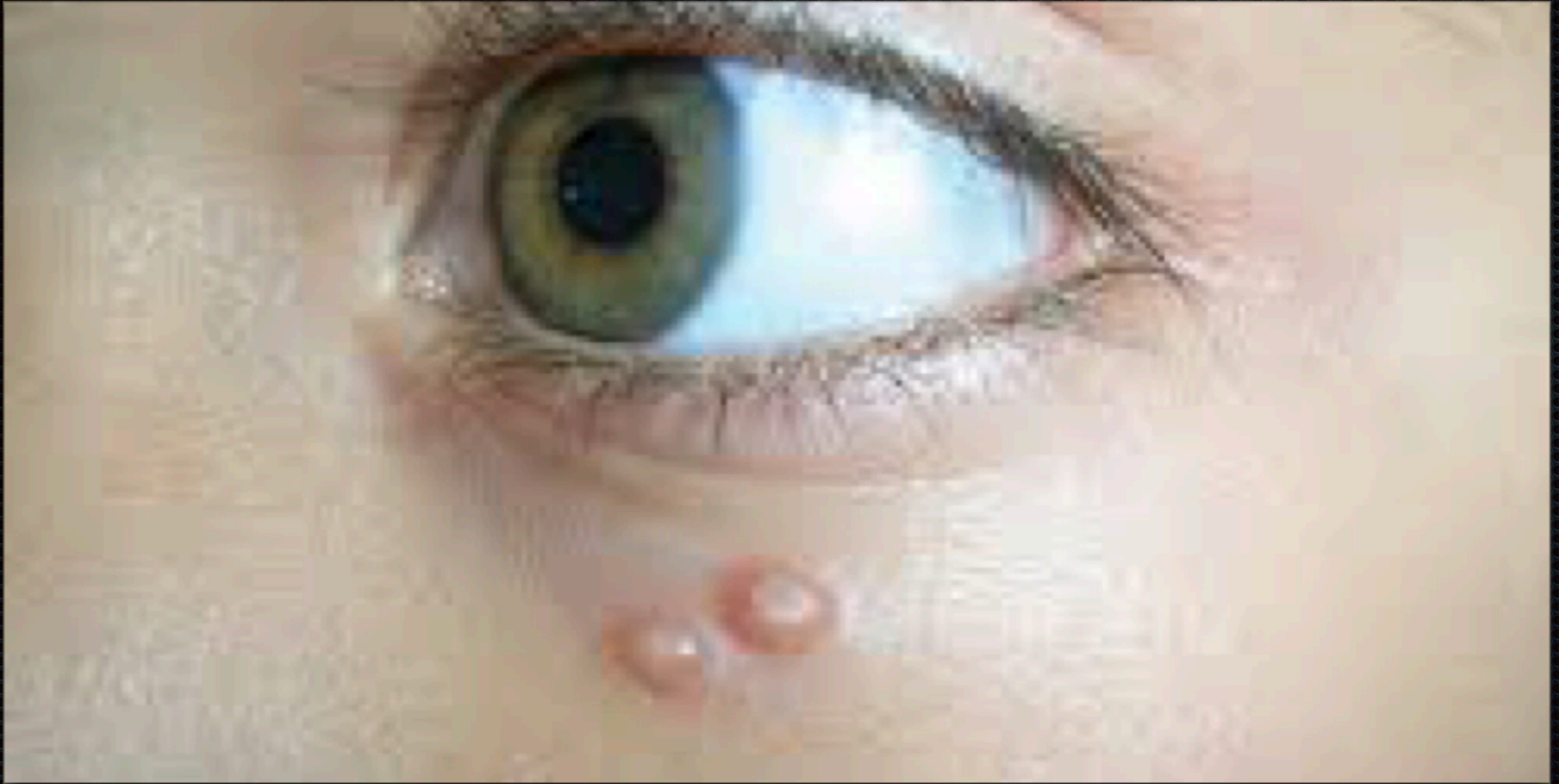
Chalazion

- Granuloma within the tarsal plate due to obstructed meibomian gland
- Painless
- May resolve with hot flannels
- Surgery after 6 months



Molluscum contagiosa

- ✦ Pox virus infection of skin and mucous membranes
- ✦ Umbilicated lesion on lid margin
- ✦ Can cause constant unilateral conjunctivitis
- ✦ Requires referral for excision



Molluscum

Xanthelasma

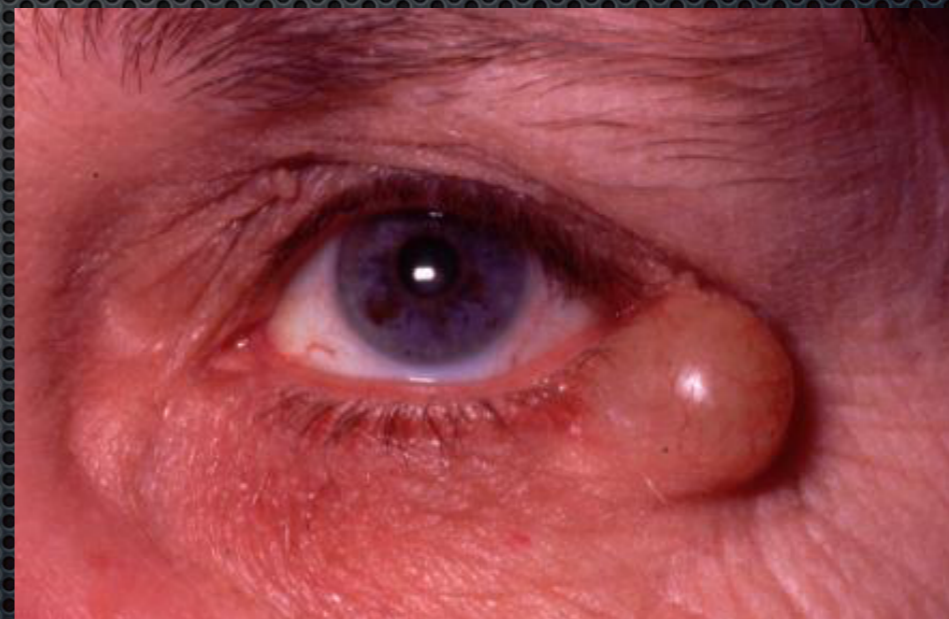
- ✦ Lipid containing lesions
- ✦ Hyperlipidaemia association - check lipids
- ✦ No longer for NHS removal



Eyelid cysts

Cyst of Moll

- Benign adenoma of the sweat glands
- Hidrocystomas may require surgical excision if interferes with vision



Cyst of Zeiss

- Arise from glands of Zeiss
- Oilyy sebaceous material



Sebaceous cyst

- Intradermal creamy plaques



Benign tumours

Papilloma

- Common in middle aged and elderly
- Form secondary to pox virus
- Shaved if persistent



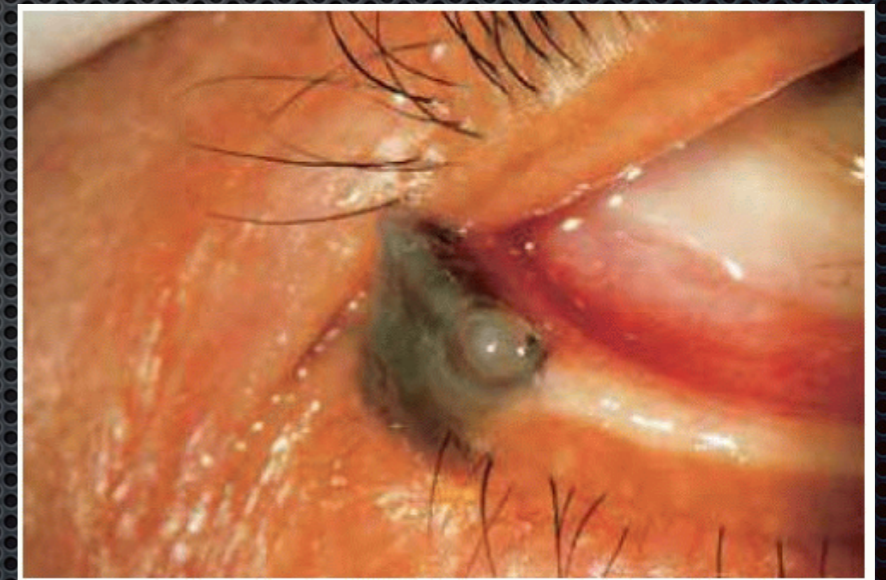
Actinic keratosis

- Premalignant squamous lesion
- Develops in pre exposed sun areas
- More common in lower lid
- Refer to exclude malignancy



Naevi

- Refer if cornea, caruncle or palpebral conjunctiva involved



Keratoacanthoma

- Low grade skin tumour
- Resembles squamous cell carcinoma
- Prompt definitive surgery recommended



Haemangioma

- ✦ Strawberry naevus
- ✦ Ptosis
- ✦ Astigmatism
- ✦ Propanolol
- ✦ Cardiac failure



Malignant eyelid tumours

Basal cell carcinoma

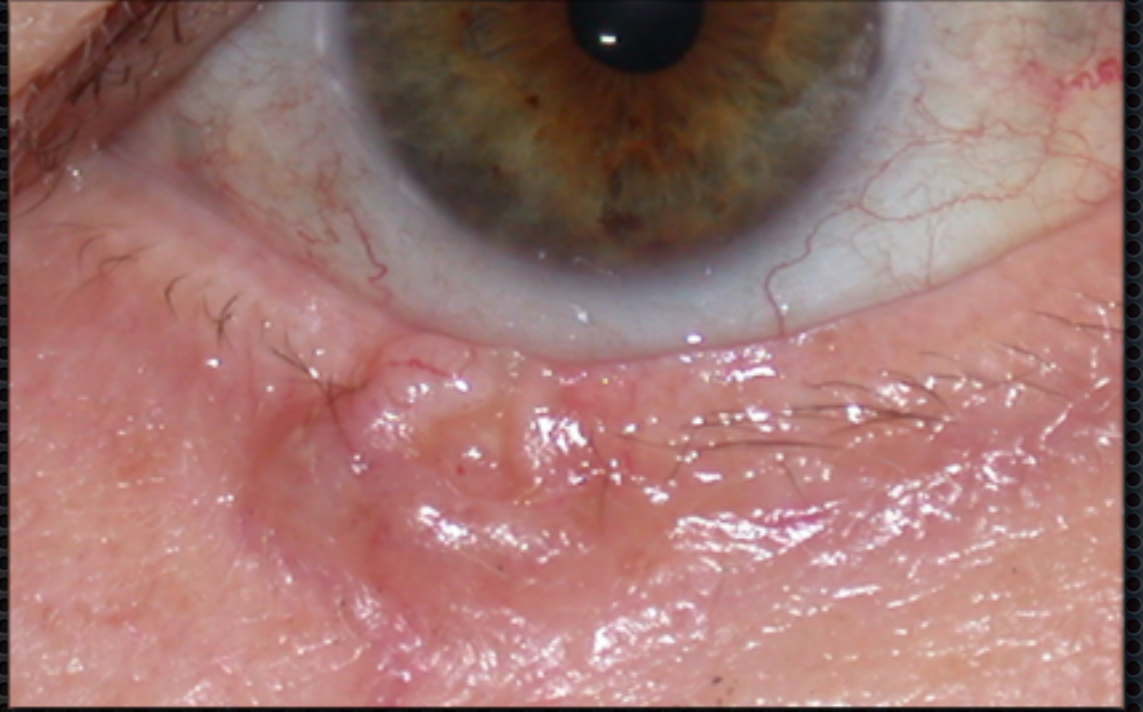
Squamous cell carcinoma

Melanoma

Kapsi sarcoma

Basal cell carcinoma

- Most common eyelid malignant
- Most common on lower eyelid and medial canthus
- Pearly ulcerating lesion
- Treated with surgery, cryotherapy, radiation, topical therapy



Squamous cell carcinoma

- Metastatic potential
- De novo or from actinic keratosis
- Bowens disease
- Less common than BCC



Thyroid eye disease

- Eyelid retraction
- Proptosis
- Painful red eyes
- Double vision
- Reduction in vision



Quick overview of eyelid lumps and bumps
Some guidance on what not to refer
Guidance on what to refer

Any concerns - ahmad.aziz@nhs.net