



THE COLLEGE OF  
OPTOMETRISTS

# Stage Two

Overarching case scenario 45

Age: 25 years

Occupation: Midwife works long shifts/dry atmosphere

Hobbies: swimming, baking. Drives. Non smoker

Last eye examination: 1 year ago: RE -3.00DS 6/5

LE -2.75/-0.50 x 180 6/5

Would like to try contact lenses again as finds glasses get in the way at work. DV & NV good in glasses.

Previous lens wear: tried lenses age 15. Struggled to insert them so gave up. Thinks they were soft monthly lenses but didn't really wear much.

Symptoms: floaters, long standing both eyes, not getting any worse. Eyes often get gritty at the end of a night shift.

No ocular history but uses artificial tears at the end of a night shift

Family ocular history: nothing relevant

General health: Insulin dependent diabetic, 15 years, last retinal screening 2/12 ago; all OK. Blood sugar well controlled.

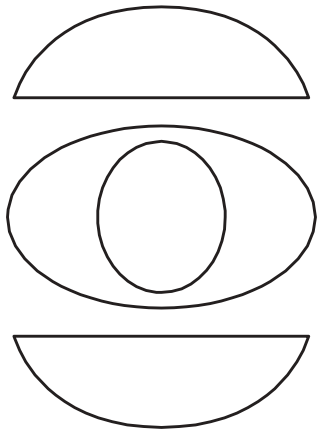
Family general health : nil

Allergies: hayfever in summer causes very itchy eyes.

Meds: Insulin, anti allergy drops in summer (not sure of name)

External examination

Mild blepharitis, grade 1 MGD



Grade 1 limbal hyperaemia nasally R&L

Grade 0 corneal stain R & L

tBUT 9 seconds R&L

Mild blepharitis, grade 1 MGD

