



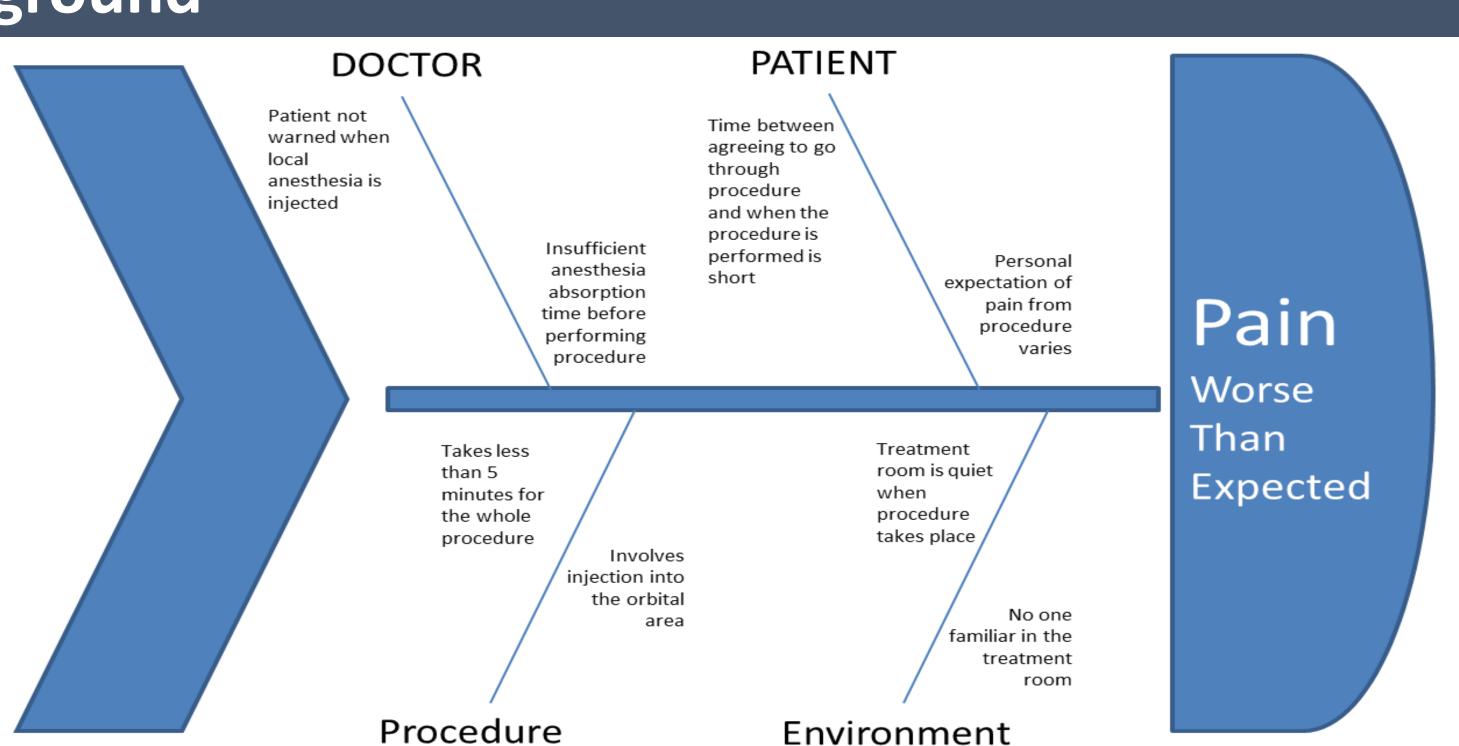
Interventions To Enhance Comfort During Ophthalmic Procedures In The Outpatient Treatment Room

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Background

Outpatient ophthalmic procedures, like incision and drainage, normally last 5-10 minutes and requires local anaesthesia.

Patients normally verbalised the injection of local anaesthesia to the eyelid region as the most uncomfortable portion of the procedure. The aim of this initiative is to reduce patient discomfort during this procedure.



Objectives

Improving patient's experience during an outpatient procedure needing local anaesthesia by introducing distractions

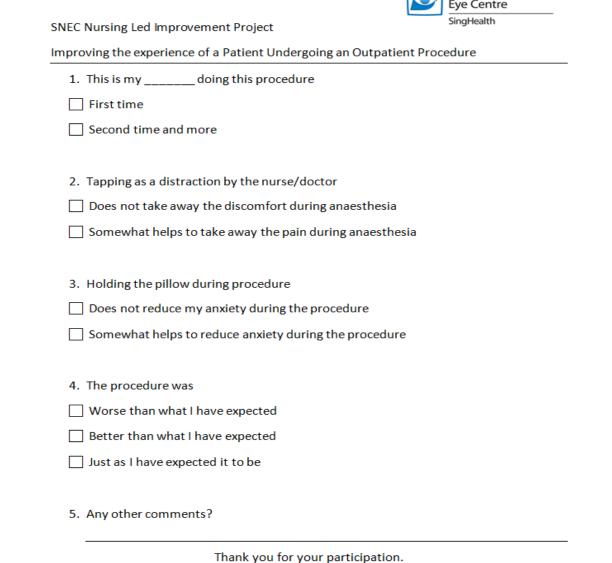
Methodology

Random sampling. All patients undergoing ophthalmic procedures requiring local anaesthesia injection were included. 3 groups of 20 patients were surveyed using a team member administered questionnaire after the procedure.

Interventions

2nd Group 1st Group No interventions during the administering of Gentle tapping on forehead, arms or shoulders Gentle tapping on forehead, arms or shoulders during the administering of local anaesthesia to local anaesthesia to the eyelid region the eyelid region Singapore National Eye Centre Singapore National Eye Centre SNEC Nursing Led Improvement Project SNEC Nursing Led Improvement Project B 2. Top og as distración by the nurse/d Does Se take awar. Improving the Experience of a Patient Undergoing an Outpatient Proced Improving the Experience of a Patient Undergoing an Outpatient Procedure This is my _____doing this procedure First time Second time and more 2. The procedure was Worse than what I have expected thelps to take away the pain during anaesthesia Better than what I have expected 3. The procedure was Just as I have expected it to be Worse than what I have expected Better than what I have expected 3. Any other comments? Just as I have expected it to be Thank you for your participation.

3rd Group plus holding of pillow during the administering of local anaesthesia to the eyelid region



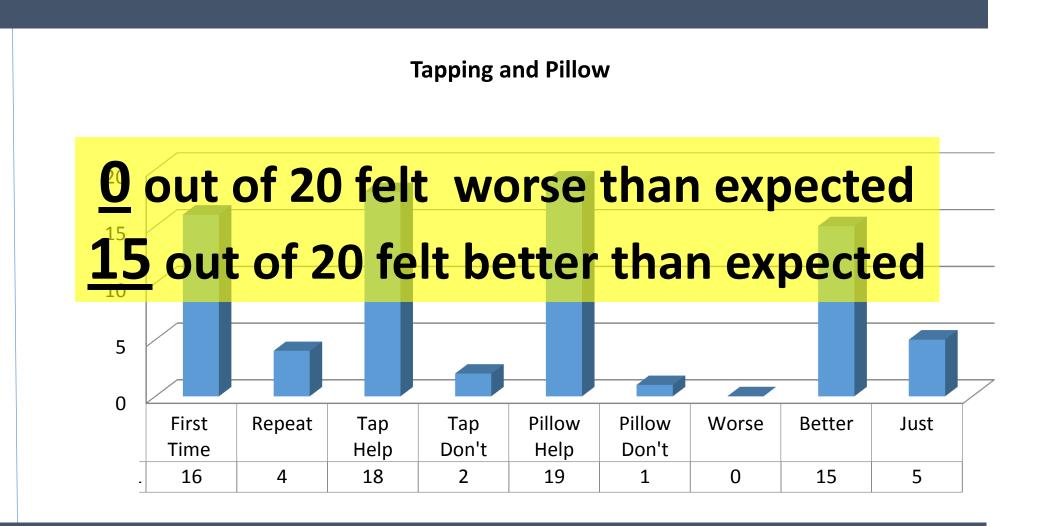
Results

Thank you for your participation.

4. Any other comments?







Findings

Tapping as a passive distraction do help patients during the injection of local anaesthesia for ophthalmic procedures.

There was no significant change to patient's comfort level when adding pillow as a further passive distraction.

Though 19 out of 20 patients felt that having the pillow during the procedure helped, a disposable pillow case for every patient meant there was an additional cost incurred.

Conclusions

Gentle tapping on forehead, arms or shoulders during local anaesthetic injection around the eyelid region may be performed by the healthcare worker as an effective, **ZERO** cost method to increase patient comfort.

This practice is now consistently performed by a specific ophthalmic sub-specialty doctors and nurses, and patients verbalized the tapping as 'comforting' when used appropriately.