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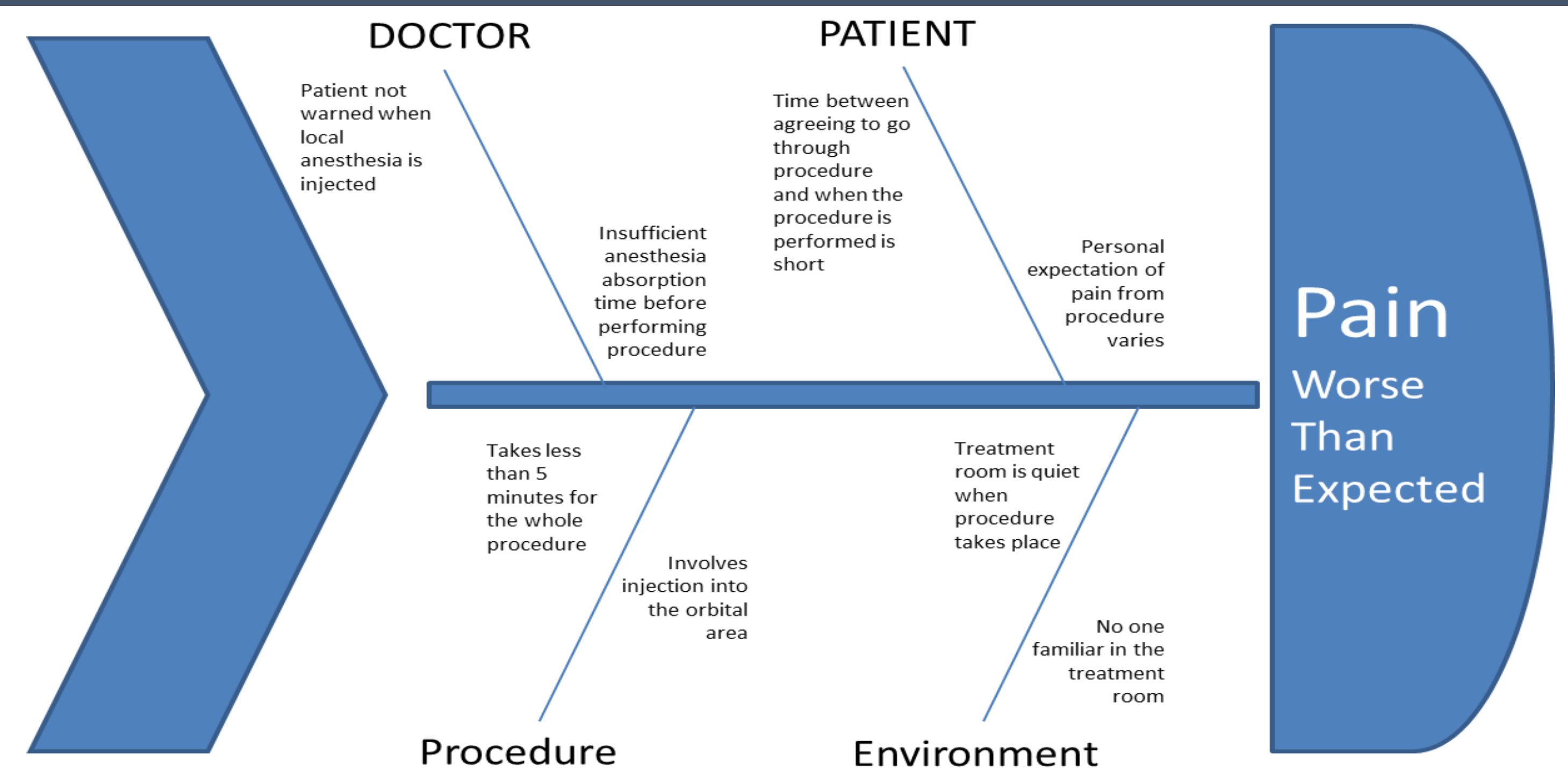
# Interventions To Enhance Comfort During Ophthalmic Procedures In The Outpatient Treatment Room

Ms. Audrey Kon, Ms. Loh Huiying, Ms. Ow Sin Rui, Ms. Tay Li Zhen  
Outpatient Department, Clinic A/B

## 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

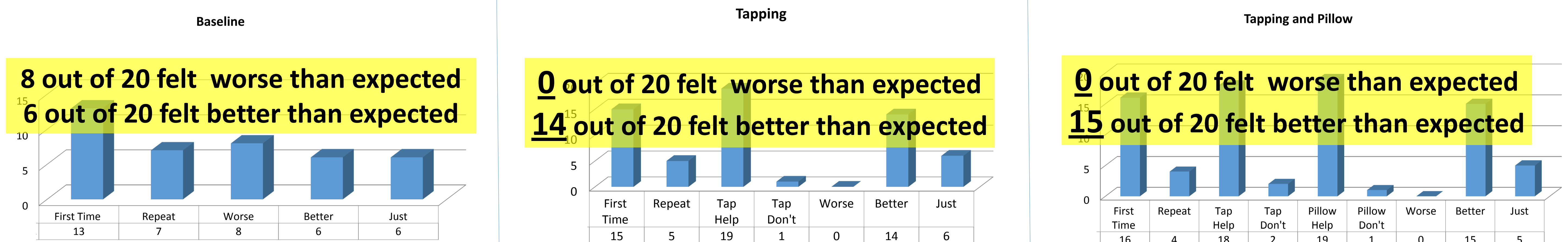
## Methodology

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

1 <sup>st</sup> Group	2 <sup>nd</sup> Group	3 <sup>rd</sup> Group
No interventions during the administering of local anaesthesia to the eyelid region	Gentle tapping on forehead, arms or shoulders during the administering of local anaesthesia to the eyelid region	Gentle tapping on forehead, arms or shoulders plus holding of pillow during the administering of local anaesthesia to the eyelid region

## Results



## 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.