

There is so much we don't know in medicine that could make a difference, and often we focus on the big things, and the little things get forgotten. To highlight some smaller but important issues, we've put together a series of pearls that the Red Whale found at the bottom of the ocean of knowledge!

Watery eyes

This BMJ 10 minute consultation on watery eyes provides a useful structure for us to consider the causes and treatments (BMJ 2011;343:d4029).

History

Ask about:

- **Onset and duration.**
 - **Triggers:**
 - **Indoors or outdoors?**
 - **Dust?**
 - **Cold weather?**
 - **Prolonged concentration on fine visual task?**
 - **Associated symptoms:**
 - **Grittiness and blurring of vision suggests dry eye syndrome.**
 - **Sticky sensitive eyes suggests blepharitis.**
 - **Pain with wateriness is rare; it suggests infection of ocular surface or surrounding structures.**
 - **Significant pain is a red flag.**
 - **Impact on function.**
 - **Ocular history:**
 - **Eye lid trauma.**
 - **Previous infective/inflammatory conditions, e.g. dacryocystitis/canniculitis.**
- Drugs.**

Examination

- **Lid margins** for redness/crust (blepharitis), malposition (en/ectropian). Chronic ectropian can lead to punctual damage.
- **Ipsilateral facial nerve droop** (facial nerve palsy).
- **Lumps:**
 - **Painless lump in medial canthus with copious discharge on gentle pressure suggests a mucocoele.**
 - **A firm lump is a red flag (?tumour of lacrimal system).**

Causes

The paper broke the causes down into three areas:

- Increased lacrimation.
- Reduced pumping of the tears from the surface of the eye towards the tear ducts.
- Reduced drainage from the nasolacrimal ducts.

	Increased lacrimation	Reduced pumping	Reduced tear drainage
Causes	May result from local causes (e.g. blepharitis) or irritants (dust, chemicals, etc.)	Reduced pumping of tears from the surface of the eye towards the ducts caused by lid malposition (en- or ectropian) or because of neurogenic causes (facial nerve palsy, myasthenia gravis)	Obstruction of the punctum (e.g. punctual stenosis) or obstruction of the canaliculus (e.g. after canniculitis)
Treatment	Eliminate irritants as much as possible and advise regular lubricating eye drops	Refer to ophthalmology if troublesome: some causes can be remedied by surgery. Congenital nasolacrimal duct obstruction is covered below.	

Which lubricating drops?

With over 60 different ocular lubricants available, which should you prescribe?

Except where there is a good reason not to, the following should be used because they are cost effective (with thanks to Oxfordshire Medicines Management Prescribing Points November 2013):

First line:

Generic preparation	Formulation	Amount	Trade name
Hypromellose 0.3%	Eye drops	10mls	Prescribe generically
Carbomer 980	Liquid gel drops	10g	Viscotears 0.2%
If preservative free required:			
Liquid paraffin	ointment	3.5g or 5g	Lacrilube eye ointment

Second line:

Generic preparation	Formulation	Amount	Trade name
Carmellose 0.5%	Drops	10mls should last 2 months and remains sterile for up to 6 months	Optive
If preservative free needed:			
Carmellose 0.5% preservative free	Unit doses	30x 0.4mls	Celluvisc 0.5% eye drops

Third line

Generic preparation	Formulation	Amount	Trade name
Sodium hyaluronate 0.1%	Drops	10mls	Hylo Tear eye drops
Sodium hyaluronate 0.2%	Drops	10mls	Hylo Forte eye drops
Both these are preservative free and 10mls should last 2 months at 4 drops/day. Both products remain sterile for up to 6 months after opening.			

Congenital nasolacrimal duct obstruction

We've all seen the 9 month old who is brought with 'conjunctivitis' that they have had 'since the day they were born'. On examination the baby has a sticky eye but the conjunctiva are as white as white can be.

Congenital nasolacrimal duct obstruction spontaneously resolves in the vast majority. Nasolacrimal massage may help. Avoid repeated course of antibiotics. Surgery occasionally considered but only if not resolved by age of 12+m

Remember neonatal conjunctivitis is a different matter! Take seriously, swab and treat as indicated. It is no longer a notifiable disease.



Watery eyes

- Careful history and examination should help identify cause.
- Be wary of watering with significant pain: this is a red flag.
- Reassure parents of infants with congenital nasolacrimal duct obstruction that it resolves spontaneously in the vast majority of cases.



Prepare a 10 minute teaching session for the nurses/healthcare assistant or GP Registrar on watery eyes based on the information here.

Talk to your health visitors about how they manage 'sticky eyes' in infants.

We make every effort to ensure the information in these pages is accurate and correct at the date of publication, but it is of necessity of a brief and general nature, and this should not replace your own good clinical judgement, or be regarded as a substitute for taking professional advice in appropriate circumstances. In particular check drug doses, side effects and interactions with the British National Formulary. Save insofar as any such liability cannot be excluded at law, we do not accept any liability for loss of any type caused by reliance on the information in these pages.

OUR UPCOMING COURSES

Our comprehensive one-day update courses for GPs, GP STs, and General Practice Nurses.

We do all the legwork to bring you up to speed on the latest issues and guidance.

All our courses are:

- Relevant** Developed and presented by practising GPs and immediately relevant to clinical practice.
- Challenging** Stimulating and thought-provoking.
- Unbiased** Completely free from any Pharmaceutical company sponsorship.
- Fun!** Humorous and entertaining – without compromising the content!

Are they for me?

Our courses are designed for:

- GPs, trainers and appraisers preparing for appraisal and revalidation or wanting to keep up to date across the whole field of general practice.
- GP ST1, 2 & 3, looking for the perfect launch pad into general practice and help with AKT and CSA revision.
- GPs who want to be brought up to speed following maternity leave or a career break.
- General Practice Nurses, especially those seeing patients with chronic diseases.

What's included?

- 6 CPD credits in a lecture based format, with plenty of time for interaction, humour and video clips, to keep you focussed and awake.
- A printed copy of the relevant Handbook including the results of the most important research in primary

What's not included? Our courses contain **NO** theorists, **NO** gurus, **NO** sponsors, **NO** reps on the day! Just real life GPs who will be back at the coal face as soon as the course has finished.

www.gp-update.co.uk

GP-Update

Red Whale



care over the last 5 years and covering the subjects more extensively than possible in the course.

- 12 months subscription to **www.gpcpd.com**. With three times the content of the handbook, it allows you to capture CPD credits as you read on the site and use it in consultations! It also comes with focussed learning activities to earn further CPD credits.
- Buffet lunch and refreshments throughout the day!

OUR UPCOMING COURSES

The GP Update Course – our flagship course!



With the amount of evidence and literature inundating us, it can be hard to know which bits should change our practice, and how. Our GP presenters summarise and discuss the results of the most important new evidence and guidance, concentrating on what it means to you and your patients in the consulting room tomorrow.

Oxford	Fri 30 Sep
Southampton	Sat 1 Oct
Cardiff	Wed 5 Oct
Exeter	Thur 6 Oct
London	Fri 7 Oct
London	Sat 8 Oct
Leeds	Wed 12 Oct
Liverpool	Thur 13 Oct
Manchester	Fri 14 Oct
Birmingham	Sat 15 Oct
Cambridge	Tue 18 Oct
London	Wed 19 Oct
Nottingham	Thur 20 Oct
Inverness	Wed 2 Nov
Edinburgh	Thur 3 Nov
Glasgow	Fri 4 Nov
London	Fri 10 Mar
London	Sat 11 Mar
Oxford	Thur 16 Mar
Leeds	Fri 17 Mar
Birmingham	Sat 18 Mar
Bristol	Wed 10 May
Exeter	Thur 11 May
London	Fri 12 May
London	Sat 13 May
Newcastle	Wed 17 May
Sheffield	Thur 18 May
Manchester	Fri 19 May
Birmingham	Sat 20 May
Norwich	Tues 23 May
Bedford	Wed 24 May
London	Thur 25 May
Belfast	Wed 7 June

The Women's Health Update Course

This one day update is a comprehensive guide to understanding and managing common gynaecological problems in general practice. You will meet “the Fallopian”, a fictitious family with more gynaecological complaints than you can shake a speculum at. Using a case-based approach will give you the skills to manage your female patients in a real surgery.

We aim to make the day fun, interactive as well as educational. You will leave the course feeling more confident, knowledgeable and with a much stronger pelvic floor!!! The day is designed for all GPs and GP STs – not just those with a special interest!

Exeter	Thur 3 Nov
London	Fri 4 Nov
Leeds	Thur 10 Nov
Manchester	Fri 11 Nov

The Cancer Update Course

Within the next 15 years the need for cancer care will double and you will look after as many cancer survivors as diabetics.

Shared care follow up will become the norm, secondary care will pass responsibility to us.

A key 2015 Lancet Oncology commission paper warned that: “GPs are inadequately trained and resourced to manage the growing demand for cancer care in high income countries”.

Education for GPs was one of their 5 key recommendationsx – we can help!

The Cancer Update Course covers many more topics in much more depth than our GP Update Course. It offers you time to reflect and put into practice your cancer learning.

Cancer care is changing – get ahead with the Red Whale Cancer Update Course.

Manchester	Thur 10 Nov
Birmingham	Fri 11 Nov
Cambridge	Thur 17 Nov
London	Fri 18 Nov

OUR UPCOMING COURSES

Lead. Manage. Thrive! – The NEW management skills course for GPs.

Sometimes it feels like the thriving GP is an endangered species – demands on limited time and resources have never been higher. Our practices run in ever more complex ways and our teams extend beyond the practice walls. Often we get that instinctive feeling that there must be a better way to do things but creating the space to make it happen can be difficult.

As usual Red Whale has done all the legwork to bring you a concise, practical and actionable one day course and handbook. Not only have we trawled through lots of relevant management, leadership and development literature, but we have also distilled its content through the lens of real GPs, enabling you to apply it to the reality of your practice.

Leeds	Fri 18 Nov
Birmingham	Sat 19 Nov
Bristol	Fri 25 Nov
Cambridge	Sat 26 Nov

Our Consultation Skills Courses

One day small group courses designed for GPs, GP STs and General Practice Nurses.

The courses have a practical focus and lots of engaging exercises allowing delegates to rehearse the most effective consultation behaviours. But don't worry, there won't be any role playing in front of everybody!

The Telephone Consultation Course

With the increased importance of telephone consultations this course aims to deliver practical skills which can be put to use immediately. The telephone is being used more and more by nurses as well as doctors in primary care, for triage, consultation and follow-up; in the daytime as well as out of hours. Our goal is to help you overcome difficulties and leave you with concrete ideas to enhance your own telephone contacts with patients.

London	Thur 6 Oct
Manchester	Thur 13 Oct

The Effective Consultation Course

The Course focuses on behaviours which enhance effective use of time in the consultation. Efficient consultations reduce clinical risk and lower the risk of complaints and lawsuits. The course uses the rich evidence base on which consultation behaviours enhance effectiveness and how to go about learning them. We focus on actions and you will leave with many practical tips to use in your consulting room the following day.

Leeds	Wed 5 Oct
London	Fri 25 Nov

The Medically Unexplained Symptoms Course

A significant proportion of patients who present to us will turn out to have symptoms that are medically inexplicable. We all know that there is no magic solution with these patients and sometimes they leave us feeling defeated and not sure what to do. However, there is evidence which can help address the issue.

London	Thur 20 Oct
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Prices:

GP Update Course:

GP £195 | GP Registrar £150 | Nurse £150

All other courses:

£225 or £210 for members of www.gpcpd.com

(GPCPD members, please log in and then click on the relevant button within the 'Member information' box on the right of the home screen to get your discount code)



Red Whale In-House Courses

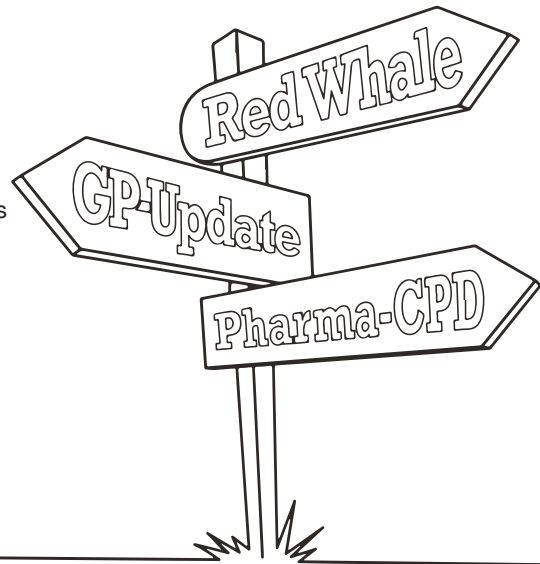
Red Whale

Did you know that all of our courses can also be run 'in-house' for CCGs, Clinical Groups and STs groups?

- The GP Update Course
- The Women's Health Update Course
- The GP Cancer Update Course
- The GPN Update Course – For all General Practice Nurses
- The Pharmacist Update Course – For all Primary Care Pharmacists
- The Telephone Consultation Course
- The Effective Consultation Course
- The Medically Unexplained Symptoms Course

And we have some additional ones that we only offer as In-House Courses:

- The GP ST Update Course
- The Shared Decision Making Course
- The Effective Consultations for CSACourse
- The Patient Behaviour Change Course



And don't forget the usual perks of any Red Whale course

- A printed copy of the relevant Handbook covering the results of the most important research in primary care over the last 5 years.
- 12 months subscription to the relevant online CPD tracking tools, home of the Update Handbooks online and CPD tracker system.
- 100% unbiased content and 0% Pharma company sponsorship

If you would like to discuss running an In-House Course with Red Whale please contact us:

Tel: 0118 960 7077 or email: info@gp-update.co.uk

To book: Online at www.gp-update.co.uk or call us on **0118 9607077** or use the form below

I would like to come on the following course(s) (please write legibly!):

- | | | |
|--|-----------------|-------------|
| <input type="checkbox"/> The GP Update Course | (location)..... | (date)..... |
| <input type="checkbox"/> The Women's Health Update Course | (location)..... | (date)..... |
| <input type="checkbox"/> The Cancer Update Course | (location)..... | (date)..... |
| <input type="checkbox"/> Lead. Manage. Thrive! | (location)..... | (date)..... |
| <input type="checkbox"/> The Telephone Consultation Course | (location)..... | (date)..... |
| <input type="checkbox"/> The Effective Consultation Course | (location)..... | (date)..... |
| <input type="checkbox"/> The Medically Unexplained Symptoms Course | (location)..... | (date)..... |

I can't attend a course but would like to order your Handbook or DVD

- GP Update Handbook and 12 months access to GPCPD £150
- GP Update Handbook, DVD and 12 months access to GPCPD £225
- Women's Health Update Handbook £70
- Cancer Update Handbook £70

Name..... Address.....

Email.....

(Please write your email address clearly as we'll use it to send your confirmation letter and receipt.)

Price as stated above for each course. If applicable, please provide your discount code here.....

Please send this form with your cheque payable to GP Update Limited to:

GP Update, The Science and Technology Centre, Earley Gate, Whiteknights Road, Reading RG6 6BZ

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