



TEST YOURSELF THE EYE

Structure of pamphlet

Test your own knowledge on the subject THE EYE - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 131-136 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

Stay up-dated

**Find all self-training
assignments at our
webpage
www.dma.dk**

**You may ask us
questions at
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You may want to read Chapter 18 in “Medical Guide for Seafarers” and watch video number 16.

Assignment 1

Which are the most frequent symptoms in relation to acute eye diseases and eye traumas?

Assignment 2

Conjunctivitis is the most frequent eye disease. Which are the symptoms?

Which is correct treatment of conjunctivitis?

Assignment 3

Which is correct first aid with corrosive agent in the eye?

Assignment 4

Which are your options to remove a foreign object from the eye?

Assignment 5

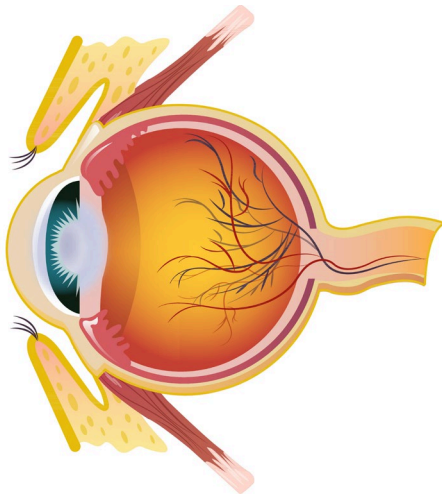
Which are the symptoms of welder’s eye?

Welder’s eyes often appear sometime after the exposure – how long after?

How can you prevent welder’s eye?



The optical nerve is connected to the optical centre at the back of the brain.



Many components go into the making of an eye. These all work together, to make you able to see – and interpret the surrounding world.

Did you know ?

In the year 2019 Radio Medical Denmark had 299 inquiries about “eye and ear” problems, equivalent to more than 14% of all inquiries for that year.

Remember

Eye infections are contagious! In order to prevent spread to other crewmembers good and frequent hand hygiene is important – as is a separate towel.

Contact lens users need to pause with lenses until the infection is over.

Answers to the assignments:

Assignment 1

Which are the most frequent symptoms in relation to acute eye diseases and eye traumas?

A red and painful eye with possible visual disturbances.

Assignment 2

Conjunctivitis is the most frequent eye disease. Which are the symptoms?

- The white part of the eye becomes red and irritated.
- Burning sensation or feeling of grit in the eye.
- Feeling of eyes "glued together".

Which is correct treatment of conjunctivitis?

13.8 Fucidin eye drops/gel.
Continue treatment, until 2 days after last symptoms disappear.

Assignment 3

Which is correct first aid with corrosive agent in the eye?

Rinse immediately with copious amount of eye wash/sodium Chloride (16.1) or water for at least 30 minutes; with alkali several hours.

Assignment 4

Which are your options to remove a foreign object from the eye?

- Rinse with sodium chloride.
- A vet cotton stick (H.3).
- Horners spud (H.4).

Assignment 5

Which are the symptoms of welder's eye?

- Severe pain, aggravated by light.
- Lacrimation and red eyes.
- Sensation of "something in the eye".

Welder's eyes often appear sometime after the exposure – how long after?

4-12 hours after exposure.

How can you prevent welder's eye?

Use protective goggles.