

Nurses International

Clinical Skills

Name of the procedure/Rubric/ *Rationale*: Instilling Eye Medications

Step	Procedure	Yes	No	Remarks
1.	Check and verify the doctor's orders for eye medication with medication administration record (MAR).			
2.	<u>Perform the SEVEN RIGHTS x 3</u> (should be done with each individual medication) ☐ The right client ☐ The right medication (drug) ☐ The right dose ☐ The right route ☐ The right time ☐ The right reason ☐ The right documentation			
3.	<u>Check the label on the medication for:</u> ☐ Name ☐ Dose ☐ Route ☐ Expiry date ☐ when the medication was opened and when will it expire			
4.	<u>Perform hand hygiene and gather supplies:</u> ☐ Non-sterile gloves ☐ Warm washcloth ☐ Medication (Eye drop or Ointment)			
5.	Greet and identify the client using two identifiers (name and date of birth). Explain the procedure and obtain informed consent.			
6.	<u>Before Administering Medication:</u> ☐ Provide privacy by closing the door or pulling the bedside curtains. ☐ Compare the order and double-check the client using two identifiers. ☐ Assess client for any contraindications to the medication ☐ Adjust the height of the bed to a comfortable working position ☐ Position the client: Assist the client to a supine position and support the head with a pillow. OR sitting position with the head tilted back placing a pillow to support the pillow.			

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	☐ Do not tilt head if the client has a spinal, neck injury ☐ Offer a tissue to the client (drops may spill from the eye) ☐ Perform hand hygiene and apply non-sterile gloves ☐ Cleanse eyelashes and eyelids (inner to the outer area) to remove any debris or dirt with the help of a washcloth.			
7.	<u>During medication Administration:</u> Eye Drops: ☐ Invert the eye-drop medication container and have the client gaze up at the ceiling. ☐ Using a non-dominant hand, gently pull the lower lid down with the help of thumb or two fingers to expose the conjunctival sac ☐ Hold the container about 1 cm above the eye ☐ Do not touch the eye, lids, or lashes with the tip as it causes contamination ☐ Instill the ordered drop into the sac ☐ Release the lower lid and instruct the client to gently close the eyes and rotate the eyeball ☐ Apply gentle pressure over the inner canthus for 30 seconds to prevent the medication from entering the lacrimal duct Eye ointment: ☐ Uncap the tube, hold the ointment with your dominant hand, and have the client gaze up at the ceiling. ☐ Using a non-dominant hand, gently pull the lower lid down with the help of thumb or two fingers to expose the conjunctival sac ☐ Hold the tube about 1 cm above the eye ☐ Do not touch the eye, lids, or lashes with the tip as it causes contamination ☐ Squeeze the ointment and apply along with the conjunctival sac (inner to outer) ☐ Twist to break off the ribbon of the ointment			
8.	<u>After Medication Administration:</u> ☐ Instruct the client not to rub his/her eyes ☐ Return the medication to the client drawer/ medication locker			

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	☐ Discard the other waste and supplies as per the hospital's policy ☐ Remove and discard gloves and perform hand hygiene			
9.	<u>Ensure the client's safety and comfort:</u> ☐ Return the client to his/her comfortable position ☐ Lower and lock the bed ☐ Assess to determine need for the side rails ☐ Ask if the client needs any other assistance ☐ Ensure call bell is within client's reach			
10.	Perform hand hygiene and document as per agency policy. Include date, time, dose, route; which eye the medication was instilled into; and client's response to the procedure.			

Reference:

Doyle. G. R., McCutcheon. J. A. (2015). Clinical Procedures for Safer Patient Care: Instilling Eye, Ear, and Nose medication(CH. 6.5). Victoria, BC: BCcampus. Retrieved on 29th of December 2020 from <https://opentextbc.ca/clinicalskills/>