Eye care service in GOPC: Collaboration of Family Medicine and Optometry

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Introduction
The Risk Assessment and Management Programme (RAMP) in Hospital Authority incorporated diabetic retinopathy screening by optometrist in general out-patient clinics (GOPCs). To enhance primary eye care, optometrists in GOPCs could have further collaboration with family medicine.

Method
An optometrist-led service was set up at Sai Ying Pun and Aberdeen Jockey Club GOPC in September 2010 when RAMP started. Six GOPCs of Hong Kong West Cluster referred patients with chronic eye symptoms to the service. Feedback from the optometrist was provided to the referring physicians. Apart from the visual acuity chart, slit lamp biomicroscope and fundus camera which were equipped in RAMP clinic, Goldmann tonometer, binocular indirect ophthalmoscope and some accessories were added in.

The services included:
- Measurement of vision
- Anterior and posterior segment assessment
- Intraocular pressure measurement
- Retinal assessment through dilated pupils

Results
1030 patients were seen in the optometry service from September 2010 to January 2012. Blurry vision (78%) was the most common symptom, but 60% of these patients had uncorrected refractive error. Only 12% of patients who attended for cataract assessment (45%) required specialist evaluation for surgery while the remaining was monitored in the GOPCs.

Overall, 129 out of the 1030 patients (12.5%) were referred to ophthalmologist.
Discussion
Together with few more equipment, optometrist could involve in assessment for some commonly presented eye symptoms in GOPC and have co-management with family physicians.