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Common eye diseases which affect the elderly - website

Abstract

Many elderly patients with diseases such as ARMD, Glaucoma, and Cataracts, benefit .from both verbal and written education about the diagnosis, treatment, and prognosis. While the practitioner gives a majority of this to the patient during the office visit, supplemental information can be included on an internet website. This website will use layman's tam to describe the disease, treatment modalities and prognosis along with providing links to other sites of interest and support groups.

Degree Type

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Degree Name

Master of Science in Vision Science

Committee Chair

Robert Yolton

Subject Categories

Optometry

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**COMMON EYE DISEASES WHICH AFFECT THE ELDERLY –
WEBSITE**

By

**MITCH BROCKETT
BRIAN JOHNSON**

**A thesis submitted to the faculty of the
College of Optometry
Pacific University
Forest Grove, Oregon
for the degree of
Doctor of Optometry
May 2001**

**Advisor:
Robert Yolton PhD, O.D.**

Mitch Brockett

Mitch Brockett

BSJ (OK'd by phone)

Brian Johnson

Brian Johnson

Robert Yolton PhD, O.D.

Robert Yolton

Biographies

Mitch Brockett - Graduated **from Columbia** Basin College in 1981 with an Associate in **Arts and Science** degree. Attended Washington State University, receiving **the** degree Bachelor of Science in **Mechanical** Engineering in 1985. Held various **engineering** positions on aerospace **and environmental** engineering projects. Enrolled at Pacific University College of Optometry in 1997. Anticipate Doctor of Optometry Degree in May 2001.

Brian Johnson – Attended **Centralia** College **from** 1991 to 1993 and graduated with Associate in **Arts**. Received Bachelor of Science in Biology degree **from** Washington State University in 1996. Enrolled at Pacific University College of Optometry in 1997, Expected graduation with Doctor of Optometry Degree in **Spring** 2001

Abstract

Many elderly patients with diseases such as ARMD, Glaucoma, and Cataracts, **benefit from** both **verbal** and written education about **the diagnosis**, treatment, and prognosis. While the practitioner gives a majority of this to **the** patient during the office visit, supplemental information **can** be included on **an internet website**. This **website** will use layman's **terms** to describe the **disease**, treatment modalities and prognosis along with providing **links** to other sites of interest **and support** groups.

Problem Statement

All too often, when a patient visits a practitioner, the condition is explained in language, which may unintentionally contain complex medical terms pertaining to the condition, treatment and prognosis. Once the patient has been told what their condition is, they may find it **difficult** to get over the initial shock and **fully** comprehend the treatment options, prognosis and basic education about the condition. **At** best the patient may leave with a written description describing the nature of the condition and some supplemental education. Once read, these educational tools **are** tossed or **filed**, rarely providing opportunities for continued education.

Solution Description

This thesis **project** involved creating a **website** that took three common diseases affecting the elderly, and **using** non-medical terms, described the disease, treatment options and prognosis. **A** links page was included to offer the patient a direction to further understand the condition and keep abreast of any new **information** available. The **website** consisted of a title page describing the problem statement and intent. From the title page **a** patient can **link** to an **informational** page on cataracts, glaucoma, **macular** degeneration or **a** list of additional links **pertaining** to these eye conditions. Shown below are selected **frames from** the title page and cataracts **information** page. In the future, doctors may find it useful to construct a similar web page addressing common conditions seen in their practices.

Feedback on Solution

Several elderly computer users were **asked if they** were diagnosed with such **a** disease, what would they want in the **line** of information. From these interviews, the web page **was** constructed. After the web page was created, it was posted, and the mock patients were asked to view and comment on the information provided. After incorporation of pertinent comments, the web page was **submitted** for publication on the Pacific University College of Optometry **Website**.

Sample Title Page:

Common Eye Diseases which Affect the Elderly

This **website** offers easy to understand information about some of the most common eye diseases diagnosed in the elderly population.

This website was created as a resource for patients (as well as their families and friends) who have been diagnosed by their eye care physician with one or more of the following eye conditions; cataracts, glaucoma, or macular degeneration. Many other eye conditions have not been included. However, you may find that links included here will help you in your search for information about a **different** specific eye condition.



CATARACTS

GLAUCOMA

MACULAR DEGENERATION

USEFUL LINKS



This website was designed by Mitch Brockett and Brian Johnson as a thesis project for Pacific University College of Optometry.

How to Contact Us
Pacific University College of Optometry
**Pacific University College of
Optometry**

2043 College Way
Forest Grove, OR 97116

(503)-359-2202

Disclaimer: The creators of this site have strived to present this information as accurately as possible, however errors may be present. The information about the eye conditions described here is in no way meant to be comprehensive. Visitors are encouraged to consult with a qualified eye care provider about any of the material contained here.

Sample Cataracts Information Page:

Cataract FAQs

1. What is a Cataract?
2. What are the symptoms of a cataract?
3. What causes cataracts?
4. Why can I see better when reading but worse in the distance?
5. How are cataracts removed?
6. When should I have my cataracts removed?



(Photos courtesy of National Eye Institute, National Institutes of Health)

What is a Cataract?

The natural lens in an eye is about the size of an aspirin and located behind the iris. It focuses light on the retina to produce an image. A cataract is a clouding or yellowing of this lens. The cataract distorts the light on its way to the retina causing dim or blurry vision. A cataract can form within a few months or it may slowly develop over years.

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What are the symptoms of a cataract?

Cataracts do not cause pain, redness, or itching. As the cataract develops you may notice any of the following symptoms:

-Progressive blurring or dimming of vision.

- Glare or Halos around lights at night.
- Poor vision in bright light.
- Fading of colors.
- Foggy vision or vision that "has a film over it".
- Reduced night vision, including difficulty with headlight glare while driving at night.

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What causes cataracts?

Like taxes and death, if we live long enough we all eventually get cataracts. It is part of the natural aging process. Cataract development may also be related to exposure to UV radiation, trauma to the eye or medications. Some people develop cataracts faster than other, and the point when they interfere with your quality of life is when you should have an evaluation for removal.

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Why can I see better when reading, but worse in the distance?

You may notice less dependence on your reading glass as you develop cataracts. The changes in the lens cause light rays to behave similar to people who are nearsighted. This makes viewing at near easier, at the expense of distance viewing. Replacing the lens during cataract surgery will lessen the need for glasses after the surgery.

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How are cataracts removed?

One of the latest methods of cataract surgery uses ultrasound energy or phacoemulsion to gently wash away the lens leaving an empty membrane or capsule. A new plastic lens is fitted into this capsule. The eye self heals without stitches. Because this method requires only a small incision and no stitches the eye heals quickly.

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When should I have my cataracts removed?

The cataract should be **removed** when you are ready. Basically, when your lifestyle or occupation is affected. Because of the safety of modern cataract removal procedures, it is not necessary to wait until near blindness for removal. Slips and falls are more serious in the elderly and clearer vision may help with mobility. Delaying your cataract removal may increase your healing time and increase the risk of complications. You and your eye care provider are the ones who decide when is best to have your cataract remove.

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