



Practice
Plus
Group

Practice Plus Group Ophthalmology

Personal care record



Name: _____

NHS number: _____

Treatment

We use drugs called VEGF-inhibitors to treat Wet AMD. These drugs are given as intra-vitreous injections - small injections into the eye. This sounds much worse than it is, and most patients feel only mild discomfort. This is the only treatment at present, the AMD nurse and consultant will discuss risks and benefits with you.

You will receive injections once per month, starting at your first appointment, for 3 months and will be reviewed to check progress. At this point, around 20% of patients require no more treatment and are monitored at increasing intervals. Most patients do need further treatment, if you do it will be personalised to your specific needs. Some patients benefit from monthly monitoring.

The chart on the following pages provides a record of your treatment, and shows the change in your vision from your first appointment.

My treatment plan

Although your plan will be personalised it is likely to follow one of three routes:

- Monitor and extend (M&E). You may not need further treatment but you will be monitored at increasing intervals
- Treat and extend (T&E). Most patients do need further treatment and it will be tailored to your individual needs
- Pro re nata (PRN). Treatment and monitoring as required

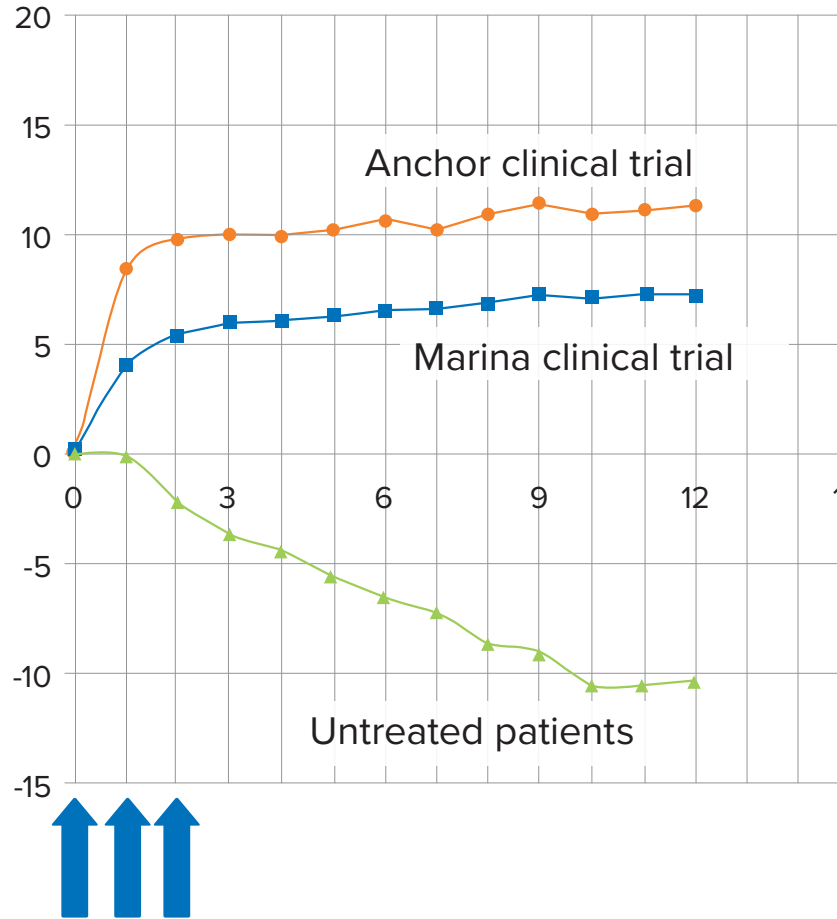
It is important to us that you fully understand how, when and why you are being treated so the table on this booklet provides notes on your personal treatment plan, including the interval between your injections.

My progress

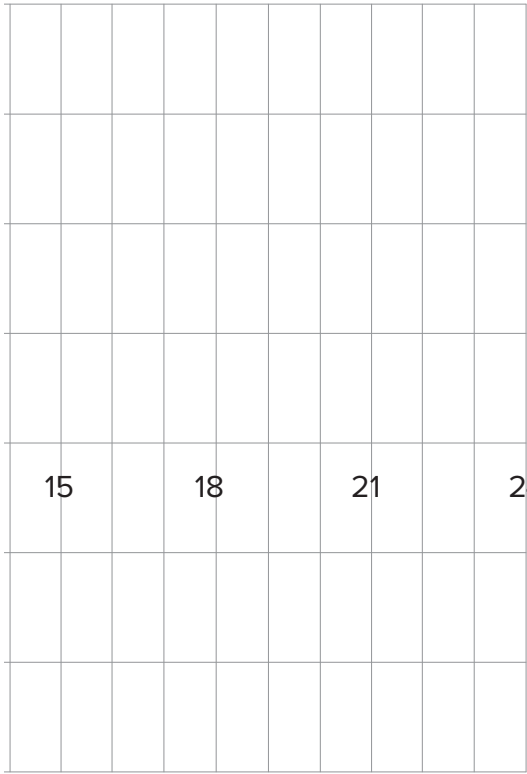
Date of first appointment

Starting vision

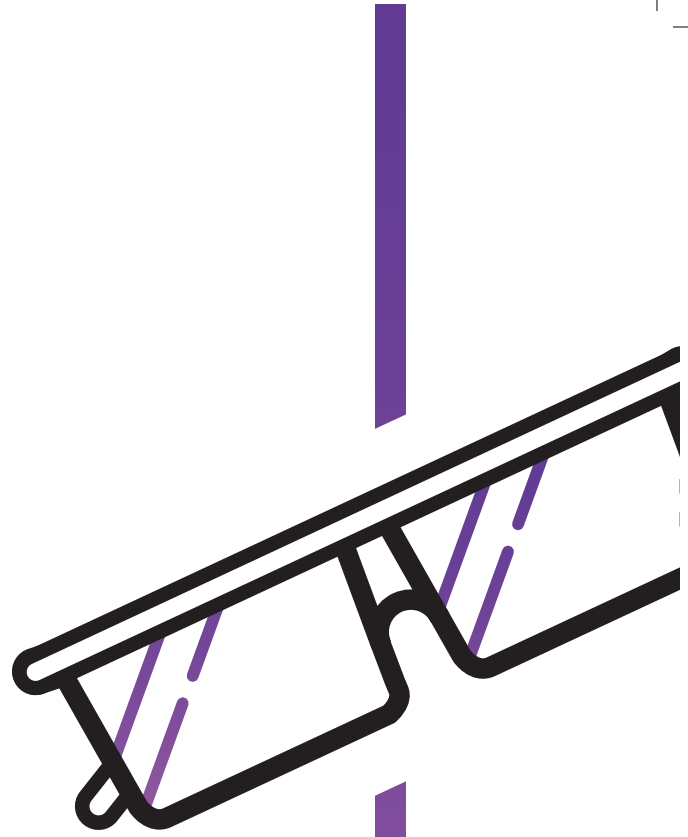
Letters change



Injections



Month of
treatment



Our AMD specialist nurses are available for help and advice. You can find their contact details below.

Practice Plus Group
Ophthalmology,
Croft Shifa Health Centre,
Belfield Rd, Rochdale
OL16 2UP
0333 200 4058

Practice Plus Group
Hospital, Southampton,
Brintons Terrace,
Southampton, SO14 OYG
0333 321 8269

Practice Plus Group
Surgical Centre, Gillingham,
Beechings Way, Gillingham,
Kent ME8 6AD
0333 200 4055

Practice Plus Group
Hospital, Shepton Mallet
Old Wells Road
Shepton Mallet, Somerset
BA4 4LP
(SAT NAV please use BA4 4PG)
0333 321 8278

Practice Plus Group
Surgical Centre, St Mary's
Portsmouth
Milton Road, Milton
Portsmouth
Hampshire PO3 6DW
0333 321 8277



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