



Practice  
Plus  
Group

Practice Plus Group Ophthalmology

# Patient handbook

Name: \_\_\_\_\_

NHS number: \_\_\_\_\_

# Welcome

Welcome to Practice Plus Group Ophthalmology. Inside you will find all the important information you need prior to visiting our service.

The delivery of high-quality services is something we are very proud of and take very seriously; we constantly strive to do things better for our patients.



The Care Quality Commission (CQC), the independent regulator of health and social care in England, has rated our service as ‘Outstanding’\*. This means you can be assured that our services are safe, reliable and patient-focused. This focus leads us to seek innovative, evidence-based developments in our procedures and look to constantly improve the experience for our service users.

Our team are passionate about what they do, and this is reflected in the service we provide. If you have any questions or comments, please do not hesitate to speak to a member of our team.

Yours Sincerely,

Catherine Farr, Hospital Director

\*Rated CQC Outstanding when the hospital was known as Shepton Mallet Health Partnership run by Care UK (Shepton Mallet) Limited. We're the same people providing the same services, just with a new name.

# Introduction to Wet Age-related Macular Degeneration (Wet AMD)

The diagnosis of Wet AMD can be daunting, and you may understandably fear any loss of sight and independence. Over 20,000 patients are diagnosed each year in the UK, so you are not alone. We and other organisations are here to help and support you.

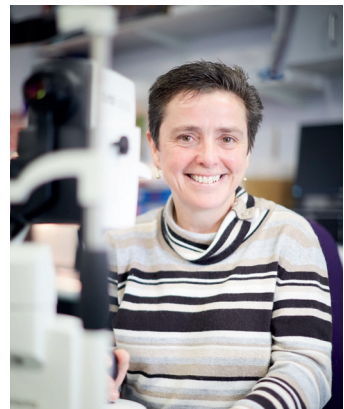
Wet AMD is caused when abnormal blood vessels grow into the macular area, which is responsible for central vision. Blood or fluid leaks from these vessels causing scarring and rapid loss of vision. Fortunately wet AMD can now be treated with regular injections to stop the growth of abnormal vessels and stabilise vision.

This document helps you to monitor your progress through treatment. Please bring it with you when you visit our service or your optician, and keep it safe.

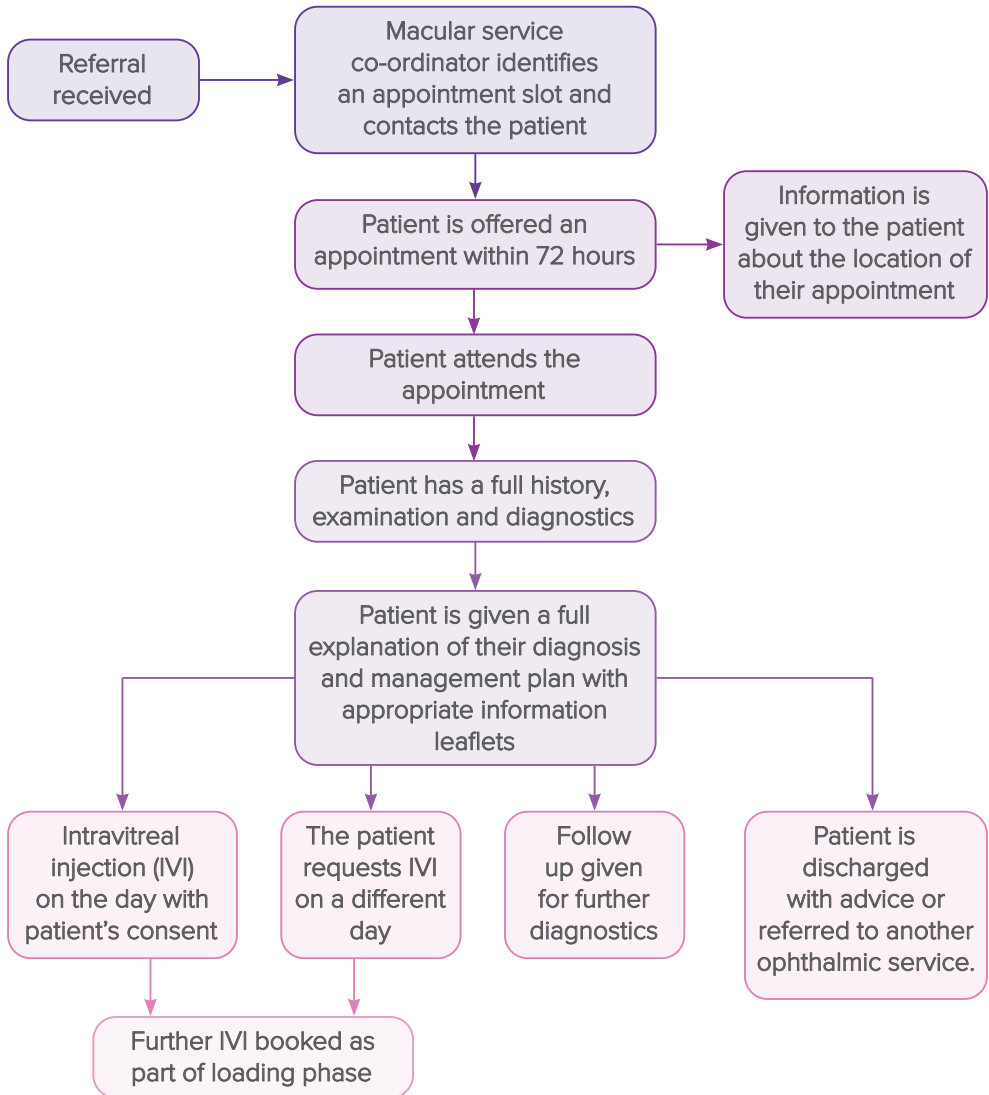
Our gold standard clinical outcomes, unrivalled speed to treatment and the flexibility and personalised care on offer means our service is one of the best in the world. You are in very capable hands and we will be with you every step of the way.

## **Mrs. Karen Goodall**

Consultant Ophthalmologist



# Patient Pathway



# My treatment plan

Although your plan will be personalised it is likely to follow one of three routes, which will be explained further at your appointment:

- 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

*\*\*If you notice any symptoms such as an increase in visual distortion or a general reduction in vision please get in contact with our AMD team who will look to arrange an appointment.*

# Living with macular disease

Many people over the age of 60 develop Wet AMD, but continue to live normal lives. Wet AMD will not cause you to go blind as it affects central rather than peripheral vision.

You may benefit from changing the lighting in your home to provide brighter light and more contrast, and may want to use a magnifying lens for reading, consider large-print books and e-books.

Help and advice for everyday living is available from many sources, and we will make sure you can access the support you need, if required.

We advise patients to arrange transport for their first appointment due to the dilation of pupils which may cause blurriness in vision. This can last up to three or four hours.

Patients can still wear glasses as normal and continue with their prescriptions unless advised by their optometrist otherwise.

Our AMD specialist nurses are available for help and advice on **0333 321 8278**



# Practice Plus Group Ophthalmology

## Service locations

### We currently have sites at:

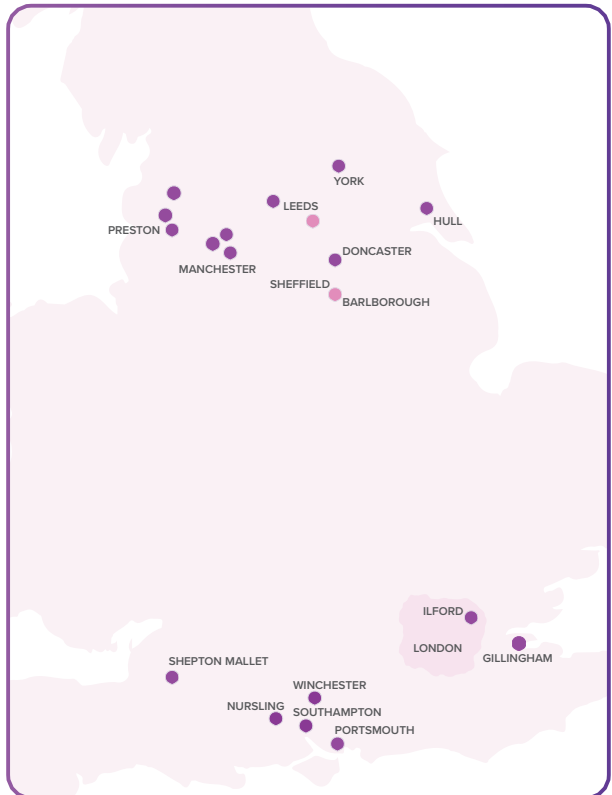
Shepton Mallet,  
Gillingham,  
Bradford,  
Doncaster,  
Hull,  
Southampton,  
Ilford,  
York.

### Existing Northwest sites:

Rochdale,  
Preston,  
Chorley,  
Longridge,  
Ashton-Under-Lyne,  
Bury.

### Upcoming national sites:

Portsmouth,  
Castleford.



If found please return to **Practice Plus Group Hospital,**  
**Shepton Mallet,** Old Wells Road, Shepton Mallet  
Somerset BA4 4LP