

visiting report

about

king Khalid eye specialist hospital

by

Amani Alshamrani

430203758

430203758

Date: 3 Apr. 2012

Day: Tuesday

Time: 8:00 AM

Last Tuesday, the health education department planned for us a visiting to King Khalid eye specialist hospital. After we arrived at 8:00 AM we went to the meeting room which located in 4th floor. Then we met Miss Khetam AL-marshad. She welcomed us and she introduced herself; she works as health educator in the hospital. After that she gave us a paper about how the visiting organized by half an hour! I really appreciate it.

She started her talking about:

- 1- The health education department in the hospital (his vision, message, aim, activities and achievements).
- 2- How will be our work when we decided to be a health educator in King Khalid hospital...
- 3- She told us about the trainer health educators, and how they were an intelligent girls and how they had a creative ideas to educate people inside and outside the hospital.

After that, she divided us into 4 groups, each group has 3 girls and she called a 4 health educator to take us around the department and to attend the individual sessions with the patient.

Khairiah, Mneera and me, we were in one group and we went with the health educator her name is Miss AlJoharah. She took us into the female section that she responsible for it that day. In the beginning she told us about the 3 patients that we going to visiting them.

The information that we obtained from her are:

❖ Each health educator should have a 3 sessions with every patient:

- **First session:** during this session you should introduced yourself to the patient, gave him a Brochures and movies about his illness and told him how to contact with you when he need that.
- **Second session:** in this session you will told him about his situation , how to use the medicines and when the patient need a surgery to the treatment you should explain to him how it will done .
- **Third session:** you will tell him about the instructions that should be followed after the surgery and importance of committed with the medicines.

❖ She explain to us about various diseases such as :

✓ **Glaucoma** is an eye disease in which the optic nerve is damaged in a characteristic pattern. This can permanently damage vision in the affected eye(s) and lead to blindness if left untreated. It is normally associated with increased fluid pressure in the eye.

- **Potential symptoms:** rapid onset of severe pain, headache, nausea and vomiting, and visual blurring ...etc
- **Treatment** may involve the use of eye drops, pills (rarely), laser, or surgery.



✓ A cataract is a clouding of the eye's natural lens, which lies behind the iris and the pupil.

- **Potential symptoms:** You may notice that your vision is blurred a little, like looking through a cloudy piece of glass.



- **Cataract Treatment:** When symptoms begin to appear, you may be able to improve your vision for a while using new glasses, strong bifocals, magnification, appropriate lighting or other visual aids. Think about surgery when your cataracts have progressed enough to seriously impair your vision and affect your daily life.

As well as she gave us brochures about other disease such as:

- Conjunctivitis (Pink Eye).
- Diabetic Retinopathy.
- Keratoconus.
- Retinitis.
- Dry eyes.
- Strabismus.

We actually spent an enjoyable and valuable 3 hours in the hospital.

At the end, I would to thank Miss AlJoharah and Miss Khetam because they provided us with important information about our department and eye diseases. Also I would to thank our Miss (Manal Al-Homoud) because she planned to this visiting and to answer our inquiries...