



**York and Scarborough  
Teaching Hospitals**  
NHS Foundation Trust

# **Virtual Glaucoma Clinic**

Information for patients, relatives and carers

## **Department of Ophthalmology**

① For more information please contact:

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Wigginton Road, York, YO31 8HE

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## **What is the purpose of the virtual glaucoma clinic?**

As our population ages there is an increasing requirement for routine follow-up appointments for patients with stable glaucoma/ ocular hypertension. This has led to demand exceeding capacity for our consultant led clinic.

In order, to ensure that patients with low risk, stable glaucoma are seen in a timely manner, a new virtual clinic has been started in the York eye clinic for routine appointments.

We hope this clinic will result in a considerable reduction in the waiting time for the consultant led glaucoma clinic.

This visit does not affect your treatment or future appointments in the eye clinic. You will receive the same level of care as you usually do in the consultant led glaucoma clinic.

# **What will happen during my visit to the virtual glaucoma clinic?**

You will attend the Eye Outpatient Department at the York stadium, York main site or Malton as usual.

Qualified staff that currently work in the eye clinic and are skilled in the assessment of patients with glaucoma will run the clinic

Firstly, you will meet our health care assistant or a staff nurse. They will ask you how you are and then ask you:

- to read the eye chart,
- for the details of your drops if you are using any,
- perform the visual field test,
- check your eye pressure and put drops in your eye to dilate the pupil.

Secondly you will see a member of our photography team who will take images of your optic nerve. You will not be able to drive once the drops have been administered in your eye.

**You should not leave the building unless all above described examinations are performed.**

Your visit will most likely be shorter than the consultant led glaucoma clinic. The only difference will be that you do not see a doctor or consultant at this appointment.

## **What happens after your visit to the virtual glaucoma clinic?**

The glaucoma team will review the measurements and images taken to determine the rate of progression of your glaucoma. You will receive a letter from the glaucoma team a week or two after your appointment, informing you of the results. They will let you know if you need a followed up appointment or if you can be discharged to your community optometrist. Also in this letter we will answer any questions or queries you may have raised.

A copy of this letter will go to your GP and community optometrist.

## **What happens if I am not suitable for the virtual glaucoma clinic?**

The virtual glaucoma clinic is only suitable for patients with stable glaucoma. Should the consultant find that your glaucoma has not been stable or is progressing you will receive an appointment for the consultant led glaucoma clinic.

### **The Glaucoma Team:**

Mr Pouya Alaghband, Consultant Ophthalmologist

Mr David Burton, Consultant Ophthalmologist

Mr Jan Van Der Hoek, consultant ophthalmologist

Ms Divya Venugopal, consultant ophthalmologist

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Mr Pouya Alagband, Consultant Ophthalmologist,  
Ophthalmology, The York Hospital, Wigginton Road,  
York, YO31 8HE or telephone 01904 726758.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

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