

The Minor Eye Care Service (MECS)



**Minor
Eye
Problems?**



**Sore eyes?
Red eyes?
Visual disturbance?**

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Contents

- 1 Introduction
- 2 What conditions may be seen by the MECS?
- 3 What assessments will the MECS Optometrists make?
- 4 What happens next?
- 5 Patients records and data protection
- 6 Patients satisfaction
- 7 How to book an appointment with MECS?
- 8 Accredited MECS Optometrists

Introduction

The service provides urgent eye assessments for patients complaining of recent / sudden onset of symptoms due to specific minor eye conditions.

The service provides care closer to home, avoiding a trip to the hospital for patients who do not require hospital eye care but need to be seen by an accredited Eye Care Practitioner.

This service is provided by University Hospitals Plymouth NHS Trust and local MECS accredited Eye Care Practitioners.

What conditions may be seen by MECS ?

- **Red eye** or eyelids with no reduced vision
- **Dry**, or gritty, or **itchy** and uncomfortable eyes including ingrowing eyelashes
- **Mild eye pain** (on a scale of 1-5): 1-3 getting better with pain killers
- **Irritation** and inflammation of the eye
- **Superficial foreign body** in the eye
- Significant recent **sticky discharge** from the eye or **watery** eye
- **Recent flashes or floaters for less than 3 months** with no loss of vision and / or no obstruction across vision
- **Recent loss or distortion of vision** for more than 48 hours and less than 3 months with no pain

What assessments will the MECS Practitioners make?

The MECS Practitioner will:

1. Take a history of your present problem, any past eye and medical history, medications, allergies and family history of eye disease.
2. Assess your vision and examine your eyes.

They may also use drops to enlarge the pupils. These may affect your vision for a few hours (possibly up to 6 hours for some people).

You are advised **NOT** to drive to or from your appointment with the MECS Practitioner and **NOT** to undertake other hazardous activities whilst your

vision is still blurred from drops.

What happens next?

The MECS Practitioner will:

1. Treat, reassure and give advice to you when the symptoms are due to a common, non-threatening sight condition. They will either discharge you or book a review (as appropriate).

or

2. Refer you to the hospital eye service for further assessment and / or treatment. The Practitioner will explain why the referral is necessary and what will happen next.

Patients' records and data protection

Your records will be stored in compliance with GDPR (General Data Protection Regulations). Your personal details will not be shared with any other groups or individuals without your permission.

Patient Satisfaction

You will be asked to complete a short satisfaction survey at the end of the MECS visit. Your feedback is valuable and will help us continually monitor and develop the service.

How do I book an appointment with MECS?

Please **call** to arrange an appointment - See list overleaf.

Please **take your glasses** and a **list of your current medication** with you to the appointment.

Accredited MECS Practitioners

Devon

Practice Name	Address	Telephone Number	Opening Times
Angus McPhie Opticians	7 Market Street, Tavistock	01822 612863	Monday – Saturday: 09:00 am – 05:00 pm (excluding Wednesday – opens at 09:30). Sunday: Closed
Boots Opticians	Drake Circus Shopping Centre, Plymouth	01752 666546	Monday - Wednesday & Friday - Saturday: 8:30 am - 6:30 pm Thursday: 8:30 am - 8:00 pm Sunday: 10:30 am - 4:30 pm
Boots Opticians	82 West Street, Tavistock	01822 612076	Monday - Saturday: 9:00 am- 5.30 pm Sunday: Closed
LA Gibson	3 Radford Park Road, Plymstock	01752 403596	Monday - Friday: 8:30 am - 1:00 pm 2:00 pm - 5:00 pm Saturday: 8:30 am - 12:00 pm
Newsome Opticians	Glanvilles Mill, Ivybridge	01752 691107	Monday - Friday: 9:00 - 5:00 pm Sunday: Closed
Noakes, Habermehl & Kerr Opticians	2 Meavy Way, Crownhill	01752 772116	Monday - Friday: 9:00 am - 5:30 pm Saturday: 9:00 am - 12:30 pm Sunday: Closed
Noakes, Habermehl & Kerr Opticians	62 Ridgeway, Plympton	01752 345269	Monday - Friday: 9:00 am - 5:30 pm Saturday: 9:00 am - 12:30 pm Sunday: Closed
Nigel Gainey Opticians	109 Victoria Road, St Budeaux	01752 366022	Monday - Friday: 9:00 am - 5:00 pm Saturday: 9:00 am - 1:00 pm Sunday: Closed
Specsavers	3 West Street, Tavistock	01822 619910	Monday, Friday & Saturday: 9:00 am - 5:30 pm Tuesday & Thursday: 9:00 am - 8:00pm Wednesday: 9:30 am - 5:30 pm Sunday: 10:30 am - 4:30 pm
Specsavers	152-154 Armada Way, Plymouth	01752 253434	Monday - Saturday: 8:00 am - 6:30 pm Sunday: 10:30 am - 4:30 pm
Specsavers	39-41 The Broadway, Plymouth	01752 402241	Monday - Saturday: 8:45 am - 6:00 pm Sunday: 10:30 am - 4:30 pm
Specsavers	Sainsbury's, Marsh Mills	01752 227084	Monday - Saturday: 8:45 am - 6:00 pm Sunday: 9:00 am - 4:00 pm

Cornwall

Practice Name	Address	Telephone Number	Opening Times
Andrew Keirl	The Parade, Liskeard	01579 346694	Monday - Friday: 9:00 am - 5:00 pm Saturday: 8:30 am - 12:30 pm Sunday: Closed
Noakes, Habermehl & Kerr Opticians	101 Fore Street, Saltash	01752 847477	Monday - Friday: 9:00 am - 5:30 pm Saturday: 9:00 am - 12:30 pm Sunday: Closed
Noakes, Habermehl & Kerr Opticians	49 Fore Street, Callington	01579 382345	Monday - Friday: 9:00 am - 5:30 pm Saturday: 9:00 am - 12:30 pm Sunday: Closed
Specsavers	27-29 Lower Fore Street, Saltash	01752 850120	Monday - Saturday: 8:45 am - 6:00 pm Sunday: 10:00 am - 4:30 pm
Specsavers	11 Broad Street, Launceston	01566 774354	Monday, Saturday & Sunday: 9:00 am - 5:30 pm Tuesday - Friday: 8:30 am - 5:30 pm

This leaflet is available in large print formats and other languages.

Contact Administrator

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