

Glaucoma Profile Instrument

USER GUIDE TO COMPLETING THE GLAUCOMA PROFILE INSTRUMENT

QUESTIONNAIRE GUIDE

Central and near vision

This describes a number of activities such as reading, writing, watching TV, sewing, card games, computer work, reading dials on clocks and cookers etc. The list is not exhaustive and applies to any activity similar to this.

No difficulty means that you have no problem with these or similar activities.

Some difficulty means you can still do these tasks if you want to but it is a struggle, e.g. you may lose your place when reading, you may make a mistake in reading price tags or telephone numbers.

Quite a lot of difficulty means that you may not read as much as you used to because it is difficult to see, you may need a magnifier and/or large print books or adaptations to kitchen appliances to read cooker dials and clocks.

Severe difficulty means that you have stopped reading, you may not be able to see adequately to sign important documents or do your accounts, you may have difficulty seeing the food on your plate, you may have had to give up card or board games.

Lighting and glare

This describes a situation where bright lights may dazzle, it may be difficult to adjust from light to dark and vice versa, you may find that it is difficult to see in dim light. The list is not exhaustive and different levels of light may affect individuals in different ways.

No difficulty means that bright lights do not dazzle more than they used to and that you can adapt to different lighting levels in the same way as you always have.

Some difficulty means that bright light is troublesome and it takes longer than normal to adapt to changes in lighting but it doesn't stop any activities.

Quite a lot of difficulty means that you may have stopped driving at night due to difficulties with car headlights, you have trouble seeing in dark places.

Severe difficulty means that you cannot find your way without assistance if the lighting is poor.

Mobility

This describes situations where, **because of your eyesight**, you may have problems crossing roads, walking along busy pavements, negotiating steps and kerbs, tripping over low objects, for example children in pushchairs or dogs. If you drive you may have had to stop driving because of your vision.

No difficulty means you have no difficulty in these areas.

Some difficulty means you can manage but have to take more care than normal.

Quite a lot of difficulty means that if you do drive you feel you should stop, you have to take care crossing roads, going down steps and along pavements as you are likely to trip.

Severe difficulty means that you need extra assistance to get around in unfamiliar places.

Activities of daily living

This describes situations where, **because of your eyesight**, you may have difficulties with domestic, DIY or self-care tasks around the home. This may include difficulties pouring liquid into containers (e.g. water into a glass etc), problems judging shelf height leading to difficulties putting objects into or retrieving them from cupboards, being unaware of open cupboard doors and similar problems.

No difficulty means that you have no difficulty in these or similar aspects of daily living.

Some difficulty means you can manage but have to take more care than normal.

Quite a lot of difficulty means that you miss the cup, can't reliably place items on shelves, you may cut yourself shaving or with some other self care activity and you have had to find ways of adapting to the difficulties.

Severe difficulty means that you can't undertake these tasks and require assistance.

Eye discomfort

This describes situations where one or both eyes may feel gritty, dry, irritable, watery, tired or sore.

No difficulty means that your eyes are comfortable.

Some difficulty means that there is occasional discomfort in one or both eyes, the discomfort may be relieved by artificial teardrops and it is not particularly bothersome.

Quite a lot of difficulty means that one or both eyes feel uncomfortable for most of the time and additional lubricant teardrops help but are required often.

Severe difficulty means that one or both eyes are constantly uncomfortable and lubricant drops do not relieve discomfort.

Other effects of glaucoma and its treatment

This describes situations where you may feel unduly tired, you may have shortness of breath, you may have a dry mouth or an after taste. There may be additional effects such as you may have some difficulties with sexual functioning.

No difficulty means that you have not noticed any such difficulties.

Some difficulty means that you may have noticed occasional difficulty.

Quite a lot of difficulty means that you may feel constantly tired, or you may have noticed that you have become short of breath or you may have noticed other difficulties.

Severe difficulty means that you have required or think you require additional treatment to control one or more of these difficulties.