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**Paraffin eye ointment for ocular lubrication  
(POLYVISC® or DURATEARS®)**

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**SESLHDPR/444****POLICY STATEMENT**

The Registered Nurse (RN) / Registered Midwife (RM) is authorised to instigate nurse/midwife initiated medication without an authorised prescriber's order under the specific circumstances set out in the **INDICATIONS** section and provided there are no contraindications present.

It is important for nursing and midwifery staff to remain aware that:

- Minor ailments may be symptoms of other more serious diseases or may be adverse reactions to medication already prescribed
- Nurse-initiated medication may interact with the patient's prescribed medication
- The maximum daily recommended dose of the medication must not be exceeded<sup>1</sup>

The administering nurse/midwife must record the administration on an approved paper or electronic medication chart, clearly indicating that the medicine was nurse initiated.

If the patient continues to require the medication (i.e. more than two doses in 24 hours) then a medical officer (MO) must be consulted and a regular or PRN order obtained.

A change in the patient's condition such as newly occurring or increasing severity of symptoms must be reported to the MO and investigated.

**INDICATIONS**

Soothing relief of symptoms associated with dry eye conditions and mild ocular irritation. Particularly useful for protection and lubrication if the eyelids are open during sleep. These topical ointments are preservative free.

**CONTRAINDICATIONS**

Hypersensitivity to any component of the product.

**PRECAUTIONS**

- Ophthalmic use only.
- Remove contact lens before instillation
- If patients experience headache, eye pain, light sensitivity, vision changes, continued irritation of the eyes, persistent redness or if the condition worsens consult a medical officer
- Pregnancy: Safe to use (Category A)
- Breastfeeding: Safe to use

**HISTORY/ASSESSMENT**

If patient experiences headache, eye pain, vision changes, irritation of the eyes, persistent redness or if the condition has worsened, then they must be reviewed by a medical officer

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**PROTOCOL/ADMINISTRATION GUIDELINES**

<b>Caution: CHECK for allergies and/or contraindications</b>			
<b>Drug</b>	<b>Dose</b>	<b>Route</b>	<b>Frequency</b>
<b>Paraffin eye ointment</b> (PolyVisc® or Duratears®)	<b>Squeeze about 1cm of ointment into the affected eye(s)</b>	<b>Topical</b>	<b>ONCE only</b> <b>Prior to patient going to sleep</b>
<p>- Ask patient to tilt their head back and look up. Gently pull down their lower eyelid to form a pouch. Squeeze a small amount (about 1cm length) of ointment and allow it to drop into the pouch. Get the patient to slowly close their eye for one minute. The patient should not squeeze or blink after instillation. Their vision will blur for a short period of time.</p> <p>- If the patient is on concurrent eye drops: use drops first then wait 5 minutes before instilling the ointment.</p>			

**MONITORING - POTENTIAL ADVERSE EFFECTS/INTERACTIONS**

- Blurred vision – high risk for falls
- Ocular irritation may occur and may include: eye pain, eye swelling of conjunctiva (chemosis) or eye lid, eye irritation, foreign body sensation in eyes, ocular hyperaemia. If these occur contact a medical officer for review and cease using medication immediately.

**DOCUMENTATION**

A record of the administration must be made on the approved paper or electronic medication chart noting that the medication was nurse initiated.

A further record of the medication administered including indication, dose and effect must be included in the patient's health care record.

**PRACTICE POINTS**

- Do not touch tube tip to any surface as this may contaminate the ointment

**REFERENCES/FURTHER READING**

1. [PD2013\\_043 - Medication Handling in NSW Public Health Facilities](#)

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**SESLHDPR/444****REVISION and APPROVAL HISTORY**

<b>Date</b>	<b>Revision Number</b>	<b>Author and Approval</b>
July 2015	DRAFT 1	Pharmacy Department, Sydney Eye Hospital
September 2015	1	Approved SESLHD Drug & QUM Committee
May 2018	DRAFT 2	Reviewed by nursing and pharmacy staff
July 2018	2	Approved by SESLHD Quality Use of Medicines Committee
August 2021	DRAFT 3	Reviewed by nursing and pharmacy staff. Minor wording updates
September 2021	3	Approved by SESLHD Quality Use of Medicines Committee