

CONJUNCTIVITIS



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*Shaping Lives...
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INTRODUCTION:

Conjunctivitis, also known as pink eye. It is an inflammation of the conjunctiva, the thin and transparent layer of tissue that covers the white part of the eye and the inside of the eyelid.

CAUSES/ETIOLOGY:

1. Bacterial infection: Bacteria such as *Staphylococcus aureus*, *Streptococcus pneumoniae*, or *Haemophilus influenzae* can cause bacterial conjunctivitis.
2. Viral infection: Viruses such as adenovirus, herpes simplex virus, or varicella-zoster virus can cause viral conjunctivitis.
3. Allergic reaction: Allergies to substances such as pollen, dust mites, or animal dander can cause allergic conjunctivitis.
4. Chemical irritation: Exposure to irritants such as smoke, chlorine, or other chemicals can cause chemical conjunctivitis.
5. Contact lens use: Prolonged use of contact lenses or improper cleaning of contact lenses can cause conjunctivitis.
6. Sexually transmitted infections (STIs): STIs such as chlamydia or gonorrhea can cause conjunctivitis in newborns who are infected during delivery or in adults who engage in sexual activity.
7. Autoimmune disorders: Rarely, autoimmune disorders such as rheumatoid arthritis or lupus can cause conjunctivitis.

PATHOGENESIS:

- Bacterial conjunctivitis develops when bacteria such as *Staphylococcus aureus*, *Streptococcus pneumoniae*, or *Haemophilus* enters into the body.

- This bacteria is commonly found on the skin and in the nose of healthy individuals.
- These bacteria can be transmitted from person to person through direct contact with infected eye secretions, or through contaminated surfaces or objects.
- Once the bacteria enter the eye, they begin to multiply and cause inflammation, redness, discharge, and other symptoms.
- Similarly viruses can cause conjunctivitis.
- Allergic conjunctivitis develops when the body's immune system overreacts to an allergen such as pollen, dust mites, or animal dander.
- When a person with allergies comes into contact with an allergen, their body releases histamine and other chemicals that cause inflammation, redness, itching, and other symptoms in the eyes and other parts of the body.

CLINICAL MANIFESTATION:

- Redness of the eye
- Itchiness or irritation of the eye
- Excessive tearing
- Sensitivity to light
- Swelling of the conjunctiva
- Discharge from the eye (this may be watery, thick, or yellow-green in color)
- Crusting of the eyelids or lashes (especially in the morning)
- Blurred vision or decreased vision (in severe cases)

CLINICAL EVALUATION/DIAGNOSIS:

- Visual Examination: The doctor will visually inspect your eyes and look for signs of inflammation, such as redness, swelling, and discharge.

- **Fluorescein Staining:** This is a test where a special dye is placed on the eye, which can help to identify areas of the eye that are affected by conjunctivitis.
- **Culture Test:** If the conjunctivitis is suspected to be caused by bacteria, the doctor may take a culture of the eye discharge to determine which specific bacteria are causing the infection. This can help to guide appropriate treatment.
- **Allergy Tests:** If the conjunctivitis is suspected to be caused by an allergic reaction, the doctor may perform skin tests or blood tests to identify the specific allergen that is causing the reaction

PHARMACOLOGICAL MANAGEMENT:

- **Antibiotics:** Antibiotics may be prescribed to treat bacterial conjunctivitis. Topical antibiotics like erythromycin, tobramycin, ciprofloxacin, and ofloxacin are commonly used.
- **Antivirals:** Antiviral medications are used to treat viral conjunctivitis. Ganciclovir ophthalmic gel or acyclovir ointment are examples of antiviral medications used for the treatment of viral conjunctivitis.
- **Antihistamines:** Antihistamines can be used to treat allergic conjunctivitis. They help to reduce itching and inflammation in the eye. Examples of antihistamines include azelastine, levocabastine, and olopatadine.
- **Mast Cell Stabilizers:** Mast cell stabilizers can help prevent the release of histamines and reduce inflammation. Cromolyn sodium and Lodoxamide are examples of mast cell stabilizers.
- **Artificial Tears:** Artificial tears can help soothe the eye and provide relief from the symptoms of conjunctivitis. They also help to flush out any allergens or irritants that may be causing the condition.

NON PHARMACOLOGICAL MANAGEMENT:

- **Practice Good Hygiene:** Wash your hands frequently with soap and warm water, especially before touching your eyes. Avoid touching your eyes or sharing personal items, such as towels or makeup, with others.
- **Avoid Contact:** Try to avoid close contact with people who have conjunctivitis, particularly if they have an infectious form of the condition.
- **Keep Surfaces Clean:** Clean and disinfect frequently touched surfaces, such as doorknobs, light switches, and countertops, especially if someone in your household has conjunctivitis.
- **Take Precautions While Swimming:** If you swim, wear swim goggles to protect your eyes and avoid sharing towels and other personal items with others.
- **Manage Allergies:** If you have allergies, take steps to manage them, such as avoiding triggers and taking medications as prescribed by your doctor.
- **Proper Contact Lens Care:** If you wear contact lenses, follow the proper care and cleaning instructions. Avoid sleeping in your contacts and replace them as recommended by your eye doctor.