Cataract surgery recovery: advice

Original independent practice. The patient details, observations and individual care arrangements are fictional. Assume that today's date is 3 November 2026. Mr Carpio is going home after day surgery. Allow 45 minutes: 5 minutes reading and 40 minutes writing. You are a registered nurse in the day surgery unit. Using the case notes, write to Ms Amandeep Sandhu, Mr Carpio's daughter and agreed carer, explaining his prescribed eye-drop schedule, the agreed help arrangements and recovery precautions. Address the letter to Ms Amandeep Sandhu, 18 High Street, SW19 1AA, United Kingdom. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O
Patient details			
1. Name: Mr Ruben Carpio	☐	☐	☐
2. DOB: 12/04/1948 (78 yrs)	☐	☐	☐
3. Day surgery: R cataract operation, 03/11/26	☐	☐	☐
4. Daughter/carer: Ms Amandeep Sandhu, 18 High Street, SW19 1AA, UK	☐	☐	☐
Social background			
5. Lives alone; previously independent with personal care and meals	☐	☐	☐
6. Daughter collecting him today; pt consents to written advice	☐	☐	☐
7. Wants to restart gardening; usually carries heavy compost bags	☐	☐	☐
8. Uses reading glasses; daughter already knows his usual routine	☐	☐	☐
Medical history			
9. Bilateral cataracts diagnosed 3/12 ago	☐	☐	☐
10. Thumb osteoarthritis → cannot reliably squeeze eye-drop bottle	☐	☐	☐
11. L eye vision reduced; small print difficult to read	☐	☐	☐
12. Hearing aids effective; understands instructions when spoken clearly	☐	☐	☐
13. Appendicectomy 1972; no ongoing problems	☐	☐	☐
14. Complained that booking clerk was rude during telephone call	☐	☐	☐
Preoperative assessment			
15. 20/10 pre-assessment: needed hands-on help practising with drop bottle	☐	☐	☐
16. Daughter initially offered evening visits only; support unresolved	☐	☐	☐
Treatment and progress: 03/11/26			
17. 03/11: uncomplicated operation under local anaesthetic	☐	☐	☐
18. Surgeon's postoperative check satisfactory → discharge approved	☐	☐	☐
Treatment and progress: 03/11/26			
19. Mild grittiness; no severe pain reported	☐	☐	☐
20. Vision still blurred; walking safely with escort	☐	☐	☐
Documented individual discharge plan			
21. Dispensed: single labelled postoperative eye-drop preparation; no other eye drops	☐	☐	☐
22. Surgeon's order: R eye, 1 drop QID, 04/11–01/12 inclusive; then stop	☐	☐	☐
23. Wash hands before drops; avoid touching eye with bottle tip	☐	☐	☐
24. Eye team: protective shield at night during first postoperative week	☐	☐	☐
25. Eye team: no rubbing, water in eye, heavy lifting/swimming until cleared; no driving until approved	☐	☐	☐
26. Revised agreement: daughter gives every dose throughout course; stays tonight	☐	☐	☐
27. If help becomes unavailable, contact day surgery unit before missed dose	☐	☐	☐
28. Telephone review booked 10/11; daughter will join call	☐	☐	☐
29. Sudden blur, new flashes/floaters/curtain → contact eye team immediately for urgent assessment; emergency department without delay if assessment cannot be obtained promptly	☐	☐	☐
30. Increasing or severe pain, increasing redness or worsening sight → contact eye team immediately for urgent assessment; emergency department without delay if assessment cannot be obtained promptly	☐	☐	☐
31. Discharge nurse demonstrated drops to daughter; she demonstrated technique correctly	☐	☐	☐
32. Large-print instructions supplied; daughter requests written summary	☐	☐	☐

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