



With a traumatic MOI to the eye it is crucial to distinguish between essentially harmless sub-conjunctival bleeding and an open globe injury (an ophthalmic emergency).

An open globe injury is a full-thickness defect in the cornea and/or sclera. If the force is great enough it can compress the globe and increase the pressure within the eyewall to the point of rupture. When this happens the patient presents with pain, blurred vision, an irregular pupil, and bleeding behind the cornea; movement of the eye may also be restricted. When examining the eye, it's vital NOT to palpate or put pressure on the eye itself; if an open globe injury is present, pressure will significantly increase the damage. Field treatment of an open globe injury minimal: DO NOT disturb impaled objects. DO NOT flush. Cover eye with shield; preferably metal and begin a Level 2 Evacuation; surgery is required.

Conversely in a sub-conjunctival hemorrhage, bleeding occurs between conjunctiva and sclera and while it may look nasty, there is no eye pain and the patient's vision remains normal. Note that facial or orbital pain is possible depending on the MOI. A sub-conjunctival hemorrhage is essentially a bruise and will heal without treatment in 1-3 weeks. The sclera will change color (brown, yellow, and even green) as it heals and the body breaks down the blood. DO NOT administer NSAIDS as they may increase bleeding.

Peter has a subconjunctival hemorrhage that does not require treatment and he may continue with the trip. That said, you should monitor him for the S/Sx of a mild concussion over the next two hours (refer to the chart).

Physical	Cognitive	Emotional	Sleep
Headache	Feeling mentally "foggy"	Irritable	Drowsy
Nausea	Feeling slow	Sad	Trouble falling asleep
Balance problems	Difficulty concentrating	Sensitive	Sleeping more than usual
Dizziness	Difficulty remembering	Nervous	Sleeping less than usual
Visual problems	Forgetful		
Fatigue	Confused		
Light sensitivity	Answers questions slowly		
Noise sensitivity	Repeats questions		
Numbness/tingling			
Dazed/stunned			