

## What conditions may be seen by MECS ?

- **Red eye** or eyelids with no reduced vision
- **Dry or gritty**, or **itchy** and uncomfortable eyes including **ingrowing eyelashes**.
- **Mild eye pain** (on a scale of 1-5): 1-3 getting better with painkillers.
- **Irritation** and inflammation of the eye
- **Superficial Foreign body** in the eye
- Significant recent **sticky discharge** from the eye or **watery eye**
- **Recent flashes or floaters less than 3 months** with no loss of vision and / or no obstruction across vision
- **Recent loss or distortion of vision** more than 48 hours and less than 3 months with no pain

## What assessments will the MECS practitioners make?

They will:

1. Take a history of present problem, any past eye and medical history, medications, allergies and family history of eye disease.
2. Assess the vision and examine the eyes.

They may also use drops to enlarge the pupils. These may affect the vision for a few hours (possibly up to 6 hours for some people).

**DO NOT DRIVE TO THE APPOINTMENT** or undertake other hazardous activities whilst vision is still blurred from drops.

## What happens next?

The MECS practitioner will:

1. Treat, reassure and give advice to you when the symptoms are due to a common, non-threatening sight condition. They will either discharge you or book a review as appropriate.  
or
2. Refer you to the hospital eye service for further assessment and / or treatment. The practitioner will explain why the referral is necessary and what will happen next.

## Patients' records and data protection

All patients' records will be stored in compliance with General Data Protection Regulations and your personal details will not be shared with any other groups or individuals without your permission.

## Patient Satisfaction

You will be asked to complete a short satisfaction survey at the end of the MECS visit. Your feedback is valuable and will help us continually monitor and develop the service.

## How do I book an appointment with MECS?

Please **call** to arrange an appointment - See list overleaf

Please **take your glasses** and **a list of your current medication** with you to the appointment.

----- **DO NOT DRIVE TO THE APPOINTMENT!** -----

## Accredited MECS Optician Practices

### Devon

Angus McPhie Opticians, 7 Market Street, Tavistock  
Ph: 01822 612863

Boots Opticians, Drake Circus Shopping Centre, Plymouth  
Ph: 01752 666546

Boots Opticians, 82 West Street, Tavistock  
Ph: 01822 612076

LA Gibson, 3 Radford Park Road, Plymouth  
Ph: 01752 403596

Newsome Opticians, Glanvilles Mill, Ivybridge  
Ph: 01752 691107

Noakes, Habermehl & Kerr Opticians, 2 Meavy Way, Crownhill  
Ph: 01752 772116

Noakes, Habermehl & Kerr Opticians, 62 Ridgeway, Plympton  
Ph: 01752 345269

Nigel Gainey Opticians, 109 Victoria Road, St Budeaux  
Ph: 01752 366022

Specsavers, 3 West Street, Tavistock  
Ph: 01822 619910

Specsavers, 152-154 Armada Way, Plymouth  
Ph: 01752 253434

Specsavers, 39-41 The Broadway, Plymouth  
Ph: 01752 402241

Specsavers, Sainsbury's, Marsh Mills  
Ph: 01752 227084

### Cornwall

Andrew Keirl, The Parade, Liskeard  
Ph: 01579 346694

Noakes, Habermehl & Kerr Opticians, 101 Fore Street, Saltash  
Ph: 01752 847477

Noakes, Habermehl & Kerr Opticians, 49 Fore Street, Callington  
Ph: 01579 382345

Specsavers, 27-29 Lower Fore Street, Saltash  
Ph: 01752 850120

Specsavers, 11 Broad Street, Launceston  
Ph: 01566 774354



This service is provided by University Hospitals Plymouth NHS trust and local MECS accredited Eye Care Practitioners

The service provides care closer to home, avoiding a trip to the hospital for patients who do not require hospital eye care but need to be seen by an accredited Eye Care Practitioner.

The service provides urgent eye assessments for patients complaining of recent / sudden onset of specific minor eye conditions.

## The Minor Eye Conditions Service (MECS)

**Minor Eye Problems?**  
**Sore eyes?**  
**Red eyes?**  
**Visual disturbance?**

**NHS**