

## What conditions may be seen by MECS ?

- **Red eye** or eyelids with no reduced vision
- **Dry or gritty, or itchy and uncomfortable eyes.** Patients should have tried a “DRY EYE” drop (available from most opticians or pharmacies) for a minimum of two weeks with no improvement before presenting for a MECS appointment.
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- **Ingrowing eyelashes-** if recurrent problem then referral may be required and not a MECS appointment. Please speak to your own optician for advice BEFORE booking a MECS appointment.
- **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, 82 West Street, Tavistock

Ph: 01822 612076

Iconic Opticians, 73 Cornwall Street, Plymouth

Ph: 01752 415490

Iconic Opticians, The Broadway, Plymouth

Ph: 01752 404544

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

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

### 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

Thompsons Opticians, 4a Pike Street, Liskeard

Ph: 01579 343348



October 2020

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**