**Understanding Medications, Supplements and Their Impact on Eye Health**

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1. Which of the following best defines a systemic medication?

A. A drug applied directly to the eye

B. A medication that affects the whole body

C. A topical cream used on the eyelids

D. A vitamin supplement

2. Which organ system is primarily affected by systemic medications discussed in this course?

A. Respiratory

B. Digestive

C. Ocular (eye)

D. Muscular

3. What is one common effect systemic medications can have on the eye?

A. Improved color vision

B. Changes in tear production

C. Increased visual field

D. Strengthened corneal tissue

4. Recognizing the signs and symptoms of ocular side effects helps clinicians:

A. Avoid prescribing medication

B. Discontinue all patient medications

C. Detect drug-induced ocular toxicity early

D. Eliminate the need for collaboration

5. Which of the following is an ocular side effect that may result from systemic medication use?

A. Blurred vision

B. Tinnitus

C. Muscle fatigue

D. Nausea

6. What is one goal of understanding ocular side effects?

A. To prevent patients from taking systemic medications

B. To identify and manage potential vision risks

C. To avoid eye exams

D. To reduce nutritional intake

7. Ocular Nutritional supplements, such as triple carotenoids, can help in with:

A. Skin hydration

B. Eye health and function

C. Muscle tone

D. Digestive health

8. Which nutrient is often linked to maintaining eye health?

A. Vitamin C

B. Vitamin B12

C. Carotenoids

D. Both A and C

9. What is the primary benefit of using evidence-based guidelines in eye care?

A. Reducing treatment time

B. Ensuring safe and effective management of patients

C. Avoiding collaboration

D. Limiting patient access to care

10. Evidence-based guidelines are built on:

A. Personal opinion

B. Clinical experience and scientific research

C. Marketing materials

D. Patient preference alone

11. Which of the following is not a function of nutritional supplements in ocular health?

A. Supporting visual pigment regeneration

B. Improving systemic blood pressure

C. Protecting against oxidative damage

D. Enhancing macular function

12. Collaboration with other healthcare providers is important to:

A. Share office resources

B. Co-manage patients with ocular side effects

C. Avoid responsibility

D. Increase medication dosages

13. What type of patient would most benefit from collaborative care?

A. A patient using medications known to cause ocular toxicity

B. A patient with no systemic diseases

C. A healthy child

D. A patient not on any medication

14. A patient has chronic allergies and uses Flonase nasal spray, what is a potential ocular side effect:

A. no ocular side effects

B. increased intraocular pressure

C. dimming of vision upon entering a building

D. vision looking “blue” after using nasal spray

15. Which step should occur when ocular side effects are suspected?

A. Ignore the symptoms until the next exam

B. Discontinue all medications immediately

C. Communicate findings with the prescribing provider

D. Advise the patient to self-treat

16. Why is understanding medication-induced ocular toxicity important?

A. It helps clinicians diagnose and prevent vision loss

B. It increases patient medication costs

C. It reduces patient compliance

D. It prevents collaboration

17. What is a potential result of failing to recognize ocular side effects?

A. Improved ocular health

B. Permanent vision impairment

C. Increased tear production

D. Faster recovery time

18. A patient reports taking antihistamine daily for allergies, what is the most common ocular side effect?

A. decreased tear film

B. macular edema

C. corneal edema

D. miotic pupils

19. The term “ocular toxicity” refers to:

A. Positive changes in vision

B. Damage to ocular tissues caused by medication or substances

C. Increased immune function in the eye

D. Tear film stability

20. The CREST study looked at what ocular disease?

A. Dry eyes

B. Macular degeneration

C. Toxicity in antidepressant drugs

D. Diabetic retinopathy