

Year 2: Essential Skills & Procedures for Optometrists
Subject 3: Managing Ocular Health and Diseases

1. What is a primary symptom of glaucoma?

- a) Blurred vision
- b) Red eyes
- c) Tunnel vision
- d) Eye pain

Correct Answer: c) Tunnel vision

2. Which condition leads to cloudy vision?

- a) Diabetic retinopathy
- b) Cataracts
- c) Glaucoma
- d) Macular degeneration

Correct Answer: b) Cataracts

3. What is the main risk factor for macular degeneration?

- a) Smoking
- b) Diabetes
- c) Hypertension
- d) Age

Correct Answer: d) Age

4. What is the hallmark sign of diabetic retinopathy?

- a) Floaters
- b) Night blindness
- c) Sudden vision loss
- d) Retinal tears

Correct Answer: a) Floaters



5. Which test measures intraocular pressure?

- a) Visual acuity test
- b) Fundoscopy
- c) Perimetry
- d) Tonometry

Correct Answer: d) Tonometry

6. What is a common treatment for glaucoma?

- a) Corticosteroids
- b) Laser therapy
- c) Antihistamines
- d) Oral antibiotics

Correct Answer: b) Laser therapy

7. Which medication is often prescribed for dry eyes?

- a) Artificial tears
- b) Antihistamines
- c) Antibiotic drops
- d) Steroid drops

Correct Answer: a) Artificial tears

8. What is the primary cause of cataracts?

- a) Aging
- b) Diabetes
- c) UV exposure
- d) Genetics

Correct Answer: a) Aging



9. Which is a symptom of macular degeneration?

- a) Peripheral vision loss
- b) Blurred central vision
- c) Night blindness
- d) Color perception issues

Correct Answer: b) Blurred central vision

10. What is the recommended frequency for diabetic eye exams?

- a) Every two years
- b) Only when needed
- c) Every year
- d) Every five years

Correct Answer: c) Every year

11. What can cause retinal detachment?

- a) Long-term diabetes
- b) All of the above
- c) Trauma
- d) Aging

Correct Answer: b) All of the above

12. Which vitamin is essential for eye health?

- a) Vitamin B12
- b) Vitamin D
- c) Vitamin A
- d) Vitamin C

Correct Answer: c) Vitamin A



13. What does the Amsler grid test for?

- a) Color blindness
- b) Peripheral vision loss
- c) Macular degeneration
- d) Eye pressure

Correct Answer: c) Macular degeneration

14. Which class of drugs is used to treat glaucoma?

- a) Antibiotics
- b) Corticosteroids
- c) Beta-blockers
- d) Antihistamines

Correct Answer: c) Beta-blockers

15. What is the primary goal of cataract surgery?

- a) Prevent diabetes
- b) Correct vision
- c) Reduce eye pressure
- d) Remove cloudiness

Correct Answer: d) Remove cloudiness

16. How does diabetes affect the eyes?

- a) Prevents cataracts
- b) Leads to blood vessel damage
- c) Improves vision
- d) Causes eye pain

Correct Answer: b) Leads to blood vessel damage



17. What is a common sign of hypertensive retinopathy?

- a) Eye pain
- b) Macular degeneration
- c) Retinal detachment
- d) Cotton wool spots

Correct Answer: d) Cotton wool spots

18. Which structure is affected in cataracts?

- a) Cornea
- b) Iris
- c) Retina
- d) Lens

Correct Answer: d) Lens

19. What is the role of anti-VEGF injections?

- a) Reduce eye pressure
- b) Improve tear production
- c) Treat inflammation
- d) Inhibit abnormal blood vessel growth

Correct Answer: d) Inhibit abnormal blood vessel growth

20. Which test assesses peripheral vision?

- a) Fundus photography
- b) Visual acuity test
- c) Perimetry
- d) Tonometry

Correct Answer: c) Perimetry



21. What is the primary risk factor for cataracts?

- a) Family history
- b) High blood pressure
- c) Age
- d) Smoking

Correct Answer: c) Age

22. Which type of glaucoma is most common?

- a) Open-angle
- b) Closed-angle
- c) Secondary
- d) Congenital

Correct Answer: a) Open-angle

23. What is a key feature of diabetic macular edema?

- a) Swelling of the macula
- b) Increased eye pressure
- c) Eye redness
- d) Peripheral vision loss

Correct Answer: a) Swelling of the macula

24. What is the purpose of dilating eye drops?

- a) Increase vision
- b) Treat infections
- c) Reduce eye pressure
- d) Allow better retinal examination

Correct Answer: d) Allow better retinal examination



25. What ocular condition is associated with uncontrolled diabetes?

- a) Glaucoma
- b) Conjunctivitis
- c) Retinal detachment
- d) Diabetic retinopathy

Correct Answer: d) Diabetic retinopathy

