







1. Information about the person

First name:		Family name:		Gender:	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Age:	0-5 <input type="checkbox"/>	6-18 <input type="checkbox"/>	19-39 <input type="checkbox"/>	40-54 <input type="checkbox"/>	55+ <input type="checkbox"/>	Telephone:
Address:						


2. Simple eye health check

Look closely at each eye with torch		
Do both eyes look normal (healthy)?	Yes <input type="checkbox"/>	No <input type="checkbox"/> →  Refer to eye health professional
Ask the following questions		
Do you have diabetes?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you have any eye pain or discomfort?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
		If Yes to either question  Refer to eye health professional

3. Simple vision tests


Check if the person wears glasses prescribed by an optician / trained glasses provider		
Do you wear glasses that were prescribed for you?	Yes <input type="checkbox"/>	
If Yes Are these glasses for:	Seeing in the distance	<input type="checkbox"/> → Wear for simple distance vision test
	Seeing up close	<input type="checkbox"/> → Wear for simple near vision test
	Not sure	<input type="checkbox"/> → Do not wear during tests
Carry out simple distance vision test		
Distance: 3m Instructions: Test one eye at a time, starting with the large E. 	<i>Tick the smallest E the person can see clearly for the right then the left eye</i>	
	Small E L <input type="checkbox"/>	R <input type="checkbox"/>
	Medium E L <input type="checkbox"/>	R <input type="checkbox"/>
	Large E L <input type="checkbox"/>	R <input type="checkbox"/>
Cannot see large E	L <input type="checkbox"/>	R <input type="checkbox"/>
		Distance vision is normal
		This person may need prescription glasses  Refer to an eye health professional
		This person may benefit from low vision AP  Refer to eye health professional → Low vision AP assessment only after eye health professional assessment.
Carry out simple near vision test		
Distance: 40cm (or at a distance that is comfortable for the person) Instructions: Test both eyes at the same time (both eyes open).	Can see small E <input type="checkbox"/>	Near vision is normal
	Cannot see small E <input type="checkbox"/>	If person is 40 or older and distance vision is normal → Reading glasses assessment
		If person is younger than 35  Refer for an eye exam

4. Plan


Refer:	To doctor <input type="checkbox"/>	Assess for:	Reading glasses <input type="checkbox"/>
	To eye health professional <input type="checkbox"/>		Low vision AP (after eye health professional assessment) <input type="checkbox"/>
	Other: 	No action <input type="checkbox"/>	

 Referral recommended  Write notes here

How to carry out the simple distance vision test

	<ul style="list-style-type: none"> • Testing distance: 3 metres • Test one eye at a time, covering the other eye gently with the palm of the hand. • Test the right eye before testing the left. • Start with the large E, and test each row. • The person ‘passes’ each row if they can clearly see the Es • Record the smallest E row the person can see for each eye.
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How to carry out the simple near vision test

	<ul style="list-style-type: none"> • Testing distance: 40 cm or at a distance that is comfortable for the person. • Test both eyes at the same time (both eyes open). • Ask the person to hold the E-Chart in front of them. If they cannot hold it easily, you can hold it for them. • Test the row of 5 small Es at the bottom of the chart. • The person ‘passes’ if they can clearly see at least four of the five near vision Es. • Record if the person can or cannot see four of the five near vision Es.
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Signs of an unhealthy eye

<p>What you may see</p>	<ul style="list-style-type: none"> • Redness or swelling • Lumps, bumps or growths on or near the eye • Discharge from eyes • Centre of the person’s eye (pupil) is white or cloudy (signs of a cataract) • Pupil not reacting to light • Jerky or rapid eye movements
<p>What people may say</p>	<ul style="list-style-type: none"> • Sudden bad headache that has lasted longer than a few hours • Eyes are painful or uncomfortable (for example itchy, weeping, dry)
<p>What you should do</p>	<ul style="list-style-type: none"> • Refer to an eye health professional. • You can carry out the vision tests, and send a copy of the completed form with the person to the eye health professional.

What if a person has glasses?

<p>Find out</p>	<ul style="list-style-type: none"> • Were the glasses prescribed for them? Prescribed means that the glasses were chosen or made just for them, after a test has been done to check their vision. The test should be done by a trained eye health professional. • Are the glasses for seeing in the distance, up close (near), or for both? 	
<p>Should they wear their glasses during the test?</p>	<p>Yes</p>	<ul style="list-style-type: none"> • If glasses were prescribed for seeing in the distance, they should wear them for the simple distance vision test • If glasses were prescribed for seeing close up they should wear them for the simple near vision test • If glasses were prescribed for both seeing in the distance and seeing close up, they should wear them for both distance and near vision test.
	<p>No</p>	<ul style="list-style-type: none"> • If the glasses were not prescribed for them, do not belong to them, or they are not sure what they are for – they should not wear them during the test.