

## 1. Information about the person

First Name:					Family Name:				
Gender:	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Other <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"/>
		<b>If Yes</b> 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"/>	
<b>If Yes</b> 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		
<b>Distance:</b> 3m <b>Instructions:</b> 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		
<b>Distance:</b> 40cm (or at a distance that is comfortable for the person) <b>Instructions:</b> Test both eyes at the same time (both eyes open).	Can see Es	<input type="checkbox"/>
	Cannot see Es	<input type="checkbox"/>
	Near vision is normal	
		If person is <b>40 or older</b> and <b>distance vision is normal</b> → Reading glasses assessment
		If person is <b>younger than 35</b> 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"> <li>• Testing distance: 3 metres</li> <li>• Test one eye at a time, covering the other eye gently with the palm of the hand.</li> <li>• Test the right eye before testing the left.</li> <li>• Start with the large E, and test each row.</li> <li>• The person ‘passes’ each row if they can clearly see the Es</li> <li>• Record the smallest E row the person can see for each eye.</li> </ul>
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**How to carry out the simple near vision test**

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

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

**What if a person has glasses?**

<p><b>Find out</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Are the glasses for seeing in the distance, up close (near), or for both?</li> </ul>	
<p><b>Should they wear their glasses during the test?</b></p>	<p><b>Yes</b></p>	<ul style="list-style-type: none"> <li>• If glasses were <b>prescribed for seeing in the distance</b>, they should wear them for the simple distance vision test</li> <li>• If glasses were <b>prescribed for seeing close up</b> they should wear them for the simple near vision test</li> <li>• If glasses were <b>prescribed for both</b> seeing in the distance and seeing close up, they should wear them for both distance and near vision test.</li> </ul>
	<p><b>No</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>