



Lesson one: Vision and vision problems

Vision is the ability to see including up close and in the distance.

Vision problems that can be improved

Vision problems are commonly caused by refractive error. This is due to the size and shape of a person's eye.

Refractive error can result in:

- Distance vision problems (myopia or short-sighted)
- Near vision problems (hyperopia or long-sighted)
- Near vision problems in older adults (presbyopia)
- Distance and near vision problems (astigmatism).

Distance vision problems, near vision problems and astigmatism can often be corrected or improved with prescription spectacles, contact lenses or surgery.

Vision problems can also commonly be caused by cataracts (cloudy vision). This can lead to distance and near vision problems and increased sensitivity to light. Cataracts can be corrected or improved with surgery.

Vision problems that cannot be improved

Some vision problems can be treated and corrected, but others may lead to permanent vision loss. Vision problems that cannot be improved include:

- Low vision
- Blindness.

However, people with low vision or blindness use different ways to carry out activities, often with assistive products.

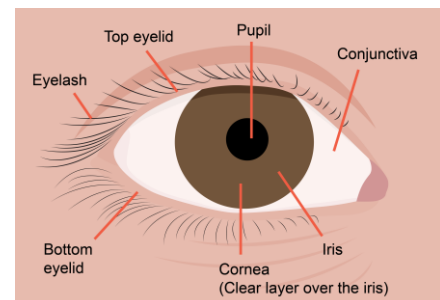
Lesson two: Healthy eyes and common eye health problems

Eye health

Parts of the eye

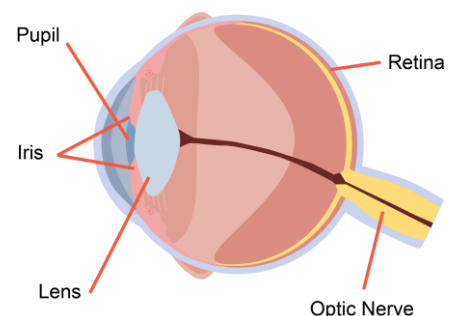
The parts of the eye we can see from the outside include:

- Eyelids (top/upper and bottom/lower)
- Eyelashes
- Pupil (central dark part of the eye surrounded by the iris)
- Conjunctiva and sclera (white part of the eye)
- Iris (coloured muscle around pupil)
- Cornea (clear layer over the iris and pupil).



Other important parts of the eye include:

- Lens (clear structure inside the eye that helps focus light on the retina)
- Retina (light sensitive layer at back of the eye)
- Optic nerve (collection of nerves from retina).



How we see

- Light enters through the pupil
- The light passes through the cornea, pupil and lens, which focuses it on the retina
- An image is formed on the retina
- The image is sent to the brain as electrical signals through the optic nerve
- When the signals reach the brain, we can see
- To see well, each part of the eye needs to be working properly, and the eyes need to work together.

Signs of healthy eyes

- No redness or swelling around the eyes
- No watery or sticky discharge
- Eyelids and eyelashes are free from crust or pus
- White part of the eye is white
- Pupil and lens are clear – not milky or cloudy
- Both eyes look in the same direction.

Signs of eye health problems

- Crust or pus on the eyelids and eyelashes
- Watery or sticky discharge from the eye
- Red colour on the white part of the eye
- Swelling on and around the eye
- Lumps or bumps on the eyelid
- Growth on eye surface
- Eyelashes that turn inwards
- Pupils look white/cloudy
- Eyes that do not open or close properly
- Eyes that do not look in the same direction as each other (one or both eyes turn inwards or outwards)
- Frequent, uncontrollable or jerky movement of the eyes.

Other symptoms of an eye health problem can include pain, dry or itchy eyes, blurred vision, headaches, flashes of light and floaters.

Common causes of vision and eye health problems

Vision and eye health problems can be caused by:

- Cataracts
- Diabetes
- Eye infections
- Illnesses, especially in young children
- Problems at birth
- Allergies
- Dry eye
- Injuries
- High blood pressure
- Lifestyle and environment.

Warning

Identifying eye health problems early is important. If untreated, eye health problems can cause permanent damage to the eyes. This can lead to vision loss.

Lesson three: Introduction to primary eye care screening

Primary eye care

The TAP Primary eye care screen is a simple process to find out if a person has a vision problem and/or an eye health problem. It also provides guidance on what to do if a problem is found.

Primary eye care screening process

Step 1: Information	Step 2: Pre-screening questions	Step 3: Vision screen	Step 4: Eye health screen	Step 5: Take action	Step 6: Follow up
					
Gather information about the person.	Ask about health and any vision and eye concerns.	Complete vision screen (fundus reflex/distance vision/near vision).	Complete eye health screen.	Take action, refer where needed and record action taken on screen form.	Ask the person to return if needed.

Results of the TAP Primary eye care screen help to identify whether a person:

- Requires first aid for eye discomfort or injury
- Requires medication for pain relief
- Could benefit from near vision spectacles
- Requires ↶ referral or urgent referral to an eye health professional or another service.

All people should have access to primary eye care. It is important to think about how people will access primary eye care, and any extra support they might need.

Warning

The TAP Primary eye care screen does not cover complex vision or eye health problems. Always ↶ refer to an eye health professional if this is indicated by the TAP primary eye care screen results, or if you have any concerns.

TAP Primary eye care screen form

Use the TAP Primary eye care screen form to guide you through the screening process.

Ask the person for consent and record their details.

Pre-screening questions

Finding out about the person's eye problem will inform decisions on how to carry out the screen and what actions to take. This includes information about:

- Pre-term or low birth weight baby (if working with a child under 3 years)
- Eye pain, discharge or itchiness
- Eye injuries
- Blurred vision or other symptoms
- Diabetes and high blood pressure
- Current care from an eye health professional
- Spectacles.

Warning

- If the child is a pre-term or low birth weight baby ☹️ stop screen and 🏠 refer to eye health professional.
- If person has a chemical eye injury ☹️ stop screen, wash out eye, then continue.

Lesson four: How to carry out a vision screen

There are three types of vision screen:

- Fundus reflex screen – for children three years and younger
- Distance vision screen – for children over three years and adults
- Near vision screen – for adults 40 years or older.

Fundus reflex screen for children three years and younger

Healthy fundus reflex

- The colour and brightness of the fundus reflex should be the same in both eyes.
- The fundus reflex can appear:
 - Red or orange in people with lighter skin
 - Orange or yellow in people with medium skin
 - Yellow, green or slightly blue in people with darker skin.

All these colours are considered healthy if the reflex colour and brightness are the same in both eyes.



Problems with the fundus reflex

- No fundus reflex
- A white reflex rather than red/orange/yellow/green/slightly blue
- A difference in colour or brightness of the reflex between the eyes
- Black areas or shadows in the reflex.

Fundus reflex screen

- In a room with low light, ask the parent or caregiver to sit comfortably in a chair holding the child
- Adjust the ophthalmoscope power to zero
- Sit about 50 centimetres from the child, with your eyes at the level of the child's eyes
- Hold the ophthalmoscope to your eye and shine into the child's eyes
- Look for bright, equal fundus reflexes in each eye.

If a problem is found finish screen and 🏠 refer to eye health professional urgently.

Preparing to carry out a vision screen

There are two different vision charts that can be used in the distance vision screen. The type of chart used will depend on the age of the person.

For both charts there are two rows of letters:

- One large row (6/60)
- One small row (6/12).

The numbers next to each row of letters describe the size of the letters.

Chart	Age	How to view chart
 HOTV chart	Children 8 years and younger	
 Distance E-chart	Children over 8 years and adults	

Distance vision screen

To carry out a distance vision screen:

- Using a pen or finger, point to each letter on the top line
- Ask the person to point to the matching letter on the HOTV pointing card or indicate the direction of E's if using the distance E-chart
- Continue to the bottom line and repeat
- Record results on the screen form.

Result	Action
Yes result to all , the person matches 2 or more letters correctly on the top line and 3 or more letters correctly on the bottom line for both eyes.	Under 40 years → Skip to eye health screen 40 years or older → Continue to near vision screen
No result for one or both eyes.	Top line → Skip to eye health screen and ↶ refer to eye health professional urgently Bottom line → Skip to eye health screen and ↶ refer to eye health professional

Near vision screen

The near vision screen is only for adults 40 years or older who **achieve yes to all for both eyes** in the distance vision screen.

The near E-chart is used to screen near vision. It only has one row of small E's. The N6 next to the row describes the size of the E's.

To carry out a near vision screen:

- The distance between the near E-chart and the person's eyes should be about 40 centimetres, or a distance that is comfortable for them to hold the near E-chart to read.
- Point to each of the five E's. Ask the person to indicate the direction that each E is facing.
- If the person correctly indicates the direction of **three or more** E's they achieve a pass result.

If the person cannot correctly match three or more E's → record and continue to the eye health screen. If the person passes the eye health screen, assess for near vision spectacles. If not available ↶ refer to eye health professional.

Lesson five: How to carry out an eye health screen

An eye health screen checks whether a person's eyes look healthy.

To carry out an eye health screen:

1. Always wash and dry your hands with soap or sanitizer gel before **and** after every eye health screen.
2. Look closely at each eye using a torch and check for signs of:
 - Red eye problem (redness, watery or sticky discharge, itchiness)
 - External eye problem (crust on eyelids/lashes, eyelashes turn inwards, swelling or lumps, growths)
 - Another eye problem (pupil or cornea appears unclear/white/cloudy, eyes not looking in the same direction)
 - Eye injury (chemical, burn, foreign body, knock or cut).
3. Record results on the screen form.



Lesson six: Take action and follow up

Action taken on the screen form lists a range of actions you may take when providing primary eye care. This includes referring to another service if needed. Record all your actions here.

People often require follow up primary eye care. Reasons include:

- Symptoms are not improving
- Regular vision and eye health checks. This helps to detect and treat vision and eye health problems early.

A person should return for another eye check in 1–2 years or sooner if they have any concerns.