

VISION SCREENING *Made Easy*

In the early years it is important to detect any vision problems that may impair a child's ability to learn. The screening process can help determine which children may need further diagnostic assessment by an eye care professional.



SCREENING TOOLS

- » Tool box for supplies
- » Box of tissues
- » Tape measure
- » Roll of masking tape
- » Chair
- » LEA symbols distance chart
- » LEA symbols near card w/cord
- » Random Dot Stereo Butterfly Book
- » Plastic kids frames without lenses
- » Vision screening report forms
- » Pens
- » Hand sanitizer
- » Alcohol swabs



OBSERVATIONS TO MAKE DURING THE VISION SCREENING

Do you see the child?

1. Squinting
2. Peeking
3. Guessing
4. Thrusting head forward
5. Tilting head
6. Eyes watering
7. Frowning or scowling
8. Puckering the face
9. Excessive blinking
10. Rubbing the eyes
11. Clumsiness
12. Decreased coordination



When you observe these behaviors, the child is straining to see the symbol. Stop the test and record the last line correctly read. Record also the evidence of strain as observed, e.g., "Eyes water while being tested!"



VISION SCREENING PREPARATION

If the child wears glasses, tests should be conducted with glasses on as usual. If glasses are worn only for distance or reading, they should be removed when testing the type of vision (near or far) for which they were **NOT** prescribed.

- » Must have well-lit room with a minimum of 12 feet in length to set up the chart and chair correctly.
- » Hang the distance eye chart on the wall at eye level for a child sitting in a chair to view.
- » Take a tape measure and mark out ten feet from the wall where the distance eye chart was hung. Place a piece of tape on the floor to mark the spot. **SPECIAL NOTE:** painters tape works well because it doesn't permanently stick to the floor.
- » Place a chair directly over the center of the tape mark on the floor.

DISTANCE VISION SCREENING STEPS

1. During the test, the child will remain seated next to an assistant. Another assistant should be standing next to the eye chart on the wall, where they will be using a pointer to determine if the child is identifying the correct symbols.
2. Have the child put the glasses without lenses on. Start with both eyes open and have the child identify the five top symbols. This is to gain the child's confidence.
3. Work quickly down the chart one line at a time pointing to one symbol per line. Once the child reaches the lowest line being tested, they should be instructed to identify each symbol across that line. If they incorrectly identify a symbol before reaching the bottom, encourage the child to go up to the next biggest line and try reading the symbols across it first. If they identify over half the symbols correctly, encourage the child to go back down and try the next smallest line again. Identify the final visual acuity as the smallest line on which at least 3 of the 5 symbols are identified correctly.
4. Take a tissue and fold it into a triangle, placing it between the child's eye and the plastic frame. Cover the left eye with the tissue first. Repeat the steps outlined above for visual acuity testing and then switch the tissue to cover the right eye. Be sure to fill out the vision screening report form as you go.

NEAR VISION SCREENING STEPS

1. The child should remain seated the entire time while keeping the glasses without lenses on.
2. A black string is attached to the LEA near card. Place the card in front of the child at the correct distance by pulling the string on the card to the child's nose. Drop the string once the correct testing distance is established.
3. A bright tapered coffee stir stick works best for pointing to the individual symbols you want the child to identify.
4. Start with both eyes open and have the child identify the five top symbols. This is to gain the child's confidence.
5. Work quickly down the card one line at a time pointing to one symbol per line. Once the child reaches the lowest line being tested, they should be instructed to identify each symbol across that line. If they incorrectly identify a symbol before reaching the bottom, encourage the child to go up to the next biggest line and try reading the symbols across it first. If they identify over half the symbols correctly, encourage the child to go back down and try the next smallest line again. Identify the final visual acuity as the smallest line on which at least 3 of the 5 symbols are identified correctly.
6. After obtaining visual acuity with both eyes open, proceed by testing each eye separately. Take a folded tissue and place it between the child's eye and the plastic frame. Cover the left eye with the tissue first. Work quickly down the card one line at a time as described above. Now, switch the tissue to cover the right eye and repeat the steps again. Make sure to complete the vision screening report form as you go.



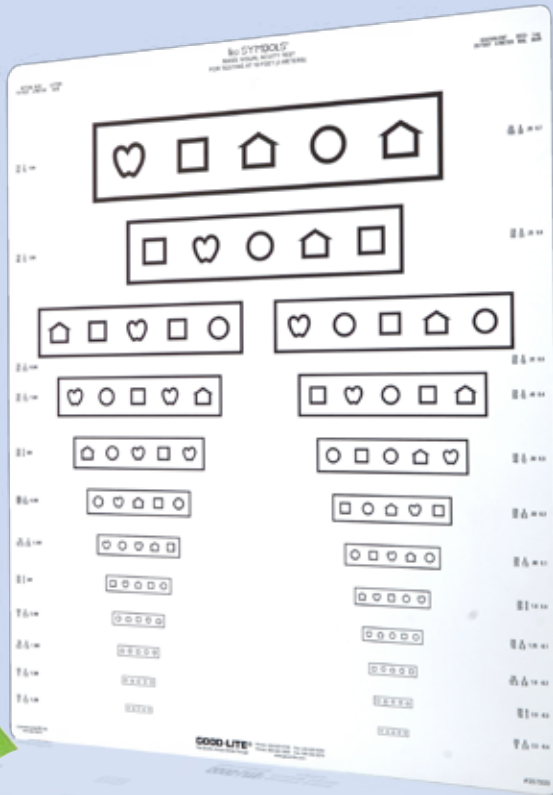
BINOCULAR VISION SCREENING STEPS

1. Have the child seated in a chair
2. Have the child put on the "magic" 3-D glasses. If the child wears glasses, this test should be conducted with glasses on. The 3-D glasses will simply be placed over the child's frames.
3. Hold up the Random Dot Stereo Butterfly Book between 14 and 16 inches in front of the child. Lighting is critical for this test. If the room is dimly lit, many children will not be able to identify the image.
4. Ask the child if they see something in the picture. If they say "butterfly," they immediately pass. If they don't see anything, try slightly tilting the book left, right, up and down to make sure it is not a lighting or glare issue. If they still don't see anything, tell the child there is a pretty butterfly in the picture.
5. Ask the child "to make pinchers" with the index finger and thumb of one hand and try to reach out and pinch the butterfly's wings. If the child tries to pinch and does not touch the book, they pass. If the child reaches out and lays their fingers directly on the book, they do not pass. Both eyes must be functioning correctly for anyone to see the 3-D image in the picture.
6. Special note: Try it yourself. While wearing the 3-D glasses, stare at the book and you should suddenly see a butterfly with 3-D wings. If you simply close an eye (for test purposes) it should completely disappear!

**GET SCREENED!
IT'S EASY!**



WHAT CONSTITUTES A PASS OR REFERRAL?



To receive credit for a line, a child must identify at least 3 of the 5 symbols on that line.

Age 3-4 years

If the child has worse than 20/40 vision in either eye at distance or near, this constitutes a referral.

Age 5-7 years

If the child has worse than 20/32 vision in either eye at distance or near, this constitutes a referral.

Age 8 & older

If the child has worse than 20/25 vision in either eye at distance or near, this constitutes a referral.





ADDITIONAL FOLLOW-UP CRITERIA

Refer to an Eye Care Professional for Follow-Up When:

1. There is more than a two line vision difference between the right eye and the left eye on the distance or near charts.
2. The child does not identify the butterfly in the Random Dot Stereo Butterfly Book.
3. The parent expresses concern about their child's vision, clumsiness, or developmental tasks related to vision.
4. Positive findings of concern by a teacher or health care provider.



ADDITIONAL EDUCATIONAL INFORMATION AND RESOURCES:

Prevent Blindness America

www.preventblindness.org
1-800-331-2020

The Vision Council

www.thevisioncouncil.org
1-866-826-0290

American Optometric Association

www.aoa.org
1-800-365-2219

InfantSEE

www.infantsee.org
1-888-396-EYES

American Academy of Pediatrics

www.aap.org
1-847-434-4000

American Association for Pediatric Ophthalmology and Strabismus

www.aapos.org

This brochure was made possible by a National Eye Institute grant awarded to the Idaho Children's Vision Coalition. The coalition was founded in 2007 by Dr. Sarah Marossy and is dedicated to saving children's vision through educational resources, preventative care initiatives and collaborations with various agencies and schools. For additional children's vision resources go to:

www.kidsvisioncoalition.org