

## **Clinical and Optometric Examination Procedure:**

*(Source: LV Prasad Community I-care center, Kismathpur campus, Hyderabad)*

### **Clinical and Optometric Examination:**

The child will be examined clinically in day light for the presence of ocular manifestations of vitamin A deficiency such as Night Blindness (XN), Conjunctival xerosis (X1A), Bitot spots (X1B), Refractive Error and for any other eye diseases like allergic conjunctivitis, squint, and congenital eye disorders

**Measurement process:** The Vision technician will examine the eyes of each using torch light for the presence of conjunctival xerosis, bitot's spots, squint, allergic conjunctivitis and congenital eye disorders. Any positive observations of these conditions will be marked in the Clinical Examination schedule by the VT and the condition specific remarks column will be filled, upon the presence of the condition

**Night Blindness:** The Vision technician will ask each child about their ability to see /read during darkness, duration of such condition and will record them in the Clinical Examination Schedule.

### **Refractive Error measurement:**

**Procedure:** In an empty class room, measure 20 feet distance using a tape and hang the 'E' chart.

Before starting the screening, the Vision technician will demonstrate the children as to how they have to see the card and point towards the open ends of 'E'

Make the children stand in line, according to their class. While the Research Associate help the VT by providing him with the preceded clinical schedules, and helps in organizing the children for the vision screening process, the VT will make each child stand close to him and 20 feet away from the 'E' chart. He will ask the child to cover the right eye and point the direction of the open ends of 'E'. Then he will ask the child to cover the left eye and point the direction of 'E' again.

**Repeat:**

The VT will rotate the chart clockwise or anti clockwise four times for either eye

If the child identifies the direction of the 'E's all the four times or three times correctly in either eye, it is normal.

If the child identified the direction of the 'E's twice correctly and twice wrongly in either eye , it is equivocal

If the child identifies the direction of the 'E' only once or fails to identify the direction of the 'E' in all rotations of either eye he/she will be considered for further eye check up by the VT using retinoscope. A prescription detailing the type of refractive error, namely. myopia or hyperopia will be done by the Vision Technician and the same will be attached to the clinical schedule of that particular child. The prescription contains details of the referral hospital in the district from where the VT is outsourced.