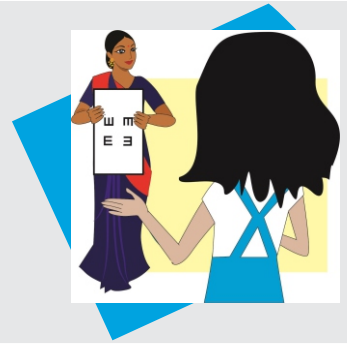


VISION SCREENING HANDBOOK

for School Teachers & Health workers



Mehboob Charity Vision
Restoring Lives Through Sight



ONESIGHT
EssilorLuxottica Foundation

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Preface

Pakistan is home to one of the world's largest populations of visually impaired people. An estimated 10 million people are visually impaired, and approximately 3 million of these are blind.

Mehboob Charity Vision is a not-for-profit organization which addresses national eye health needs especially among children through improved access to quality eye care, training, research and advocacy in order to eliminate avoidable blindness and empower individuals to attain their potential.

Prevention and treatment of childhood blindness is a top priority for Mehboob Charity Vision because we believe that *"Every child has the right to an early, good quality eye examination, care and support to fulfill their fundamental right to education."*

Vision and learning are closely related to each other and school is the first formal space for learning. When children have difficulty in school - from learning to read to understanding lessons taught to seeing the blackboard - many teachers often suspect the child to be having a vision problem which often ends up being correct. Hence, it would not be wrong to say that teachers have always played a crucial and integral role in screening and identifying vision problems among children.

Mehboob Charity Vision has developed this manual with an aim to aid teachers in identifying vision problems, eye diseases and disorders among their students and also educating students on eye health and safety.

We hope this will be of help to more and more teachers across the country to identify and refer students with some eye related problems for treatment thus helping them reach their full academic potential.

Dr. Muhammad Junaid
Chief Executive Officer
Mehboob Charity Vision, Pakistan.

Do you want to conduct vision screening for your students?

These are the steps you should follow:

Step 1: Choose a well-lit room or any other space like a playground

Step 2: Draw two lines 6 meters away from each other using the tape provided in the kit

Step 3: Stand on one side and hold the "E chart" at eye level (available in the kit)

Step 4: Make the student stand at the other end of the measured line.



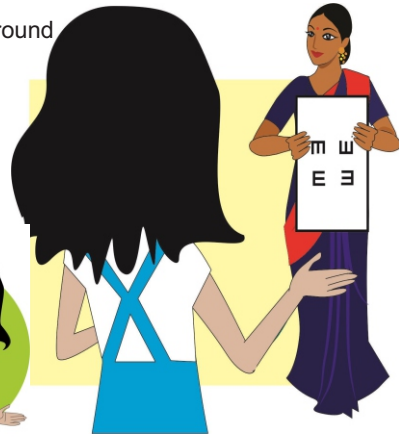
Step 5: Start with the right eye, covering the left one without pressing on it.



Step 6: Make the student indicate the arms of the letter E



Step 7: Repeat steps 5 & 6 with the other eye



Keep rotating the chart so that students do not memorize the orientation of the branches of the letter E. Repeat at least 3 times for each eye.



If the child is able to indicate correctly the vision is normal



If not, refer the child to an eye doctor.

Have you noticed your students do one or many of these things?



Holds the book close to her/his eyes



Has difficulty while reading



Has trouble paying attention



Uses finger to maintain place while reading



Narrows eye while looking at distant objects



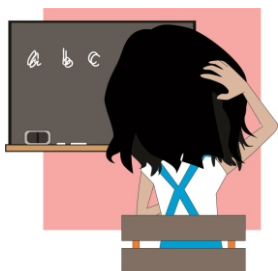
Makes frequent reversals when reading

**Refer the
Child to an
eye doctor**

Observe
Identify
Refer



Worsening academic performance



Is unable to see the black
board clearly



Is unduly sensitive to light



Is unable to participate in games
involving distant vision



Rubs eyes frequently



Eyes water unusually



Blinks the eyes often



Reports frequent headaches



Reports burning sensation in
the eyes



Eyes tire while reading, writing or
using computer

Have you come across these signs in any student or has any student complained of any one or more of these problems?



Cloudy eye



One cornea that's larger than the other



Crossed eye



Whites of the eyes are yellow



Flaking of the skin around the eyes



Rings on the cornea



Redness



Swollen eyes/eyelids



Thick white/yellow discharge from the eyes



Pain in the eye



Itching



Foreign body sensation in the eye

Refer the child to an eye doctor

Observe
Identify
Refer



Blurred vision



Double vision



Halo



Not being able to see well at night

An eye injury in the school? What can you do?



Blunt Injury:

Cause can be ball, stone etc.

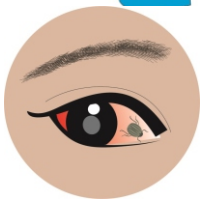
- Do not allow rubbing of the eyes
- Cover patient's eye (refer next page)
- Take him/her to an eye doctor

Most of the eye injuries occur during sports or recreational activities

Penetrating Injury:

Cause can be pencil, compass, tree branch etc.

- Do not allow rubbing of the eyes
- Cover patient's eye (refer next page)
- Take him/her to an eye doctor



Foreign Body:

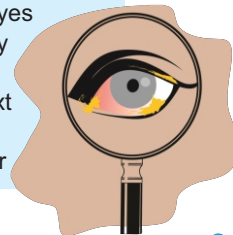
Cause can be sand, dust particles, insect etc.

- Do not allow rubbing of the eyes
- Do not try to remove the foreign body with the hand.
- Wash affected eye with plenty of clean water.
- Cover patient's eye (refer next page)
- Take him/her to an eye doctor.

Burns:

Cause can be chemicals, fire, lime etc.

- Do not allow rubbing of the eyes
- Wash affected eye with plenty of clean water
- Cover patient's eye (refer next page)
- Take him/her to an eye doctor

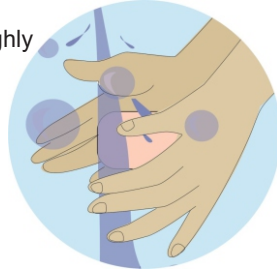


How to make and apply an eye patch?



2. Ask student to look down and close both eyes

1. Wash your hands thoroughly with soap and water



3. Cover the affected eye, using cotton wool or sterile gauze and tape it without pressing

How to avoid and minimize injuries?

Ensure that there are no sharp edges in the classroom

Teach students about handling sharp objects

Do not neglect

In case of any form of injury

Take him/her to an eye doctor immediately

Please share these with the students

Some tips for eye safety & eye health

Do's



✓ Take care while using sharp objects



✓ Wash hands regularly with soap



✓ Sleep for 8 hours



✓ Get an eye check-up every year



✓ Eat food rich in Vitamin A

Don'ts

✗ Watch TV very closely



✗ Touch your eyes frequently



✗ Share towel, handkerchiefs etc



✗ Look at the sun directly with naked eyes



✗ Play dangerous games like guli-danda



✗ Use screen for more than one (1) hour



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FOR INFORMATION & APPOINTMENTS:

📍 Main Karakoram Highway,
Gandhian, Maneshehra, Kpk, Pakistan.

☎ 0997-403333, 403366

📞 0300-5203940

✉ info@mehboobcv.org

🌐 www.mehboobcv.org