



BIOS | BRITISH AND IRISH
ORTHOPTIC SOCIETY

The British and Irish Orthoptic Society

A guide to your child's Orthoptic journey





BIOS | BRITISH AND IRISH
ORTHOPTIC SOCIETY

hcpc health & care
professions
council

What is an Orthoptist?

- Orthoptists are registered Allied Health Professionals regulated by the Health and Care Professions Council (HCPC) in the UK and CORU will be the regulator in the Republic of Ireland.
- You child may see them working in a hospital setting or out in the community.
- They often go into schools to test children around the age of 5.

Why might your child be seeing an Orthoptist?

- Orthoptists are trained specialists in diagnosing and providing non-surgical management of disorders of eye movements and associated vision defects.
- Your child may be seeing them for numerous reasons. For example:
 - If they have strabismus, this is when one eye is misaligned.
 - If they have amblyopia, this is reduced vision in one eye.
 - If they have a condition which affects how their eye move.
 - If they have a condition which affects the eye such as glaucoma or a cataract.

Vision Screening

- In your area your child should be automatically enrolled into a vision screening programme which is led by Orthoptists.
- They should be screened at school when they are aged 4-5 years old.
- If your child is found to have any eye related problems that need a follow-up an appointment will be booked for you and your child to attend the nearest Orthoptic clinic.



When you arrive at the appointment

- You should check in at the reception and take a seat in the waiting room.
- You will be then called in by the Orthoptist who will be performing some tests.
- The Orthoptist you see may be Male or Female.



The Waiting Area

- There are often things to keep your child entertained whilst you wait.
- For example, they can:
 - Play with toys
 - Watch TV
 - Read a book
 - Draw or colour in pictures
 - Play with other children and make new friends



The Waiting Area

- Sometimes the waiting area may get busy.
- If this is the case you may be able to ask for a pager so that you can wait in a quieter area or go a drink whilst you are waiting.
- If your child needs reasonable adjustments, for example, if they have autism, the department will try to accommodate any requests you have.



The Orthoptic Assessment

- At the appointment we will check your child's vision, check their is no strabismus, look at their eye movements and check if both their eyes are working together as a pair.



Eye Drops

- At their appointment we may need to instil some eye drops into your child's eyes.
- They will make your child's pupil big so that we can take a look at the back of their eye.
- They do sting for a couple of seconds and they may make your child's vision slightly blurry, however, this is only temporary.



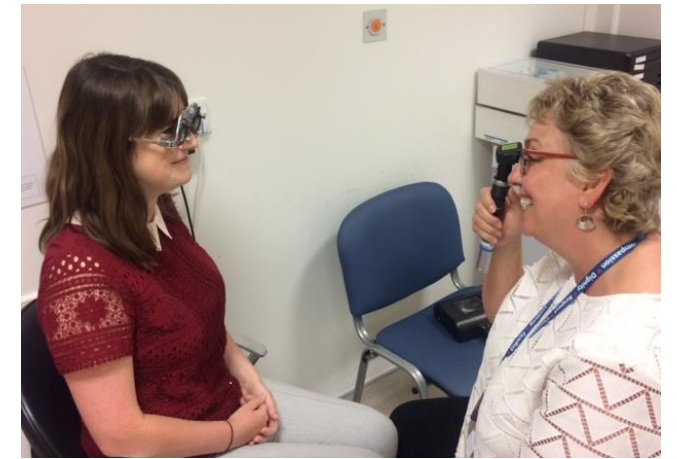
Other Professionals

- Usually your child will just see the Orthoptist, however, your child may also see a Nurse or an Optometrist at their appointment.

- The Nurse may check you child's vision or perform some other tests with them.



- The Optometrist will look into your child's eye with equipment to see if they need glasses.



Other Professionals

- Your child may also see a doctor. The doctor will perform a wide range of tests to help them diagnose any conditions they are suspecting. For example, they may use a lens to look at the back of the eye and use equipment to check the pressure in your child's eye.



Summary

- Treatment – at the end of your appointment the Orthoptist will discuss and agree with you a treatment plan that is best for your child.
- They may arrange a follow-up appointments.
- Changing the appointments – it may be necessary for you to change an appointment because of unforeseen circumstances. If this is the case please telephone the department as far in advance as possible to re-arrange your appointment.
- We hope that this has provided you with some more information about what to expect at your appointment with the Orthoptist.