



**BIOS** | BRITISH AND IRISH  
ORTHOPTIC SOCIETY

# Orthoptic Department – what to expect at your appointment!

## Teenagers Guide

# 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 may see them working in a hospital setting or out in the community.

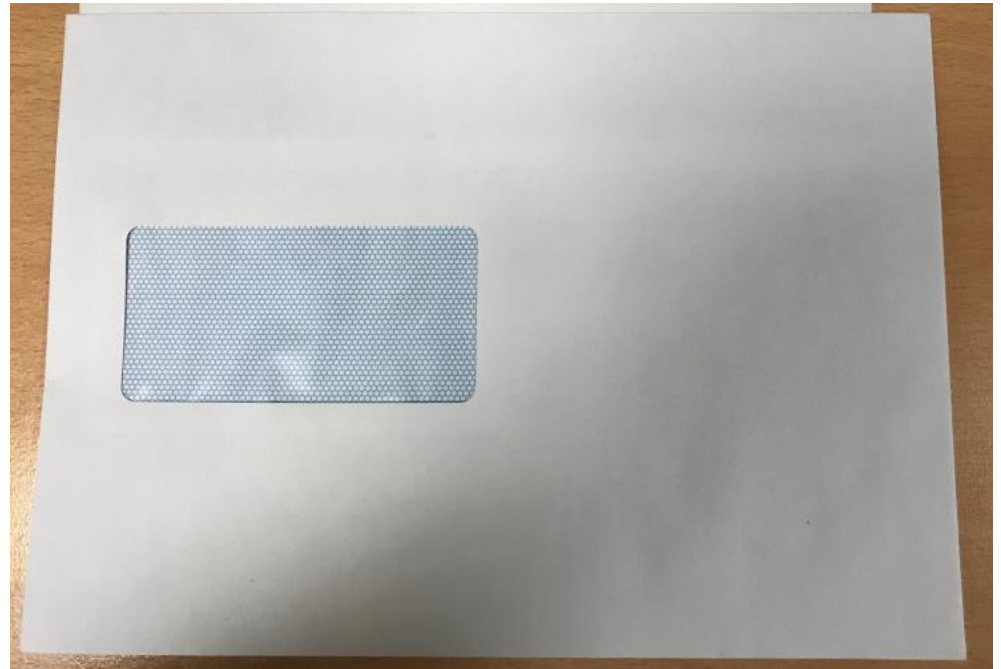


# Why might you see an Orthoptist?

- Orthoptists are trained specialists in diagnosing and providing non-surgical management of disorders of eye movements and associated vision defects.
- Examples of when you might see one:
  - If you have binocular vision problems, this is the inability to use both your eyes together correctly. You may have symptoms such as eye strain, headaches and/or double vision.
  - If you have strabismus, which is when one eye turns away from the normal position.
  - If you have had an injury or have a disease which is affecting the eye muscles or the nerve supplying the muscles resulting in abnormal eye movements.
  - If you have double vision, which may be caused by strabismus or abnormal eye movements.

# Prior to your appointment

- You should receive a letter in the post a couple of weeks before your appointment.
- The letter will contain details of where and when you need to attend your appointment.
- The letter should also inform you of who you will see at this appointment. For example, orthoptist only or orthoptist and doctor appointment.



# When you arrive at your 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 Orthoptist will then perform tests to help them come to a diagnosis



Vision Test – so the Orthoptist is aware of what you can see



Cover Test – so the Orthoptist can identify strabismus or movement of your eye

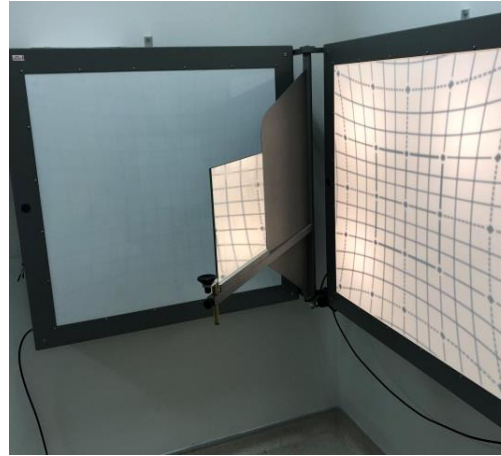


Prism Cover Test – so the Orthoptist can measure strabismus or movement of your eyes

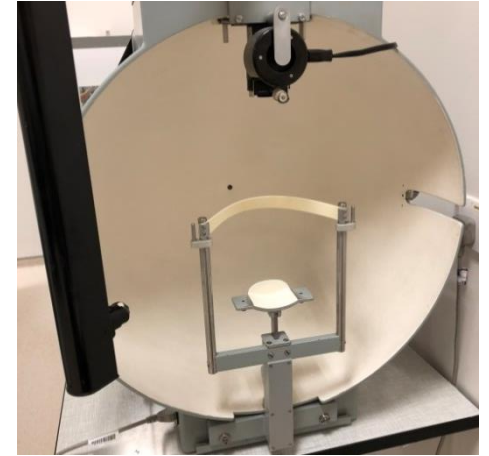
# Orthoptic Tests



Ocular Movements –  
so the Orthoptist can  
look at your eye  
movements



Lees Screen – this  
test helps us record  
your eye movements  
in a diagrammatic and  
easily replicable way



Goldman – we may use  
this test to quantify the  
amount of movement in  
your eyes, plot where  
you get double vision or  
look at your visual field



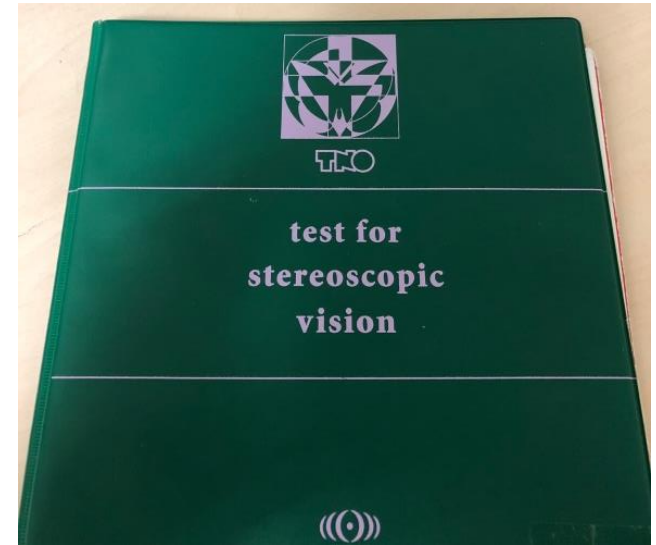
# Orthoptic Tests



RAF Rule – we may use this test to look at how well you can move your eyes inwards (converge) or how well you can focus your eyes (accommodate)



Frisby & TNO tests – we may use one of these two tests to look at how well you use your two eyes together as a pair





# Orthoptic Tests



Synoptophore – we may use this test to look at any movement in your eyes or to look at how well you use your eyes together as a pair (binocular vision)



OKN Drum – we may use this test to look at your fast and slow eye movements

# We may give you..



Orthoptic exercises – to help strengthen your eye muscles & help your eyes work together as a pair



Fresnel Prism – to join any double vision you may be experiencing



Eye patch or tape – if your double vision cannot be joined with a prism

# At your appointment you may also see an Optometrist



They will look into your eyes with special equipment which enables them to see if you need glasses

# You may also see a doctor

- The doctor will also perform tests and discuss any further tests they would like to do to help them diagnose and/or treat you



They may use this piece of equipment to look at your eyes in greater detail



They may look at the back of your eye with a lens to check the health of your eye



They may check your eye pressure

# Summary

- Treatment – at the end of your appointment the Orthoptist will discuss and agree with you a treatment plan that is best for you.
- 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.