VISION SCREENING HANDBOOK

FOR SCHOOL TEACHERS

It starts with vision.
VISION SCREENING HANDBOOK

FOR SCHOOL TEACHERS
Foreword 03

Section I Do you want to conduct vision screening for your students? 05

Section II Have you noticed your students do one or many of these things? 06

Section III Have you come across these signs in any student or has any student complained of any one or more of these problems? 09

Section IV An eye injury in the school? What can you do? 12

Section V How to make and apply an eye patch? 13

Section VI Some tips for eye safety & eye health 14

Screening aids - Attached
India is home to one of the world’s largest population of visually impaired people. An estimated 63 million people are visually impaired, and approximately 8 million of these are blind.

Orbis is an international 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 full potential.

Prevention and treatment of childhood blindness is a top priority for Orbis 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.

Orbis has developed this handbook 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 eye related problems for treatment thus helping them reach their full academic potential.

Dr. Rahul Ali
Country Director, India
Orbis International
These are the steps you should follow:

**Step 1:** Choose a well lit room or any other space like 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 it.

**Step 6:** Make the student indicate the orientation of the arms of the letter E.

**Step 7:** Repeat step 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.*

*Rotate 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
- Once upon a time...
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 headache

Reports burning sensation in the eyes

Eyes tire while reading, writing or using the computer

Worsening academic performance

Refer the child to an eye doctor

Observe
Identify
Refer
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 eye/eyelids

Thick white/yellow discharge from the eyes

Pain in the eye

Itching

Foreign body sensation in the eye
Blurred vision
Double vision
Halo around light
Not being able to see well at night
Refer the child to an eye doctor
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

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

Most of the eye injuries occur during sports or recreational activities.
1. Wash your hands thoroughly with soap and water

2. Ask student to look down and close both eyes

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

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
Some tips for eye safety & eye health

**Do's**

- Wash hand regularly with soap
- Take care while using sharp objects
- Sleep for 8 hours
- Get an eye check up every year
- Eat food rich in Vitamin A

Please share these with the students
Don’ts

- Touch your eyes frequently
- Share towel, handkerchiefs etc
- Look at the sun directly with naked eyes
- Play dangerous games like gulli-danda
- Watch TV very closely