VISION SCREENING HANDBOOK
Foreword

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

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

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

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

Section V  How to make and apply an eye patch?

Section VI  Some tips for eye safety & eye health

Screening aids - Attached
India has 9.3 million children who are visually impaired, and prevalence of childhood blindness is 0.8 per thousand children.

Orbis is an international not-for-profit organization which brings people together to fight avoidable blindness. With our network of partners, we mentor, train, and inspire local teams to fight blindness in their communities to ensure that everyone, everywhere has access to sight.

Prevention and treatment of childhood blindness is a top priority for Orbis. Since, 75% of all visual impairment can be prevented or treated, it means millions of children and adults would be able to see today if they had received timely, good quality eye care - the kind of care many of us take for granted.

Vision and learning are closely related, and school is the first formal space for learning. When children have difficulty in school, many teachers often suspect the child to have a vision problem which often ends up being correct. Hence, it would not be wrong to say that teachers play a crucial and integral role in screening and identifying vision problems among children.

But beyond a teacher, a peer, or any other individual can also help identify vision problems. In this context, the role of the person holding this book is crucial. As a vision screener, you become the first person to identify a child’s (or an individual’s) eye problem and guide them towards receiving the right treatment at the right time. Orbis has developed this manual with an aim to aid teachers during school screening programs, vision ambassadors (peer-to-peer screeners), and any other community volunteers who help in identifying vision problems, eye diseases and disorders among children, among each other and the community at large while also educating them on eye health and safety.

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

Rishi Raj Borah
Country Director
Orbis India
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
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
Worsening academic performance

Reports burning sensation in the eyes

Reports frequent headache

Eyes tire while reading, writing or using the computer

Identify

Refer the child to an eye doctor

Observe

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?

Most of the eye injuries occur during sports or recreational activities.

**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
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
- In case of any form of injury:
  - Do not neglect
  - 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