Decision aid: Eye examination techniques for USPs

# Purpose:

To help teams decide which refraction, dispensing and other eye examination techniques should be shown to USPs during practical training.

USPs should be aware and familiar of all possible techniques that might occur in an optical service visit, so they can:

* Understand there is more than one way to do refraction
* Identify the important refraction techniques that need to be recorded and disregard other tests they may encounter
* Decline techniques for their own safety, but not show themselves as a USP

Review each row. Some standard techniques have already been selected. Adjust as needed and complete any empty boxes.

| Techniques | Will USPs encounter this? \* | What equipment is required? | Can this be demonstrated to USPs? | Should it be demonstrated to USPs? |
| --- | --- | --- | --- | --- |
| History taking | Yes | * None | Yes | Yes |
| Distance visual acuity | Yes | * Occluder * Distance visual acuity chart | Yes  Yes | Yes |
| Near visual acuity | Yes | * Near visual acuity chart | Yes | Yes |
| Focimetry (manual) | Yes | * Manual focimeter | Yes | Yes |
| Focimetry (digital) |  | * Digital focimeter | Yes |  |
| Retinoscopy (trial frame) | Yes | * Retinoscope * Trial frame, lens set * Distance visual acuity chart | Yes  Yes  Yes |  |
| Retinoscopy (phoropter) |  | * Retinoscope * Phoropter * Distance visual acuity chart | Yes  No (image only)  Yes |  |
| Autorefraction | Yes | * Autorefractor | Yes |  |
| Subjective distance refraction (trial frame) | Yes | * Trial frame, lens set * Jackson Cross Cylinder * Distance visual acuity chart |  |  |
| Subjective distance refraction (phoropter) |  | * Phoropter * Distance visual acuity chart |  |  |
| Subjective near refraction (trial frame) | Yes | * Trial frame, lens set * Near visual acuity chart |  |  |
| Measuring pupil distance (manual 1) | Yes | * Ruler * Pen torch (optional) | Yes | Yes |
| Measuring pupil distance (manual 2) | Yes | * Frame with lenses (either plastic inserts/prescription lenses) * Marking pen | Yes |  |
| Measuring pupil distance (digital) |  | * Pupillometer |  |  |
| Apply any eyedrops (e.g. dilation/cycloplegia, tear supplements, fluorescein) |  | * Drop (bottles, minims, strips?) |  |  |
| Slit lamp examination |  | * Slit lamp biomicroscope |  |  |
| Non-contact tonometry (NCT) |  | * Autorefractor combined with NCT |  |  |
| Applanation tonometry (Goldmann) |  | * Slit lamp biomicroscope with Goldmann attachment |  |  |
| Applanation tonometry (Perkins) |  | * Perkins tonometer |  |  |
| Direct ophthalmoscopy |  | * Direct ophthalmoscope |  |  |
| Indirect ophthalmoscopy |  | * Slit lamp biomicroscope or * Binocular indirect ophthalmoscope * Condensing lenses |  |  |
| Pupil reactions |  | * Pen torch |  |  |
| Binocular vision examinations (please specify) |  |  |  |  |
| Retinal photography |  | * Retinal camera |  |  |
| *Add additional techniques* |  |  |  |  |
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* *\*Consider even if it is 1 store across a whole district*