Vision Screening Program
Cobb County School District
Vision Screening Program

CONTACTS:

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What to do first?

DISCARD ANY OLD SCREENING MANUALS AND USE ONLY THE CURRENT YEAR’S MANUAL.
Common Vision Terminology

- **20/20**
  - The person can see clearly at 20 ft what should normally be seen at 20 ft.
  - This is *Average* Vision – NOT Perfect Vision

- **20/100**
  - The person would have to be at 20 ft to see clearly what should normally be seen at 100 ft.

- **20/15**
  - Better than 20/20!
  - The person can see clearly at 20 ft what should normally be seen at 15 ft.
Common Vision Problems

Near Sightedness/Myopia
- Objects **up close** are **clear**
- Objects far away are blurry

Far Sightedness/Hyperopia
- Objects up close are blurry
- Objects **far away** are **clear**
Common Vision Problems

Astigmatism
- All objects near and far are distorted

Presbyopia
- The eye can no longer focus up close
Common Vision Problems

- **Amblyopia or Lazy Eye**
  - Vision in one eye is weaker than other. The brain suppresses the weaker eye and uses the good eye
  - Usually develops before age 6
  - 6/7 critical age
  - Patching is often used to address

- **Strabismus or Crossed Eyes**
  - One or both eyes turn in, out, up or down due to weak muscle control
  - Can develop as late as age 6
Digital Eye Strain
Digital devices are putting stress on the visual system

- Back-lit LED screens
- Smart phones /Tablets

40% of 3rd-12th graders own a tablet
40% of college students use tablets as their main computer
35% of US population own tablet and 60% own a smartphone

Causes children to constantly converge and diverge eyes while trying to focus on the screen--leads to staring --->decreased blink rate

Children are using technology at a younger age, and small children hold things closer to their eyes
Digital Eye Strain - con’t

Symptoms of Digital Eye Strain
- fluctuating vision, decreased concentration
- dry eyes
- red eyes
- burning eyes, fatigue
**Eyes get locked into over-focusing.

Child may be wearing wrong prescription (ie: technology use may lead to false near-sightedness)
- exam often done after child playing on tablet/phone in waiting room

The 20-20-20 rule to prevent eye strain:
After every 20 minutes of computer/tablet use, a person should take a visual break for at least 20 seconds and look at objects that are at least 20 feet away.
High Energy Blue Light

- Found in LED bulbs and also emitted from tablets
- Different wavelengths of visible light focus on different parts of retina
- Blue light stresses the focusing system

Melatonin tells brain that we need to sleep

- Blue light suppress Melatonin -> decreased sleep -> disrupted circadian rhythms -> obesity, fluctuating moods - hormonal changes -> decreased learning

Recommend to stop using tablets 1-2 hours before bedtime.
The purpose of the program is to detect students who may have a vision disorder, in order to refer them for further care.

- It is estimated up to 25% of school age children have undetected, treatable vision problems that can interfere with learning.

- 80% of what a child learns is visual.

- Children can be unaware that they have a vision problem – they may think everyone sees the same way they do.

- A child with an undetected or untreated vision problem is more likely to develop social or emotional problems.
  - Thus, a child's vision problems can affect not only their own learning, but that of their peers.
Vision Screening Program

- **NOT a substitute** for routine vision care.
- **NOT** a diagnostic procedure; does not determine whether treatment/glasses will be needed.
- Children should see an Optometrist/Ophthalmologist before KG
- **Annual eye exams are recommended** for kids with glasses and/or contacts.
- Children who do not wear corrective eye wear should have an eye exam at least every other year.
Vision Screening Program

- Who do we screen (for the MASS screening)?
  - Grades 1, 4, 7, & 10
  - Students newly enrolled (unless they provide a 3300 form that documents vision screening has already occurred.)
Screening Authorizations

- Parent permission is **NOT required** for students:
  - Grades 1, 4, 7, & 10

- If you feel any other student needs a **screening** – form **V3** needs to be signed by parent or, in the case of a Special Education referral, the Special Education 2102 form may be used.
Vision Screening Program

- All new students need a completed Certificate of Ear, Eye, and Dental Examination (Form 3300) on file

- Completing a 3300 form is NOT part of mass screening program – Parents should provide this (from the doctor or health department)

- Remember – this is for NEW STUDENTS – only ONE Form 3300 is required to be on file.
## ABC’s of Detection

### Appearance Signs:
- Eyes crossed
- Droopy lids or Swollen lids
- Unequal pupils
- Eyes in constant motion

### Behavior Signs:
- Rigid body while viewing distant objects
- Leaning forward toward the eye chart
- Tilting head
- Rubbing eyes
- Excessive blinking
- Squinting

### Complaint Signs:
- Eyes burn / itch
- Seeing double
- Unusual light sensitivity
- Headaches
- Letters jump together

Use common sense if any of these signs are present. You may refer based on the ABC’s alone; but if possible, go ahead and proceed with the screening. You are likely to confirm, and possibly strengthen, a referral for follow up care.
NOTE:

If a child has red, watery, or encrusted eye(s):

- **DO NOT SCREEN the child.** Send home the V1 letter, and mark the child as “fail” for the vision screening (and document the reason.)

- The child needs medical attention.
Screening Procedures

- If a child wears glasses, perform the screening with the glasses on.

- If child *fails* WITH glasses, the glasses may be for reading (near vision) – try screening again without glasses.

- Screening Challenges
  - Shy or Frightened
  - Learning disability
  - First Language not English
  - Hearing Loss
  - Malingering/Stalling
HOTV Testing – 10 foot chart (Preferred Chart)

- If you need to purchase more charts for your school:
  HOTV charts available at https://www.schoolhealth.com/vision-hearing/eye-charts-cards/hotv or www.macgill.com or www.preventblindness.org

*Schools are responsible for purchasing the cart not the county*
Preparation for Screening*

- GATHER SCREENING SUPPLIES:
  - Eye chart(s)
  - Documentation forms
  - Pens
  - Pointer
  - Clipboard
  - Tissues
  - Screening Instructions/Manual
  - Measuring Tape
  - Masking Tape
  - Occluders
  - Trash can

* If not using the Lions Club
Preparing the Environment

- Schedule visual screenings early in the school year to maximize learning potential (NO LATER THAN WINTER HOLIDAYS)
- Select a comfortable environment with adequate lighting to minimize distraction
- Check each wall chart for proper screening distance. Students’ HEELS should be 10 feet from the chart. Mark spot for students to stand with masking tape or “happy feet” (cut out feet from construction paper/laminate/tape to floor).
- Place chart at eye level from floor (eye level depends on the age/height of the students being screened) on an uncluttered, non-patterned wall.
- Normal lighting (without glare/shadows) is needed.
- Be aware of potential letter memorization (Allow only one student in the screening area at a time)
Preparation for Screening *

* If not using the Lions Club

- Use index cards as occluders (not hands)
- Cut a curved edge on index cards, so as not to poke students in the eye!
  - Make sure both eyes are open to prevent squinting
- Minimize cross-contamination (use a fresh index card for each student, then discard the card.)
HOTV Testing (If not using the Lions Club)

- Confirm student’s age/grade level, to determine particular chart and which criteria/line to use

- **Use 20/40 line** – K & 1st Grade

- **Use 20/30 line** – 2\(^{nd}\) thru 12\(^{th}\) Grades
The adult points to each letter in the row.
Child then points to matching stimulus card (or simply says the name of the letter)
  ◦ Be careful not to block the student’s view of the letter as you point
  ◦ It’s best to vary the order in which you point to the letters (ie: not always in order from left to right..)

Student must identify **3 out of 5** letters on the line to pass
Start with the right eye

Left eye and Right eye must both pass.
HOTV Testing, continued... (If not using the Lions Club)

- If student fails the screening, retest within 2 weeks
- If the student fails again, send letter V1
- If no response in 30 days from parents, send letter V2

**ALL TESTING IS CONFIDENTIAL**
Lions Club SPOT Vision Screener

- All Elementary Schools will be tested by volunteers from the Lions Club.
- School must still have someone trained on the HOTV charts and present at the screening for those children who are not able to be tested by the SPOT.
- School must have a couple staff members to organize the students flow during the Lion’s screening. They have a limited time at each school.
Lions Club SPOT Vision Screener

Lions Club will contact each elementary school. If you are not contacted, please email 

Bobbie.Ealy@CobbK12.org for more information.
Screening Procedures

- If student initially fails the screening, retest within 2 weeks (unless tested using the SPOT Vision Screener)

- Fails a 2\textsuperscript{nd} time with HOTV, parents notified with letter V-1
  - Parents can:
    - Take child for eye exam w/doctor of their choice
    - Take child for \textbf{professional re-screening} with Dr. Horak

\textit{PARENTS ARE RESPONSIBLE FOR COSTS OF FULL EYE EXAM, TREATMENTS, GLASSES, ETC.}
V-2 Form (available in your Vision Screening Manual)

Used to notify parents if child has failed school vision screening two times
V-3 Form
(available in your Vision Screening Manual)

Used to contact parents if no reply received after 30 days of sending V-1 Form
Screening Procedures / Special Circumstances

- General Education Students
  - Use standard screening/authorization procedures

- Special Education Students
  - If student has adequate comprehension but is unable to pass – follow standard screening procedures
  - If student does not comprehend the tasks of the screening process – try using LEA chart. Please contact Dr. Ealy if you need a LEA chart. (Bobbie.Ealy@cobbk12.org) If still no results do not retest → send V1 and a blank copy of Georgia Eye Report to parents

- Students with Vision Impairments:
  - DO NOT SCREEN STUDENTS ALREADY IDENTIFIED / SERVED by VI PROGRAM
    - Their vision needs are already documented
    - Vision cannot be corrected better than 20/70
Eye Exam Resources

- Cobb County School System does not pay for eye examinations..... (though we do provide professional re-screenings for students who fail their school screening – at no charge to families.)

Resources that can help families with costs:
(Talk with your school’s social worker to help access these resources.)
- Medicaid
- PeachCare
- Sight for Students (VSP Vouchers)
- Lions Club
THANK YOU SO MUCH for being part of the Vision Screening Program!