

Vision Basics

Definitions of Vision Testing

Vision Screening Test - used to make general categorizations of examinees (i.e. students). Vision screenings typically test only for distance vision. Vision screenings are performed by school nurses. In many instances volunteers also perform vision screening tests. Equipment called "vision screeners" may be used for the testing and run by the volunteers and/or school personnel. Vision screening tests are a valuable component to vision care but should not be thought of as a comprehensive vision examination.

Vision Assessment - a systematic method of obtaining evidence from a series of defined tests that is used to draw inferences about the health and function of the visual system. "See To Learn" is an example of a vision assessment available free of charge from a "See To Learn" provider for every three year old in the state of Nebraska. Vision assessments are valuable to determine a child's possible problems with visual health and function but vision assessments do not replace comprehensive vision examination.

School Vision Evaluation - all students new to Nebraska schools are required by law to receive a vision evaluation. This evaluation consists of requirements to examine specific components of a student's visual system: Amblyopia (lazy eye), strabismus (misalignment of the eyes), internal and external health of the eye, and visual acuity. The vision evaluation must be performed by an optometrist (OD), physician (MD), a physician assistant (PA), or an advanced practice registered nurse (APRN).

The school required vision evaluation is important to insure that all students entering Nebraska schools for the first time are prepared to learn. However, the testing and observation components are not complete enough to be considered a comprehensive vision evaluation.

Comprehensive Vision Examination - a series of tests and observations that measure the health and function of an individual's visual system. A comprehensive vision evaluation can only be performed by law within the scope of practice by an optometrist (OD) or ophthalmologist (MD).

Recommended Eye Exam Schedule

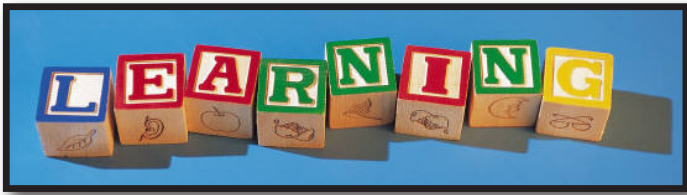
by the American Optometric Association

PATIENT AGE	RISK FREE	AT RISK ⁺	NEBRASKA PROGRAMS
Birth to 24 months	At 6 months of age	By 6 months of age or as recommended	InfantSEE* <i>*Participating optometrists provide a one-time, free eye assessment for all babies six to 12 months of age. Go to www.infantsee.org to find a provider.</i>
2 to 5 years	At 3 years of age	At 3 years of age or as recommended	See To Learn** <i>*A free vision assessment for any 3-year-old by a participating optometrist. Call 800-960-EYES for one near you.</i>
6 to 18 years	Before first grade and every two years thereafter	Annually or as recommended	School Vision Evaluation*** <i>Required by law for any child entering school in the Nebraska for the first time.</i>



Nebraska Foundation
for Children's Vision

⁺Children considered at risk for the development of eye and vision problems may need additional testing or more frequent re-evaluation. A doctor of optometry can discuss potential risk factors with you.



Vision Basics

Vision Glossary

Amblyopia, also known as "lazy eye," is loss or lack of development of clear vision in just one eye. The cause is the lack of use of that eye in early childhood.

Astigmatism is a vision condition that causes blurred vision due either to the irregular shape of the cornea, the clear front cover of the eye, or sometimes the curvature of the lens inside the eye.

Color Deficiency is the inability to distinguish certain shades of colors or, in more severe cases, see colors at all. Color deficiencies are almost always hereditary and affect one in 12 boys, but only one in 200 girls.

Conjunctivitis (or pink eye) is an inflammation of the conjunctiva, the thin, transparent layer that lines the inner eyelid and covers the white part of the eye. The three main types of conjunctivitis are infectious, allergic and chemical. The infectious type, commonly called "pink eye" is caused by a contagious virus or bacteria.

Convergence Insufficiency is an eye coordination problem in which the eyes have a tendency to drift outward when reading or doing close work.

Hyperopia is often called farsightedness. This vision condition occurs when distant objects are usually seen clearly, but close objects do not come into proper focus.

Myopia or nearsightedness is when the images of distant objects appear blurred. The eyeball is too long for the normal focusing power of the eye.

Strabismus is a condition in which both eyes do not look at the same place at the same time. It is sometimes referred to as crossed eyes. Poor eye muscle control usually causes crossed-eyes.

Visual Acuity - 20/20 vision is a term used to express normal visual acuity (the clarity or sharpness of vision) measured at a distance of 20 feet. If you have 20/20 vision, you can see clearly at 20 feet what should normally be seen at that distance. If you have 20/100 vision, it means that you must be as close as 20 feet to see what a person with normal vision can see at 100 feet.

Vision Therapy, also referred to as visual training, vision training, or orthoptics, is a treatment regimen to correct or improve specific dysfunctions of the vision system identified by standardized diagnostic criteria. It includes, but is not limited to, the treatment of strabismus and other binocular vision or convergence dysfunctions, amblyopia, accommodation, ocular motor function and visual-perceptual-motor abilities.

Find an Optometrist

To find an optometrist in Nebraska, go to the Nebraska Optometric Association's Find an Optometrist page at nebraska.aoa.org/x5428.xml.

To find a pediatric optometrist certified by the College of Optometrists in Vision Development, go to www.covd.org. From their home page, you will find a link to locate a doctor near you. "Fellows" are fully board-certified, having completed the credentialing process and having passed their national boards. "Associates" are doctors who are in the process of becoming credentialed.

To find a See To Learn Provider, go to www.nechildrensvision.org/SeeToLearnProviders.htm or call 800-960-EYES.

To find an InfantSEE Provider, go to www.infantsee.org.



Nebraska Foundation
for Children's Vision

For More on Children's Vision
Visit www.nechildrensvision.org