

The following is information you might find helpful prior to attending the Orthoptic Clinic.

## Who will be there?

A Registered Orthoptist who is professionally qualified to assess, diagnose and treat eye/vision problems such as squint, lazy eye, reduced vision, double vision and related eye problems.

## What will happen?

The Orthoptist will ask questions about your child's birth history, health, medication if any, development and history of eye problems in the family.

## The orthoptist will decide if there is a problem by:

- Assessing how well your child can see - if your child has glasses, bring these with you.
- Testing your child's eyes to see if there is a squint/strabismus.
- Examining your child's eye movements.
- Assessing your child's binocular vision ie how well your child uses the two eyes together. This allows us to see in three dimensions (3D).

## How will the orthoptist do this?

You can assure your child that the test is completely painless. Tests are selected according to the child's age and ability. Your child does not have to be able to read letters. We can use:

- Pictures, small toys, matching letters.
- Special tests for young babies/infants.

## Then what?

The orthoptist will discuss:

- The results of the tests, and answer any questions you may have.
- The future treatment of any eye/vision problems.
- If your child's eyes need to be regularly checked.
- Arranging a further appointment.
- Your role in further treatment.

## How long will the tests take?

The appointment will last for approximately 15 minutes.

## Why attend?

Vision develops from birth until 7 or 8 years of age. If a squint or vision problem occurs during these early years, a reduction or permanent loss in vision may result. In adulthood it may affect the choice of career, driving ability, leisure activities, etc.

It is important to have your child's eyes tested from an early age even though there may be nothing immediately obvious to suggest difficulty in seeing.

Early detection of eye problems is essential if treatment is to be successful.

**Remember - if you have a Personal Child Health Record, bring this with you to the appointment.**



## If you can't attend

If you cannot keep your appointment or overlook it, please contact the telephone number on your appointment letter as soon as possible. You will be offered another appointment and we can offer your appointment to someone else.

**NB** If you fail to attend, without any message being received, no further appointment will be sent and your GP and Health Visitor will be notified.

## Other orthoptic clinics

The Northern Health and Social Care Trust provides Orthoptic Clinics at the following locations:

Causeway Hospital  
Ballycastle Health Centre  
Ballymoney Health Centre  
Bushmills Clinic  
Antrim Area Hospital  
Braid Valley Hospital site  
Mid Ulster Hospital  
Whiteabbey Hospital  
Moyle Hospital  
Glengormley Health Centre  
Carrickfergus Health Centre  
Cookstown Community Care Centre

email: [info@northerntrust.hscni.net](mailto:info@northerntrust.hscni.net)

**This document is available, on request, in accessible formats, including Braille, CD, audio cassette and minority languages.**



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and Social Care Trust

**Your child's first orthoptic  
appointment**

