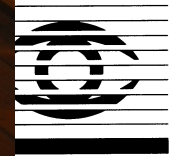


# Tour of an Optometry Practice





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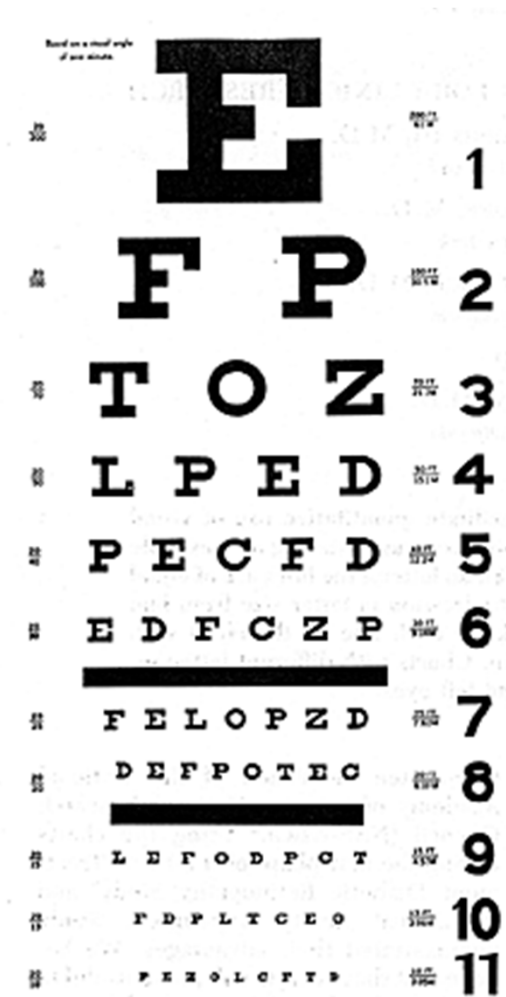
# Optometry practices can be in various locations

- Shopping centres
- Medical centres
- Individual buildings
- People's homes  
(domicillary)



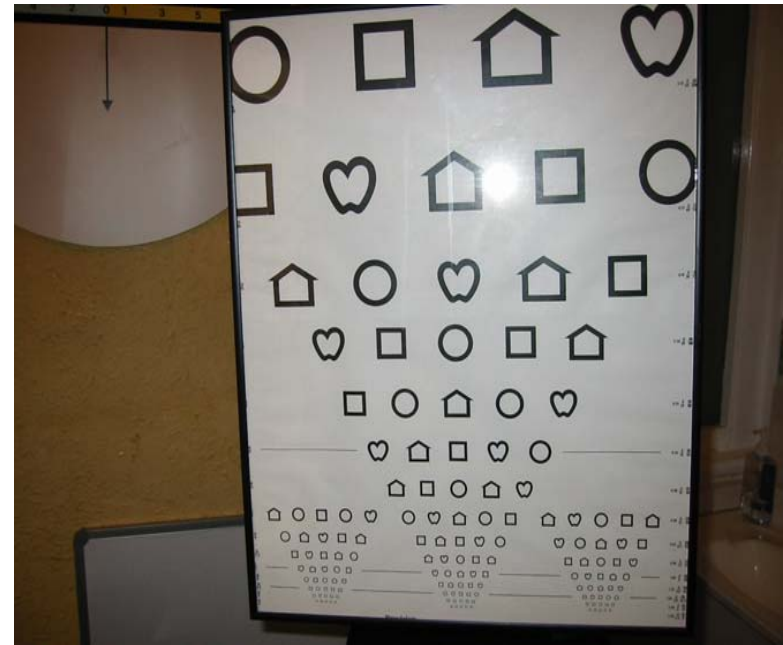
# Eye charts

- Used to measure level of vision
- Often reflected in a mirror so letters will seem as though they are 6m away
- Patient reads down chart until letters are too small to read



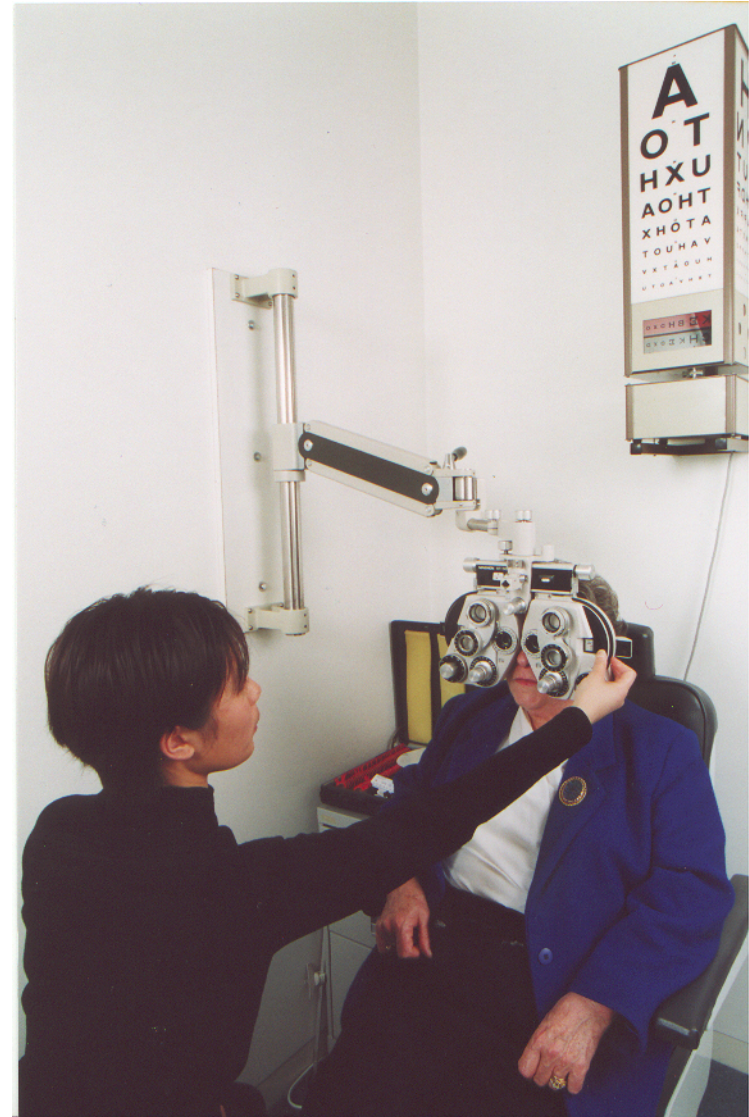
# Other kinds of eye charts

- Children's chart
  - usually with pictures
  - often has a matching card to point to
- E chart
  - useful with illiteracy
  - E's face up, down, right or left
- Low vision chart



# Phoropter

- Used for refraction (determining the strength of glasses required)
- Contains many lenses
- Patient looks through the lenses at the chart



# Ophthalmoscope

- Used to view the retina (looking through the pupil)
- Optometrist often has to stand quite close
- Sometimes drops are required to see retina clearly
- Two types – direct and indirect



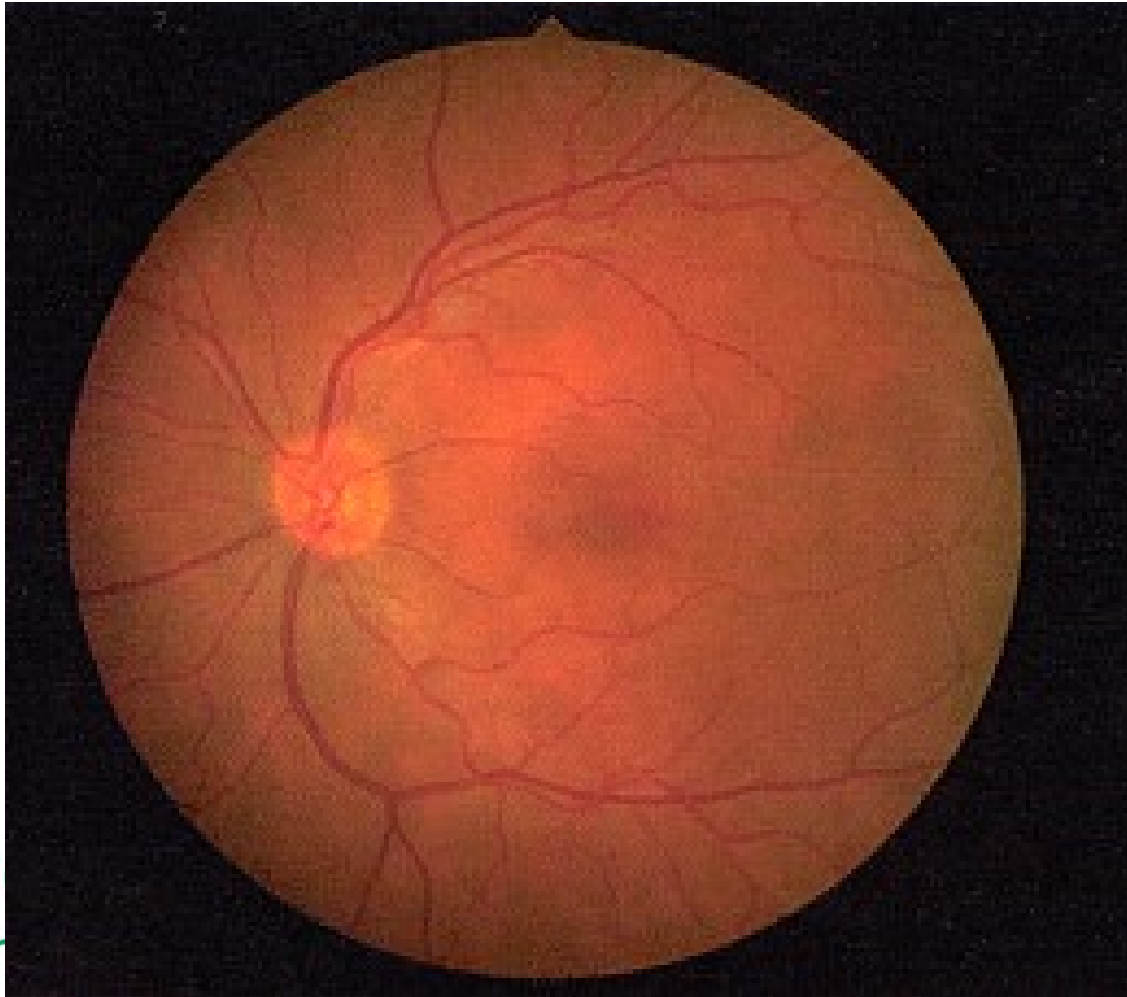
# Direct ophthalmoscopy



# Indirect ophthalmoscopy



# View with ophthalmoscope



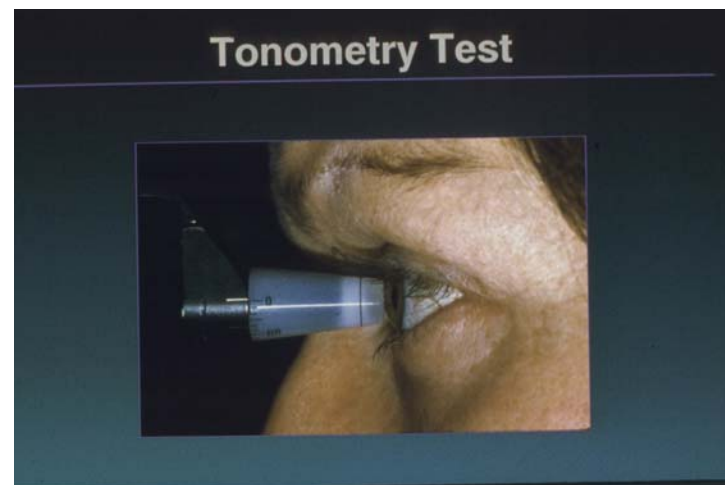
# Slit lamp

- Used to view the anterior eye
- Bright light and strong magnification
- Patient sits with chin in rest looking straight ahead
- Essential for examining contact lenses



# Tonometer

- Used to check pressures inside the eyeball
- Some types require use of anaesthetic and orange dye
- Other types use a puff of air
- Helps check for glaucoma



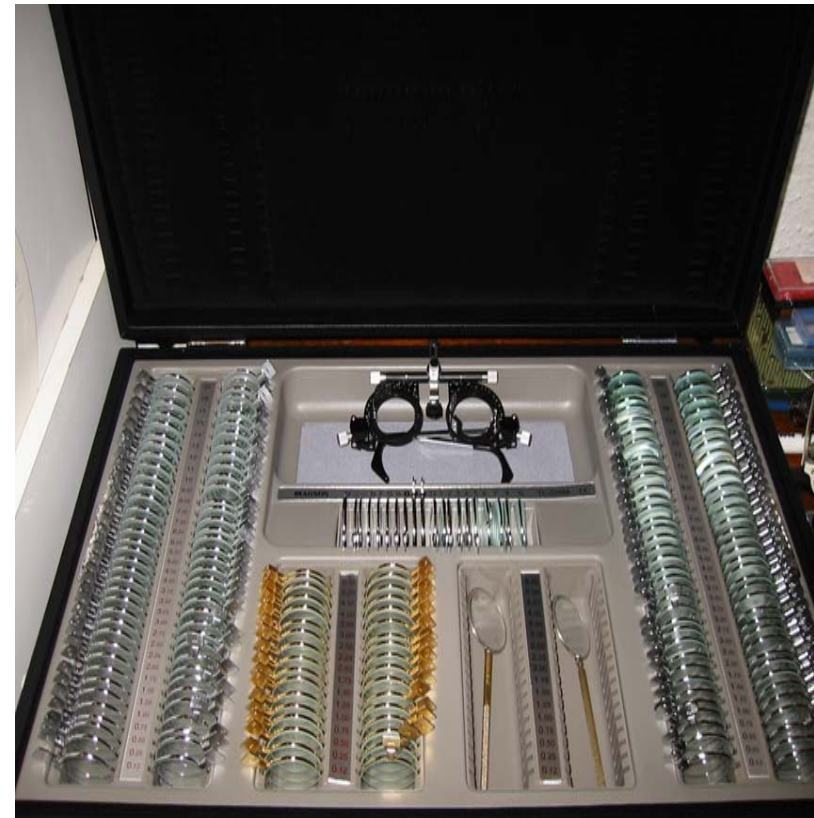
# Vertometer

- Measures curvature of spectacle lenses
- Determines strength of glasses



# Trial case and trial frame

- Contains lenses in every strength (-20 to +20)
- Lenses can be inserted in frame
- Trial frame can be adjusted to fit most faces
- Sometimes used instead of phoropter



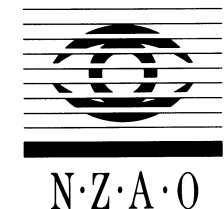
# Contact lenses

- Optometrists will have a supply of trial contact lenses
- These are used to determine the best fitting lens for you
- These lenses are disinfected after use or thrown away immediately if disposable



# When your eye test is finished and if you need glasses

- Most optometrists will have a supply of frames for you to choose from
- The lenses you need will be cut out into the shape of your new frame
- This is sometimes done on the premises and sometimes done at a lab



# Frame selection



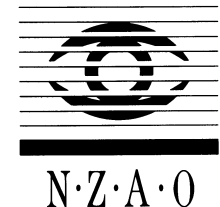
# Optometrists

- Detect and diagnose problems with eye health
- Prescribe glasses or contact lenses, if required
- Diagnose and treat problems with focusing



# Optometrists

- Are university educated and regularly undertake continuing professional education
- No referral is required



# To find an optometrist

- Yellow pages
- NZ Association of Optometrists

[www.nzao.co.nz](http://www.nzao.co.nz)

0800 439 322 (0800 4 EYECARE)

