



PROFESSIONAL BOARD FOR OPTOMETRY AND DISPENSING OPTICIANS

THE BASIC EYE EXAM

The HPCSA mandate: To protect the public and guide the professions

The general eye exam an Optometrist conducts should comprise the following:

1. **CASE HISTORY** – an in-depth case history is taken to elicit the patients chief complaint. Questions relating to general and ocular health history, relevant family history, medication allergies and visual needs are asked. At the end of the case history, the optometrist should have a preliminary diagnosis.
2. **CLINICAL EXAMINATION**
 - Taking Visual Acuities at distance and near (aided and unaided)
 - Visual Skills Investigation – saccades, pursuits, NPC, accommodative skills, pupillary evaluation
 - External Ocular Health Examination – Slit lamp examination of external ocular structures
 - Visual Fields Screening
 - Objective Refraction
 - Subjective Refraction
 - Binocular Vision Evaluation
 - Internal Ocular Health Examination
 - IOP
 - Dispensing of optical appliance, if required
3. **PATIENT EDUCATION** – patients should be adequately informed as to the current visual status, use of optical appliance and relevant health. Advice should be provided on relevant health promotion issues.
 - Appropriate referral if necessary

NOTE: These clinical diagnostic procedures are the **MINIMUM REQUIREMENTS** of a basic eye examination. Additional Investigative techniques would be expected should the case require these e.g. taking of blood pressures, dilated fundus examination for diabetic patients or colour vision investigation for a truck driver etc.

MINIMUM OPTICAL DISPENSING REQUIRMENTS

1. Case History (either as part of the optometric exam or a separate case history if the patient has not had an eye exam).
2. Performance of ocular measurements for the purpose of lens centration (vertical, horizontal, binocular & monocular).
3. Performance of facial/head measurements for the purposes of correct frame selection and fitting.
4. Assessment of vertex distance and pantoscopic angle fitting.
5. Analysis of the prescription for the most appropriate lens and frame selection.
6. Analysis of the patients lifestyle in terms of vocation, occupation, working distance, environment and safety factors for the purposes of prescribing the optimum lens/frame.



Deputy Company Secretariat: PBODO