

# Vision Report Card

## Section I: To be filled out by Patient/Parent/Guardian

### Risk Factors for Vision Problems:

- |  |  |  |
|--|--|--|
| <input type="radio"/> Premature Birth            | <input type="radio"/> Chronic ear infections   | <input type="radio"/> Head Trauma                |
| <input type="radio"/> Problems during pregnancy  | <input type="radio"/> Chronic stomach problems | <input type="radio"/> Whiplash                   |
| <input type="radio"/> Problems during birth      | <input type="radio"/> Autism                   | <input type="radio"/> Fevers/Seizures            |
| <input type="radio"/> Problems with milestones   | <input type="radio"/> ADD/ADHD                 | <input type="radio"/> Sensory Integration Issues |
| <input type="radio"/> Reduced movement as a baby | <input type="radio"/> Dyslexia                 | <input type="radio"/> Learning Disability        |

### Symptoms Common with Vision Problems:

- |  |  |   |
|--|--|---|
| <input type="radio"/> Eyestrain                  | <input type="radio"/> Words move on page       | <input type="radio"/> Poor reading memory               |
| <input type="radio"/> Fatigue                    | <input type="radio"/> Words double             | <input type="radio"/> Poor comprehension                |
| <input type="radio"/> Headaches                  | <input type="radio"/> Words blur               | <input type="radio"/> Skip, repeat words                |
| <input type="radio"/> Dizziness/carsickness      | <input type="radio"/> Reverses "b's" and "d's" | <input type="radio"/> Skip, repeat lines                |
| <input type="radio"/> Writing uphill or downhill | <input type="radio"/> Clumsiness               | <input type="radio"/> Short attention span with reading |

## Section II: For Eye Care Professional use only

### Visual Acuity:

- |                     |                 |  |
|---------------------|-----------------|--|
| Distance Right Eye: | Near Right Eye: | <input type="radio"/> Adequate acuity both eyes          |
| Left Eye:           | Left Eye:       | <input type="radio"/> <i>Inadequate acuity both eyes</i> |
| Both Eyes:          | Both Eyes:      |  |

### Ocular Posture:

- |                    |                    |   |
|--------------------|--------------------|---|
| Near Upgaze:       | Distance Upgaze:   | <input type="radio"/> Ortho (on target) to 4PD for Near |
| Near Primary Gaze: | Distance Primary:  | <input type="radio"/> <i>Not Ortho to 4PD for Near</i>  |
| Near Downgaze:     | Distance Downgaze: | <input type="radio"/> Ortho for Distance                |
|                    |                    | <input type="radio"/> <i>Not Ortho for Distance</i>     |

### Convergence Ability (must be tested at least 3 times):

- Able to converge within 6cm       *Not able to converge within 6cm*

### Eye Tracking (Pursuits):

- |   |   |
|---|---|
| <input type="radio"/> Smooth                  | <input type="radio"/> <i>Jumpy</i>                                  |
| <input type="radio"/> Accurate (on target)    | <input type="radio"/> <i>Inaccurate (off target during testing)</i> |
| <input type="radio"/> Equal between both eyes | <input type="radio"/> <i>Eyes on "different tracks"</i>             |

### Eye Jumping (Saccades):

- |   |  |
|---|--|
| <input type="radio"/> On Target           | <input type="radio"/> <i>Over or Undershooting</i>         |
| <input type="radio"/> Quick               | <input type="radio"/> <i>Lag noted</i>                     |
| <input type="radio"/> Able to jump on cue | <input type="radio"/> <i>False starts/jumps before cue</i> |

### Stereopsis:

- |   |   |
|---|---|
| <input type="radio"/> Sees global randot stereo | <input type="radio"/> <i>Unable to see global randot stereo</i> |
| <input type="radio"/> Local Stereoacuity <40"   | <input type="radio"/> <i>Local Stereoacuity &gt;40"</i>         |

### Accommodation (Focus) using 20/20 to 20/30 target:

- |                              |   |  |
|------------------------------|---|--|
| Near point of accommodation: | <input type="radio"/> Within 20cm             | <input type="radio"/> <i>Past 20cm</i>     |
| Accommodative facility:      | <input type="radio"/> $\geq 11$ cycles/minute | <input type="radio"/> $< 11$ cycles/minute |

### Ocular health:

- Healthy       *Ocular condition found:*

# Vision Report Card Reference Sheet

Refer back to the first page, section II: If any italicized answers are checked, consider a referral to a professional with advanced training in this area of practice.

Find a doctor at the following: [www.covd.org](http://www.covd.org)  
[www.oepf.org](http://www.oepf.org)  
[www.noravisionrehab.com](http://www.noravisionrehab.com)

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## Clinical Practice Guidelines Taken from **American Optometric Association** and **College of Optometrists in Vision Development**

- 1) **Acuity-Distance:** Ability to see sharpness of objects at 20 feet distance. This is important in basic visual function and learning because approximately 80% of all new information is learned visually. Problems with visual acuity can lead to misinterpreting words on the board, instructions from the teacher, problems seeing the ball in sports, etc.
- 2) **Acuity-Near:** Ability to see sharpness of objects at a short distance. This is especially important in reading and computer use (anything within arm's reach). Problems can cause fluctuating vision, visual strain, headaches, and fatigue.
- 3) **Ocular posture:** A person's ability to aim their eyes on a target. If the aim is off target, a person must re-adjust repeatedly to maintain fixation. Problems with ocular posture can cause blur, double vision, and/or confusion, especially with reading.
- 4) **Convergence ability:** The eyes' ability to turn towards each other, or sustain coordinated movement so that the image of a single point is formed. This is extremely important because a person must have this skill to be able to read, work on the computer and use their phone or other work within arm's reach for long periods of time.
- 5) **Eye Tracking (Pursuits):** The eyes' ability to aim and accurately follow an object (pursuits). This is important in following someone's movements during conversations, tracking the ball during sports, etc. Problems here can cause confusion because some information will be missed.
- 6) **Eye Jumping (Saccades):** The ability to quickly change gaze from one target to another, important for reading fluently, copying from the board, etc. Problems can cause someone to lose their place while reading, read the wrong words, reverse letters and words, reduced comprehension, headaches, strain, and fatigue.
- 7) **Stereopsis:** The perception of depth, the ability to interpret the images from each eye and correctly combine into one. This is important in locating objects in space, which is helpful in activities such as parking a car, catching a ball, etc. Problems in this area can appear as clumsiness, inattention, and laziness (when movement is avoided to not appear clumsy).
- 8) **Accommodation:** The ability to change and hold focus in the desired location. This is important for comprehension when reading at arm's length and copying from the board. Problems with focusing can be seen as headaches, strain, fatigue and fluctuating clarity.
- 9) **Ocular Health:** Good eye structure and disease-free. Problems can lead to complications with visual skills.