

**OPHTHALMOLOGIC EXAM
Checklist**

	Need to Practice	Feel Comfortable
Visual Acuity		
1. Has patient wear glasses/contact lenses, if applicable.		
2. Positions patient 20 ft. from eye chart.		
3. Instructs patient to cover one eye with card or palm of hand.		
(Alternatively, to check visual acuity):		
4. Has patient read print on eye chart (or other standard device at 14 inches).		
5. Records visual acuity as a fraction.		
6. Repeats steps 3-5 with other eye.		
Visual Fields by Confrontation Method		
7. Positions self directly in front of patient so face is level with that of patient, approximately two (2) feet away.		
8. Instructs patient to cover one eye with card or palm of hand and look at examiner's eye directly opposite the patient's uncovered eye. Examiner closes his/her other eye.		
9. Places hand equidistant between self and patient.		
10. Sequentially displays one or two fingers in one quadrant of the visual field and asks patient to identify how many fingers are displayed.		

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11. Repeats steps 9-10 in all four quadrants (nasal superior, nasal inferior, temporal superior, temporal inferior).		
12. Repeats steps 8-11 for other eye.		
External Examination		
13. Inspects orbits and eyes for position, alignment, size, and shape.		
14. Inspects and palpates eyebrows and eyelids.		
15. Inspects and palpates lacrimal apparatus.		
16. Instructs patient to look up. Examiner pulls down lower lid of each eye to expose inferior sclera and conjunctiva.		
17. Using a penlight, inspects sclera and conjunctiva of lower eyeball for color, swelling and vascularity.		
18. Instructs patient to look down. Examiner pulls up upper lid of each eye to expose superior sclera and conjunctiva.		
19. Using a penlight, inspects sclera & conjunctiva of upper eyeball for color, vascularity, and swelling.		
Cornea, lens and Iris		
20. Inspects cornea with oblique and direct lighting, and notes any opacities visible in the pupil.		
21. Inspects size, shape, markings, definition, and color of the iris.		

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Pupillary Testing		
22. Dims light in room.		
23. Instructs patient to look into distance and not to focus on the light.		
24. Positions penlight below patient's eyes to avoid fixation on the light, illuminates both eyes with least amount of light possible to discern pupil size and shape.		
25. Shines bright light in <u>each</u> pupil from a point slightly lateral to the patient's line of vision and checks for pupillary constriction in the eye that light is shined into (direct reaction).		
26. Checks for equal pupillary constriction using "swinging flashlight" test (changing light rapidly from one pupil to the other and back again").		
27. Instructs patient to look into distance and then at finger/test object held 2-4 inches from bridge of patient's nose and checks for pupillary constriction when changing focus from distance object to object held close to patient's nose (accommodation response).		
28. Evaluate accommodation pupil response in each eye.		
Extraocular Muscle Examination		
29. Asks patient to follow finger or pencil held at a comfortable distance from the patient.		

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30. Moves finger slowly to extreme position of each of the six (6) cardinal positions of gaze and inspects for normal or abnormal movements in each position.		
31. Pauses during each gaze position to detect nystagmus.		
32. Inspects the relation of the upper lid to globe as patient moves eye vertically from above downward.		
33. Asks patient to follow finger or pencil as examiner moves it from a distance of approximately two (2) feet toward the bridge of the patient's nose and notes convergence of eyes.		
34. Instructs patient to fixate his eye on a distance target (over ten (10) feet away).		
35. Performs cover-uncover test on each eye and notes any movement of <u>uncovered</u> eye.		
36. Performs alternate cover test and notes any movement of eye as it is uncovered.		
37. Asks patient to fixate on a near target (15 inches).		
38. Repeat steps 35-36.		
Ophthalmoscopic Examination 39. Darkens room.		

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40. Sets ophthalmoscope at correct setting.		
41. Instructs patient to fix eyes on a specific point in the distance and try not to move eyes.		
42. Uses ophthalmoscope in right hand: looks through it with right eye to examine patient's right eye.		
43. Shines beam into eye from position approximately 12 inches from the patient and about 15 degrees lateral to patient's line of vision.		
44. Notes orange glow in pupil, red reflex from retina, and opacities interrupting red reflex.		
45. Moves closer to patient's eye to examine retina, optic disc, retinal vessels, peripheral retina and macular area.		
46. Uses ophthalmoscope in left hand, looks through it with left eye to examine patient's left eye.		
47. Repeat steps 43-45 for left eye.		
Fluorescein Instillation		
48. Take the fluorescein strips out of the packet and separate them using one for each eye (to avoid contaminating the "other" eye).		

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49. Have the patient look up toward the ceiling and pull down the lower lid, visualizing the inferior cul-de-sac of the conjunctiva.		
50. Touch the fluorescein end of the strip to the cul-de-sac and to the back of the lid, not to the eyeball itself.		
51. When the fluorescein dye strip has been wet by the tears, remove the strip and release the lower lid, allowing the patient to blink gently.		
52. Observe the fluorescein pattern with a light (blue light if at all possible).		

12/6/05