

A TEN-POINT CHECKLIST FOR YOUR PRACTICE

HEALTHY SIGHT COUNSELING

When incorporating Healthy Sight Counseling (HSC) into the busy eyecare practice, the eyecare professional and other members of the practice may want to review each patient encounter to ensure that the best possible vision care and vision wear have been provided and prescribed.

Here is a simple ten-point checklist to make it easier to integrate the components of HSC into the exam and the entire practice.

Have you identified and addressed the patient's chief complaint?

Pay close attention to how your patient describes his/her vision problem. Remember that vision problems are often affected by lifestyle or existing medical conditions.

Has a prior ophthalmic history been taken?

Did your patient mention any previous ocular disease, trauma, or surgery? Does he/she use contact lenses or eyeglasses? Has he/she had refractive surgery? Check to see if your patient has been using any topical eye medication—either prescription or over-the-counter (OTC) products.

Has the patient's medical history been reviewed?

Does he/she suffer from any current systemic or chronic diseases? Has she/he had a prior surgery? Review all medications your patient is using—both prescription and OTC.

Has the family history—ophthalmic and medical—been considered?

Patients may not be aware of how the health of family members may relate to their personal health. By asking about this, you may uncover important information about potential or existing ocular conditions.

Has an individual patient lifestyle history been obtained?

Occupation, recreation, computer use, and many other indoor and outdoor activities can affect ocular health and daily vision needs. Remember to ask patients about their daily UVR exposure and the activities that subject them to glare.

Has a comprehensive ophthalmic examination been performed?

A “customized eyeglass prescription™” encompasses both the quantity of vision (measured by Snellen acuity) and quality of vision (contrast sensitivity and glare testing), which takes into account the many real-life issues that affect vision on a daily basis.

What are the special considerations you've identified for this patient?

A wide range of history and lifestyle factors can affect visual health. Disease, medical and lifestyle issues, and risks that can have a negative effect on ocular health are important. Also, remember children are more susceptible to the effects of UVR exposure.

Have the appropriate spectacles been prescribed for the patient's eyes—and for the individual patient's visual lifestyle?

Not all lenses are right for all patients. It is imperative to prescribe eyeglasses that will help address each individual patient's specific needs based on his/her visual lifestyle. Remember to consider: single vision and progressive lens designs, impact-resistant lenses, photochromic lenses, anti-reflective coatings, polarized lenses and ultraviolet radiation blockage. Remember, too, that the patient may require multiple pairs for multiple needs.

Is the patient aware of his/her role in achieving healthy sight?

Healthy Sight Counseling is a partnership between you and your patient. Make sure the patient is aware of how to maximize the quality of his/her everyday vision and how to help preserve the health of his/her eyes. Also, be certain to explain the importance of preventive eyecare, especially in children.

Are both you and your patient satisfied with the encounter?

Quickly review the earlier points. Do both you and your patient feel comfortable with the encounter and confident that the visit has been as productive as possible? If the answer is yes, you can be assured that you are helping your patients achieve a lifetime of healthy sight.

