

SCHOOL HEALTH

Betty Sue Hinkson RN, School Nurse

VISION

During September we did the vision screening for the school. Because of all the volunteer help I received we were able to complete all the initial screenings, and I was able to finish rescreening all the students who did not pass.

As always, we test each student at a 20/30 level using a Snellen Vision Chart ("perfect" vision is 20/20). If they did not pass at the 20/30, we rescreened them. If they still did not pass the second time a referral letter was mailed home. Please keep in mind that a vision screen performed at school is **not a complete eye exam**. The screening is designed to alert parents to the possibility of visual problems, not to make the diagnosis needed by an eyecare practitioner.

If you received a referral form in the mail, please take this form with you to the eye specialist and have him/her complete the bottom portion. The entire form can then be returned to the office at school to be kept for my records. The state mandates that I follow up on all referrals I send home, so if you do not return the form to me I will need to contact you in the spring.

A referral form **does not** necessarily mean that your student needs glasses or contacts. It merely means that your student should have a more complete eye exam.

Some early warning signs of vision problems to watch for include always sitting too close to the TV, squinting, tilting head to see better, excessive eye rubbing, and complaining of headaches or tired eyes.

It is a state requirement that each student have a vision screening before starting kindergarten. Due to the cost we have not been able to enforce this law, but where possible it is highly recommended. Most screenings are done at your regular doctor's office during the kindergarten checkup.

Please take the time to follow up on the vision screening referrals. Good vision is a vital part of feeling our best. We rely on sight more than any other sense to enjoy life to the fullest. Even if you did not receive a referral form in the mail, it's a good idea to have your eyes checked regularly by an eye doctor - at least once every other year. Most insurance companies cover one eye exam per year. Some people, especially those with diabetes, may need to go more often for proper care.

