

## How to measure vision in children aged 6 and above

1. Explain to the child and the parent that you would like to measure the child's vision as they may have "some problem with their vision". Explain that this is not painful and will only take a few minutes
2. Measure out 6 meters by taking the number of paces you need to take for 6 meters (women = usually 8 paces, men= 7). Mark the beginning and the end of the 6 meters
3. Hold the E about 30cm away from their eyes make sure the child understands that you want them to show the direction the "arms" of the E are pointing in. Rotate the E chart several times until you are sure they understand.
4. Once you are sure the child understands what they should do, ask the child to go to the 6 meter mark and face you.
5. Show the E chart 4 times. Change direction of the E each time. Give the child one chance to show the direction of the E.
6. Count how many times the child correctly shows the direction of the arms of the E.
7. Refer all children who get the direction of the arms of the E wrong one or more times.

### What to tell the parents:

Do NOT tell them their child is blind – this will worry them and you may be wrong

DO tell them that their child needs to be examined in a clinic which will be set up in the community shortly

### What I should do now:

Complete the details of the child on the form I have been given

Motivate the parents to take the child to the clinic.  
Accompany the child and their guardian to the clinic

# Childhood Blindness Project

BICO



Blantyre Institute for Community Ophthalmology  
*Excellence in Community Eye Health*

## Queen Elizabeth Central Hospital, Blantyre



Project Co-ordinator, Blantyre Institute for Community Ophthalmology (BICO)  
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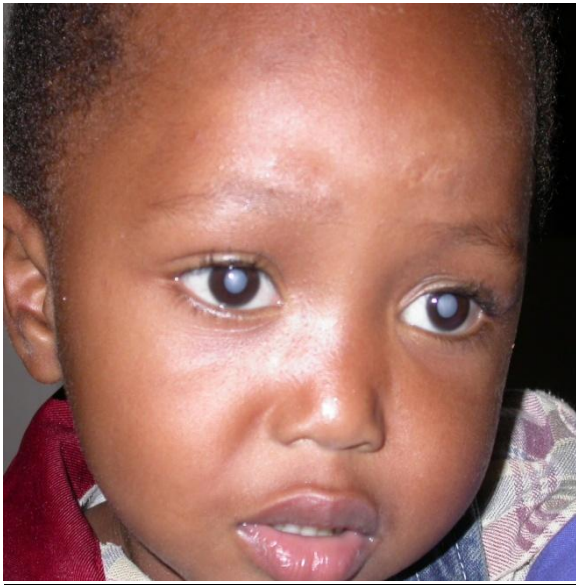
## Children to refer



Corneal scarring: the front part of the eye is damaged



Eyes look normal from the outside but the inside is damaged



Cataract: the pupils are white

## How to find children who are blind:

Put up posters in public places

Talk to villages leaders

Talk to teachers

Go from house to house asking if there is a child “with problems with their vision” living there

Ask people attending men and women’s groups

Make announcements in public places e.g. church, funerals, markets

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