



### **English description of HumaNview video: [Optometrists](#)**

This video is titled “The importance of regular eye examination”

Covers points related to what is a comprehensive eye examination, the importance of having regular comprehensive eye examination, what does eye examination involve, who benefits and should have eye exam and also the recommended regular eye exam timeline.

Points covered:

- Importance of optometric and comprehensive eye exam.
- The importance of regular eye exam for individual with cardiovascular disease including diabetes and hypertension, frequent headaches, eye strain, etc.
- Disease and conditions can be diagnosed during comprehensive eye exam including cranial nerve palsy, brain tumour including pituitary adenoma, visual assessment of stroke patient with brain aneurysm
- Who is optometrist and role they play as primary eye care provider and professionals
  - o Comprehensive eye exam to diagnose short sightedness, long sightedness, astigmatism, diplopia, strabismus, amblyopia, colour blindness, poor night vision and poor contrast, inheritable ocular disease
  - o Prescribing ocular topical drops for infection, inflammation, allergy and dry eyes conditions
  - o Prescribing corrective glasses and contact lenses
  - o And referral to appropriate tertiary providers including ophthalmologist
- Who is needed to have comprehensive eye exam?
  - o Comprehensive eye exam is recommended to all people young and old.
  - o Usually children below the age of 3 is screened for vision problems by community nurse and school screening for common and sinister ocular disease where appropriate referral is made to optometrist if necessary
  - o The recommended annual eye exam for all people over the age of 4 by the Department of Health in Australia and New Zealand. People who have risk factors including diabetes and other ocular disease (e.g. glaucoma and macular degeneration and cataract) may need to have more regular eye exam.
- Final point: symptoms including frequent headaches, blurred vision, loss of vision, diplopia, night vision blurred, squinting, flashes of light, floaters you need urgent eye exam.