Home Visual Acuity Testing

During the COVID-19 pandemic, we will be performing telehealth visits. An important part of an eye examination is measuring vision—how well your child can see on an eyechart.

Prior to your telehealth appointment, please check and record your child's vision in their right eye and their left eye. If they have glasses, please ensure they are wearing them during the test.

Method used:

HOTV ☐   Snellen ☐   LEA ☐

Glasses on?   **Vision:**

Yes ☐   No ☐   **Right eye: 20 /** ☐   **Left eye: 20 /** ☐

Please follow these directions for printed eye charts:

1) Print a full sized visual acuity chart (HOTV or Snellen): If you cannot print, you can use the chart on your computer screen and measure from the computer. Please try to adjust the letter size according to the form.
- HOTV chart - Children < 6 (or if they do not know their letters):
        http://www.abcd-vision.org/Images/Home-Acuity-monitor.pdf
        Confirm that the distance between lines is 2.5 inches (guide on sheet)
        * DO NOT cut along the scissor line between the letters
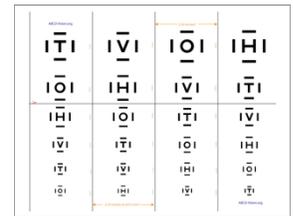   * Fold paper along long lines between the letters to form a tall square
        with letters on outside, and secure with a paper clip or tape (see pic)
        * Print HOTV matching guide for younger children
            http://www.abcd-vision.org/Images/ABCD-Home-match-HOTV.pdf
 - SNELLEN letter chart - Children > 6 (or children that know their letters)
        https://www.safeeyesamerica.org/home-eye-test

2) Set up testing area
HOTV chart:
- Give your child the matching guide (if needed) and practice the test with your child with the chart up close
- have the child sit in a chair and measure 10 feet from the child's eyes to the person holding the chart. You can use any of the following ways to measure 10 ft.
        1. Tape measure
        2. "Measure" app on iOS or Android
        3. Lay 11 printer pages (8.5" x 11") end to end

Snellen chart:
- Tape the letter chart on a wall
- Measure 10 feet from the wall and this is where the child will stand. (methods as above)

3) Check your child's vision
- if you have a patch, patch your child's left eye. If no patch you can tape a tissue over one eye or place under glasses lens. You can use the palm of a hand (not fingers) or a kitchen stirring spoon/wooden spoon. Make sure they do not turn their head to cheat around patch/palm or spoon.
- if your child wears glasses, put them on
HOTV: (child can point to the matching letter or state the letter out loud)
- Stand 10 feet away and randomly spin the chart and point to the first letter under the black line (20/40). If they can identify this letter, move to the next smallest letter. If they cannot read it, go up a line. Find the size of letters your child can read at least 3 out of 4 times. Record this number. (20/__) video guide: https://vimeo.com/398735742
Snellen:
- Have your child stand 10 feet away from the eyechart on the wall
- Ask your child to read the lowest line of letters they can.
- identify the lowest line of letters your child can read at least half the letters. Record this number (20/__).

Patch the right eye and repeat the test.

General tips:
No cheating!
    Make sure your child's eye is patched or completely covered and they are not peeking.
    Do not give your child any hints.
Practice first
    Especially for the HOTV test, stand close to your child and practice. Make sure they understand the "game".

If you would like to use a smartphone app here are videos that can explain using an app on either iOS or Android phone.
Patching of the eye is same as described for the paper eye charts.

iOS/Apple:
https://www.youtube.com/watch?v=edAkxJmgymg&feature=youtu.be&app=desktop#menu
The app in the video is now charging to purchase. Try using Flex Visual acuity or Eye Chart Pro which should still be free.

Android: https://www.youtube.com/watch?v=4cb5bYpWnqI

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