

Comprehensive Adult Eye and Vision Examination



American Optometric Association

GOALS OF THE COMPREHENSIVE ADULT EYE AND VISION EXAMINATION

- Evaluate the functional status of the eyes and vision system
- Assess ocular health and related systemic health conditions
- Establish a diagnosis and formulate a treatment plan
- Counsel and educate the patient regarding visual, ocular, and related systemic health status

Potential Components of the Comprehensive Adult Eye and Vision Examination* (For patients 18 years of age or older)

A. PATIENT HISTORY

- Presenting problem/chief complaint
- Visual /ocular/general health history
- Medications (usage and allergies)
- Family history
- Vocational/avocational vision needs

B. VISUAL ACUITY

- Distance and near (unaided/aided)

C. PRELIMINARY TESTING

- General observation
- Pupillary responses
- Versions/ductions
- Near point of convergence
- Cover test
- Stereopsis
- Color vision

D. REFRACTION

- Objective/subjective

E. OCULAR MOTILITY, BINOCULAR VISION, AND ACCOMMODATION

- Ocular motility/alignment
- Vergence amplitude/facility
- Accommodative amplitude/facility
- Suppression
- Fixation disparity/associated phoria

* The examination may include, but is not limited to, the procedures listed. Professional judgment and individual patient symptoms and findings may significantly influence the nature and course of the examination.

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F. OCULAR HEALTH ASSESSMENT AND SYSTEMIC HEALTH SCREENING

- Anterior and posterior ocular segments
- Ocular media
- Intraocular pressure
- Confrontation visual fields
- Systemic health screening test

G. SUPPLEMENTAL TESTING

- As indicated

H. ASSESSMENT AND DIAGNOSIS

- Evaluate data to establish a diagnosis and formulate a treatment plan

I. PATIENT EDUCATION

- Review examination outcomes
- Explain available treatment options, including risks and benefits
- Recommend course of treatment, reasons for its selection, and prognosis
- Discuss need for follow-up care/compliance with prescribed treatment
- Recommend re-examination, as appropriate

TABLE 1

Recommended Eye Examination Frequency For Adult Patients

| PATIENT AGE (Years) | EXAMINATION INTERVAL | |
|---------------------|------------------------|--|
| | Asymptomatic/Risk Free | At Risk |
| 18 to 40 | Every two years | Every one to two years or as recommended |
| 41 to 60 | Every two years | Every one to two years or as recommended |
| 61 and older | Annually | Annually or as recommended |

Patients at risk include those with diabetes, hypertension, a family history of ocular disease, or whose clinical findings increase their potential risk; those working in occupations that are highly demanding visually or are eye hazardous; those taking prescription or nonprescription drugs with ocular side effects; those wearing contact lenses; those who have had eye surgery; and those with other health concerns or conditions.

The American Optometric Association Optometric Clinical Practice Guideline, "Care of the Contact Lens Patient" describes appropriate timelines for contact lens Progress Evaluations.

NOTE: This Quick Reference Guide should be used in conjunction with the Optometric Clinical Practice Guideline on Comprehensive Adult Eye and Vision Examination (April 28, 2005, 2nd edition.). It provides summary information and is not intended to stand alone in assisting the clinician in making patient care decisions.