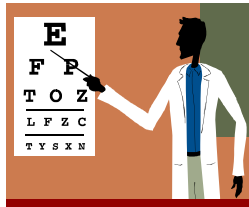


Doctor's Eye-View

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What is an Optometrist?

The Canadian Association of Optometrists (CAO) defines an **optometrist** as "an independent primary health care provider who specializes in the examination, diagnosis, treatment, management and prevention of disease and disorders of the visual system, the eye and associated structures as well as the diagnosis of ocular manifestations of systemic conditions".

Elements of a Comprehensive Eye Health Examination and Vision Analysis

A patient can expect the following tests in a typical optometric examination:

- **Chief Complaint** – The reason for getting an eye exam. This includes a description of any problems the patient may be having.
- **Case history** – The patient is asked about their general and ocular health, medications they may be taking, their work environment, hobbies, etc. This may also include their family health history.
- **Visual Acuity** – Testing the patient's eyes' ability to see sharply at distance and near.
- **Current Prescription Analysis** – An evaluation of the patient's current lens prescription, if applicable.
- **Peripheral Vision** – A test of how well a patient can see targets that are not directly in front of them.
- **Refraction** – A test for the patient's eyes' ability to focus light rays properly on the retina from distances and close by.
- **Visual Co-ordination** – The patient's eyes are tested for eye muscle balance, movement and co-ordination.
- **Accommodative Ability** - A test of the patient's eyes' ability change focus from distance to near and vice versa.
- **Tonometry** - Tonometry measures the fluid pressure in the eye and is an important test in detecting glaucoma.
- **External and Internal Eye Health Evaluation** – An examination checking the patient's eyes for signs of abnormalities, including cataracts, and other eye disorders. Some problems detected during an internal eye examination may indicate possible disease, such as diabetes or hypertension. If your optometrist sees any of these warning signs, you will be referred to a physician for further examination.
- **An exam may also include tests for colour vision and depth perception, and other vision skills as needed.**

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