

Visual stress clinic- Assessment procedure

1. Before attending the Visual Stress Clinic, a full eye examination must be carried out to carry out a full vision assessment and eye health check to detect any problems. This is free to all children under 19 years old if in full time education (and certain adults may also qualify depending on their individual circumstances).
2. Once an ocular problem has been eliminated or treated we may use a Pattern Glare Test to identify individuals who suffer visual stress. This is a very simple screening tool which consists of a series of black and white patterns and helps to identify and quantify any visual stress that an individual may experience when viewing text.
3. We recommend a Coloured Overlay Assessment to see if the introduction of colour reduces the signs and symptoms of visual stress. A series of coloured transparent sheets are placed over sample text and the patient compares reading comfort with and without the overlay. By a process of elimination, the optimum coloured overlay or combination of overlays can be identified and issued for use by the patient at school, home and work.
4. The Wilkins Rate of Reading Test may also be performed to assess whether there is an improvement in reading speed and fluency. This test provides a simple way of measuring the improvement in reading fluency with the chosen coloured overlay. The person being tested is required to read a passage of text aloud several times, under timed conditions. The text has words that are familiar to all. The words are presented in a random order so that each word cannot be guessed from context but must be seen to be read. Because the passage is meaningless readers are not aware of the mistakes that they have made. The test shows the improvement in reading speed with the overlays. If the improvement is about 5% the overlay is likely to be used successfully for a long time.
5. If the Intuitive Overlay has been successful in providing reduced visual stress and increased reading comfort, Colorimetry Assessment will be performed. The individual sits in a darkened room and looks at text through the viewing window of the machine. The Intuitive Colorimeter will assess and diagnose the optimal precision tint in terms of hue, saturation and brightness required by each individual patient. Once the optimum colour is obtained the Cerium Precision Tinted lenses are glazed into a chosen spectacle frame along with an optical prescription where necessary. We recommend that the Intuitive Colorimeter is repeated on an annual basis because this optimal colour can change, especially for children.