

Re: Mrs Elizabeth Haines

12th November 2022

Dear Elizabeth

Further to your eye examination/low vision assessment on 11th November 2022 for a low vision assessment, below is a summary of the key points and report of the outcomes of your assessment. I hope it is of help.

Key points and recommendations:

Magnifiers issued	<ul style="list-style-type: none">• Pocket +6.00DS hand magnifier for shopping
Recommendations	<ul style="list-style-type: none">• Wraparound sunspecs• Increased addition reading spectacles• Spot task lighting
Advice	<ul style="list-style-type: none">• Advice offered re smoking and local cessation schemes• Explained cataract surgery• Information regarding diet given

I understand that your visual impairment is due to cataract and early dry macular degeneration. I am reassured you understand these conditions and have elected not to have cataract surgery.

I find no indication of low mood or anxiety.

You are not registered as sight impaired and today's findings are consistent with this.

Spectacles:

I tested your eyes today, and the spectacle prescription is outlined below.

Spectacle prescription:

R: Distance Rx (0.3)

L: Distance Rx (0.3) Binocular 0.3

Add +3.50 N4 at 28cm (comfortably)

You have moderately reduced contrast sensitivity.

You would benefit from new spectacles as follows:

- Single vision spectacles for reading with new addition for prolonged reading (you are comfortable with reduced working distance)
- Continue with current bifocals (good condition) for outdoors but with adaptation to help with glare (see below) and hand magnifier for spot tasks when out (e.g. labels in shops)

We have ordered these for you and we will call you when they are ready to collect. You will need to pay £59 for them. You are eligible for an NHS voucher that covers some of the cost. Please remember to bring with you evidence of your benefits when you come to collect your spectacles.

Low vision aids:

You reported difficulties with reading, especially in the evening at lower light levels, and glare when outdoors.

We gave you:

- +6.00DS pocket hand magnifier for use with current bifocals when shopping
- Wraparound sunspectacle for general outdoors (over current bifocals) and reading in garden (over new reading specs)
- Z-light for task lighting where main reading undertaken in evening

We also:

- Advised on better sun protection, such as a peaked hat in overhead sunlight conditions
- Advised use of bold marker pen for writing shopping lists
- Demonstrated use of a Kindle reader with reverse contrast (white on black) – you liked this and know how to obtain one

I have enclosed information about how to use and look after your magnifier.

I have given you the 'Making the most of your sight' leaflet. You and your husband are to consider ways of improving contrast and lighting around the house.

Eye health:

Today's findings are consistent with what we already know about your eye condition.

The importance of regular ocular health review has been discussed. We have suggested that you should return to the Low Vision Centre in 12 months. This is not a medical appointment and therefore you should continue as usual with any hospital appointments.

Yours sincerely

Low Vision Optometrist,
Low Vision Services

Cc: GP