

Eye Care for Children



What is the CHET Scheme?

The CHET scheme has been developed by a team of local Healthcare organizations, Bolton Primary Care Trust, The Royal Bolton Hospital, and Bolton Local Optical Committee who have been working together to provide high standards of eye care for your child.

If your practitioner (i.e. your optometrist, orthoptist or doctor) displays the CHET logo you will know they have an active involvement in the scheme.

Your child has the right to expect the following:

1. To see a named practitioner who is experienced in the special needs of children
2. Tests will be used which are appropriate to the age and understanding of the child.
3. Where spectacles are needed, a suitably qualified person will supervise their fitting.
4. Local organisations will work in partnership to uphold standards of care, and complaints and comments will be monitored.

We call this our **Children's Charter**

Why do children need eye tests?

Certain eye problems can lead to permanently reduced vision. 'Lazy' eyes need to be detected early, preferably before starting school, if they are to be treated effectively. Late detection could lead to permanent visual loss.

Who is in the Eye Care Team?

An Optometrist specialises in glasses and contact lenses. They can also check the eyes are healthy and will detect squints or lazy eyes.

An Orthoptist specialises in treatment of squint, lazy eyes and ocular muscle problems.

An Ophthalmologist is a doctor specialising in eye disease and treatment.

How old does my child need to be to have an eye test?

The Eye Care Team can test your child's vision at any age. They do not need to be old enough to read letters. The orthoptists screen all children for visual problems between 4 and 5 years old in the reception class at schools in Bolton.

What happens in an eye test?

- The child's problems will be discussed in full. The practitioner will want to know if there are any eye problems in the family and all about the child's health and development.
- The vision will be tested usually using letters or pictures.
- A series of tests will be carried out to ensure the child's eyes focus correctly and work together.
- The health of the eyes will be checked.
- Often eye drops are needed which make the pupils large. On sunny days wearing a hat or sunglasses is recommended just in case of discomfort. Close up vision will be blurred for a few hours after the eye drops are put in. Sometimes the child may need to be referred to another member of the Eye Care Team for further tests.

If you have any further questions, ask your CHET practitioner.

How do I find a CHET practice?

Several local optometrists are participating in this scheme.

Watch out for this logo, or ask your own optometrist if they are taking part.

Ask your G.P., Health Visitor, School Nurse or Orthoptist for a list of practices.

You can also find a list of CHET Optometrists at:

http://www.bolton.nhs.uk/services/eyecare/CHET_Optometrists.pdf

Please note: NHS eye examinations for children are available from any qualified optometrist even though your own practice may not be participating in the CHET scheme.

For further advice contact:

**Mrs. S Hodi, Head Optometrist, Royal Bolton Hospital
01204 390390 ext 4806**

**Miss N Beere, Head Orthoptist, Royal Bolton Hospital
01204 390390 ext 4544**

Mr. H Bussin, Optometric Adviser, Bolton Primary Care Trust 01204 462127

We welcome your comments on this scheme. If you would like to contact us, please write in the first instance to:

Mrs. S Hodi, Head Optometrist, Eye Unit, Royal Bolton Hospital, Minerva Road, Farnworth, Bolton BL4 0JR

Bolton Primary Care Trust and
Bolton Hospitals NHS Trust