



CHECK TODAY, SEE TOMORROW

# 4-Step Adult Eye Check

MBS Item 715 (Health Assessment for Aboriginal and Torres Strait Islander peoples) now includes a mandatory eye check component.

The following provides 4- key steps for eye and vision screening for GPs and others providing Health Assessments:

## STEP 1: History

- Ask about problems or difficulties with vision or eyes:  
*Consider 'sore or watery eye' as a possible symptom of trichiasis.*
- Ask about problems with glasses or contact lenses.
- Ask "Can you see clearly and comfortably?"  
*When looking at things up close (e.g. when held in your hands).*  
*When looking at things far away?*
- Ask/check whether the person has diabetes.

## STEP 2: Vision Test/Visual Acuity

- Test near vision:  
*Test both eyes together, with glasses if normally worn (use normal size print at a comfortable distance).*
- Test distance vision:  
*Test one eye at a time, with glasses if normally worn, for vision using an acuity chart.*

## STEP 3: Eye examination

- Check eye movements.
- Check pupils.
- Check the front of the eye:  
*Lids, lashes, conjunctiva, cornea*  
*Consider trichiasis, remember the 3 T's – Think, Thumb, Torch.*
- Check the retina for people with diabetes each year:  
*Dilated ophthalmoscopy, retinal photography if camera available, or refer.*

## STEP 4: Refer

- Refer to an optometrist or ophthalmologist if:  
*Vision or eye problems including a change in vision.*  
*Reduced vision at near (worse than N8) or distance (worse than 6/12).*  
*Retinal examination is needed for people with diabetes each year.*





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# Diabetes Eye Care: Key Messages

- Everyone with diabetes is at risk of going blind.
- Diabetes is a major cause of vision loss and blindness for Aboriginal and Torres Strait Islander people however, up to 98% of blindness is preventable.
- Primary health care providers should include an eye check in care plans for people with diabetes.

**Aboriginal and Torres Strait Islander people with diabetes need a YEARLY eye check to reduce their risk of vision loss and blindness.**

## 1. Early Detection and YEARLY Eye Checks

Yearly eye checks are key to detecting problems early even before symptoms start to show.

## 2. Education and Support for Self-Management

Controlling blood sugars, blood pressure and cholesterol levels is important for preventing vision loss and blindness.



## 4. Timely Treatment

Following treatment as directed by an eye specialist can prevent further vision loss and blindness from diabetes.

## 3. Referral Pathways

Providing information about eye care pathways will help Aboriginal and Torres Strait Islander people get to the next step – for further assessment with an eye specialist optometrist and/or ophthalmologist (specialist eye doctor). Most optometry services are covered by a Medicare rebate.

