



Ophthalmoscopy

OBJECTIVE: To correctly perform Ophthalmoscopy in a normal patient.

MATERIALS: Ophthalmoscope, dimly-lit room.

D: Appropriately done ND: Not done/Incorrectly done

	STEP/TASK	D	ND
	Preparation		
1.	Introduce yourself to the patient.		
2.	Confirm patient's ID.		
3.	Explain the procedure to the patient.		
4.	Get patient's consent.		
5.	Wash hands.		
6.	Prepare the necessary materials. Make sure Ophthalmoscope is working properly.		
7.	Position the patient sitting down in a chair opposite you. Ensure the room is dimly-lit.		
	Procedure		
8.	Switch ON the Ophthalmoscope light and set focussing wheel to zero.		
9.	Instruct the patient to gaze ahead on the opposite wall and to ignore the light from the Ophthalmoscope.		
10.	Use the Ophthalmoscope with the same eye as the eye that you are examining in the patient (e.g. if you are looking at their left eye – look through the Ophthalmoscope using your left eye), and use the hand of the same side to hold the Ophthalmoscope.		
11.	At about an arm's length, position yourself 15 degrees lateral to the visual axis, shine the light into the eye and look through the lens for the 'red reflex'		
12.	Keep the 'red reflex' in view and slowly move towards the patient at the same angle (turn the wheel to adjust the focus as you get nearer). Hold the head with your free hand with the thumb lifting the eyelid to allow a better view.		
13.	Locate the optic disc (nasal side of the eye) by moving the Ophthalmoscope around <ul style="list-style-type: none">• Assess colour, cup, and contour of the disc		
14.	Then follow the four major branches of the optic vessels to look for tortuosity, haemorrhage, ischaemia, etc.		
15.	Look to the superior, inferior, nasal, and temporal margins of the retina.		
16.	Ask the patient to briefly look into the light to assess the macula located temporal to the optic disc.		
17.	Repeat on the other eye.		
18.	Thank the patient		
19.	Wash hands.		
20.	Ensure the comfort of the patient and answer any question or concerns he/she may have.		
21.	Document the procedure.		

