



Visual Stress/ Reading Difficulties Referral

Your child has been referred to the Hospital Eye Service to the orthoptic department for a visual stress assessment due to difficulties with reading. **We provide only a screening service for this.**

There can be a number of factors affecting a child's vision and reading ability and it may be appropriate to investigate reading difficulties further including testing for dyslexia.

Your First Hospital Appointment:

On the first appointment to the Hospital Eye Clinic your child will see an Orthoptist and an Optometrist to rule out any underlying eye conditions that can cause problems while reading. Eye drops will be used for part of test to allow an accurate assessment.

Any eye conditions will be treated first then we will then go through a questionnaire to determine if your child is symptomatic of visual stress or not.

Visual Stress Questionnaire:

If the questionnaire determines a negative result showing no signs of visual stress your child will be discharged from the hospital eye service.

If the questionnaire determines a positive result they will then be offered a further appointment for the specific visual stress team.

Visual Stress appointment:

This appointment will involve;

- assessing the effect of coloured overlays on reading
- assessment of eye tracking

If our tests indicate that your child would benefit from the use of colour when reading or further eye training, we will supply a coloured overlay and / or eye exercises for a trial period of up to 6 months. After this period your child will be discharged with appropriate guidance on follow-up.

Your appointment for the Hospital eye service is attached.

Please contact 0141 211 1042 if you have any queries about your upcoming appointment.

Additional Information:

Glasgow Caledonian University have a Visual Stress Clinic. Some community optometrists also provide this service including coloured lens assessment.

Yours Sincerely,
Orthoptic Department