## DUTIES AND RESPONSIBLITIES OF OPTOMETRIST

OPTOMETRIST is an efficient and competent person to take an independent scientific/ professional judgment in practices of optometry in eye department for the patients in following manners

- Recording of visual acuity/ eye sight of patients with comprehensive and clinical careful eye examination for eye health evaluation
- 2. External eye examination to find out visual abnormalities of eye like lids, cilia, conjunctiva, sclera, tear, cornea, pupil, crystalline lens, iris etc.
- 3. Optometrist is enable to examine the eyes to detect defects in vision, signs of injuries, ocular diseases or abnormality in eyes.
- Make a diagnosis and prescribe glasses/contact lenses, fit contact Lenses and send referral to the specialists for treatment of patients
- 4. Perform Refractions by Retinoscopy (Objective and Subjective eye examination) and auto-refraction by utilization of optometric diagnostic instruments for Diagnosis and detection in multiple types of refractive errors,
- like (a) myopia (b) hypermetropia (c) presbyopia (d) astigmatism (e) aphakic condition of eye (f) pseudophakic correction (g) amblyopic (h) squinting condition of eye (i) diplopic / double vision condition of eye (j) low vision correction with low vision aids.
- 5. Refinement of Refraction of eyes as per subjective lens trial test, refinement with cross cylinder for accuracy, duchrome test to refine over / under correction of prescriptions.
- 6. Prescribe the prescription of visual aid like, spectacle, prisms ,glass lenses, contact lenses(rigid, semi-rigid and soft), therapeutic contact lenses, prosthetic contact lenses, cosmetic contact lenses, ocular muscles exercises and low visual aid etc for the treatment of refractive errors. Spectacle lens prescription: single vision, bifocals,(kryptok bifocals, flat top bi-focals, executive bifocals etc), trifocals, progressive lenses, special lenses for the patients with photophobia, lenses for UV protection, lenses with anti reflection coating, polarized lenses etc
- Binocular vision therapy for visual efficiency and balancing the prescription of eye to avoid the problems like headache, eyestrain, esthenopic symptoms, double vision,

blurring of vision and partial condition of squint Optometric and orthoptics assessments of binocular vision and their treatments.

- Guiding and eye/vision health education to the patients /public regarding visual welfare.
  - Spectacle lens therapy for specific treatment like occlusion therapy, ptosis spectacles, filter lenses for macular degeneration and other lenses for specific treatments.
  - 10. Contact lens therapy as per the needs of the patients.
  - 11. Geriatric vision therapy for old age patients.
  - 12. Pediatric vision therapy for children and special child (along with low intelligence)
  - 13. Low vision therapy for visually impaired pupil through prescribing low vision aids.
  - 14. Visual hygiene therapy.
  - 15. Occupational vision therapy to prescribe appropriate occupation and safety eye wear treatment as required.
  - 16. Sports vision therapy in sports persons.
  - 17. Color vision estimation in patients and perception for proper functioning of individual to perform various jobs as driving or flying or as the job requirement.
  - 18. Verification of dispensed optical aids like spectacle, qualities of glasses/lenses, selection of frame for appropriate fitting/alignment, contact lenses, prisims glasses, and low visual aids etc.
  - Lensometry: verification of lens power, prisms and checking of optical center of lens etc
  - 20. Keratometry of cornea for fitting of contact lenses and A-scanning calculation of power of IOLs etc
  - 21. Tonometery- to measure the intra ocular pressure to diagnosis the glaucomatous status of the eye ball.
  - 22. Visual field charting for diagnosis of defective visual fields of eye of glaucoma patients.

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- Supervision of instillation of diagnostic drugs for dilatation like mydriatic/cyclopegic drugs etc.
- 24. Vision screening, eye examination, refraction and prescription of lenses of school children and special school children.
- 25. Community optometry.
- 26. Performing duties in eye refraction camps in rural/urban and remote areas etc.

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(Dr. Shashi Vashisth)

हो शशि वशिष्ठ Dr. Shashi Vashisht प्रामर्शिदात्री एवं विमागाध्यक्ष Consultani & HOD भेत्र तीम विमाग/Head Depti of Eye इ. ए. म. स्टोडिय अपन्तान गई विस्ती

Consultant and Head of Department,

Department of ophthalmology,

Dr. R.MLH & P.G.I.M.E.R. New Delhi.

Deputy Director (Admn.)

Medical Superintendent