

Orthoptic assessment for patients following a stroke.

Information for patients, carers and relatives

Why you have been referred to the orthoptist:

You have been referred by a member of the stroke team/GP for an orthoptic assessment following your recent stroke.

This may be as a result of symptoms you have reported to the ward staff or observations made by the stroke team during assessments following your stroke.

What do orthoptists do?

Orthoptists specialise in assessing, treating and advising on problems with the way your eyes move and coordinate.

We can assess your level of vision (even if you are having communication difficulties) and also give you advice on coping strategies and exercises.

We can investigate, treat and advise on double vision and eye movement problems.

We can also investigate any problems arising from a field defect such as reading difficulties, bumping into things and difficulty picking up objects within the area of vision affected. From this we can give advice and suggest exercises to help compensate for the field defect.

What to bring with you:

- Your glasses (both reading and distance if required)
 - A list of your current medication
 - Communication charts if used.
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What information would help us to support you during your appointment:

We would recommend that you are accompanied to your appointment if there are communication difficulties/memory problems following your stroke to ensure we support your individual needs to the best of our ability.

If you have reduced mobility following your stroke which would require a hoist for transfer, please contact us on 01622 226236 in order that the appropriate transport is booked and the equipment is available on the day to support you.

What will happen during the appointment?

Appointments will take around 40 minutes with the orthoptist and will be in the format of some general questions about your symptoms general health and eye history followed by a battery of tests which investigate the signs and symptoms. You may also have a visual field assessment on the same day which takes a further 15 minutes.

We are aware that tiredness, concentration levels and your general health following your stroke may impact on the level of assessment you can perform.

What will happen following the assessment?

Depending on the nature of your problems, appropriate follow up appointments will be arranged with the orthoptist/ ophthalmologist/ high street optician and eye clinic liaison officer.

You will receive verbal and written advice on the clinic findings and have the opportunity to ask any questions with regard to your eyes.

We will give you guidance on the vision requirements and current DVLA guidelines on fitness to drive.

Please use this space for your notes.

Further information and advice can be obtained from:

If you require transport this can be arranged by contacting patient transport services on 0800 096 0211.

If you have any questions regarding your appointment please contact the orthoptic department on 01622 226236

NHS 111
NHS Choices online

 **111**
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.