

e-Consultation Instructions for Patients

Welcome to Centre for Sight's Telemedicine program. At this stage you will have already registered on our Portal "CFS Club" and filled out all the required information under "My Account". You will have also arranged a time for an e-Consultation and agreed the content of the consent form.

Please understand that this type of consultation with modern technology, while very useful, is not of the same standard as a face to face consultation with formal investigations. It does, however, provide a means for discussion and counselling.

We would like you to participate in the process by performing a few tests on yourself before the e-Consultation. Please follow the instructions below:

I. EYE PHOTOS

Having good images of your eyes are a very useful component of the e-Consultation and these can be uploaded to CFS Club directly from your phone.

- I. Turn up the room lights as much as you can or go into a well-lit area
- II. Clean the BACK camera (the one you usually use to take photos (not selfies)
- III. Use the BACK camera of the phone and magnify the zoom to 3x
- IV. Make sure the FLASH is forced ON – see Fig 1 for an iPhone

A. PHOTO taken by a friend or family member

This is the best way to have your eye photos taken.

- a. Have your family or friend hold the camera (with zoom on 3x and force flash on) as close as possible to the eye which is typically about 10 to 15 cm. Ensure the eye fills the screen (see Fig 2) and is in focus before taking the photo.
- b. Take a few images (at least 2) of EACH eye and then upload them to CFS Club
- c. Take a further image by lifting the eye lid using a finger pulling the lid up just under the eyebrow (see Fig 3)

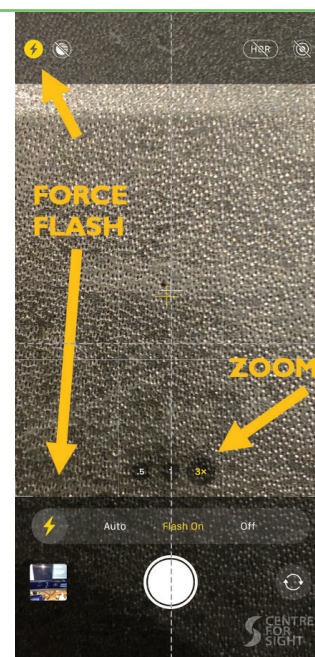


FIG 1: Useful components for good eye images on iPhone

B. SELFIE

- a. If you are alone, it is still possible to take a photo with the BACK camera by following the same instructions above, but in front of a mirror. Go to a mirror and turn the camera around so that the screen is towards the mirror, and in the mirror you can see the screen of the camera. Use the mirror to help you center and focus the eye on the screen
- b. When in focus, take a photo using the "Volume Up" button on the side of the phone.
- c. Take an image of each eye and upload them to CFS Club



FIG 2: Fill eye on screen when taking photo

FIG 3: Further image of eye by lifting the lid

2. VISUAL ACUITY

DISTANCE VISION

- Open the attached pdf titled 'Snellen Test'
- The Snellen Test pdf attachment is a vision chart. Please print the pdf document in A4 size. If you do not have access to a printer, you can follow the instructions on the second page of the Snellen Test document to perform the test on a laptop or tablet.
- Measure a distance of 2.8 meters away from the print out and stand there. COVER your LEFT eye first and see which is the smallest line you can read. Note the vision acuity (20/20 20/25 etc.) Then cover your RIGHT eye and see which is the smallest you can read.
- Record the results of your home screening by filling in the number of the smallest line read.

	right eye	left eye
Home Visual Acuity Screening	20/_____	20/_____

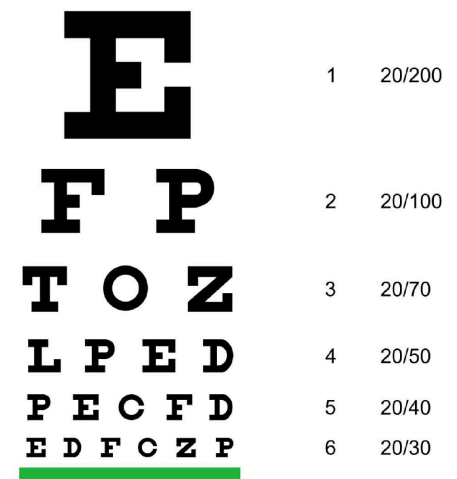


FIG 3 Snellen Test vision chart with instructions to measure distance vision

3. EYE PRESSURE

- This is a coarse way of trying to see if the pressure in each eye is normal or high
- Place the index finger of each hand on a closed eyelid and on the eye. With one finger, press gently on the eye and see if you can detect movement on the other index finger. Test to see if this is like doing the same on the tip of your nose with the two index fingers. If this is similar, the pressure can be described as being "Not High"
- Do this for each eye.
- If the eye feels hard, compare this feeling to using the two index fingers on the bony part of your eyebrow and push with one index finger. You will not detect any movement like you did with the tip of your nose.

4. YOUR VIDEO CONSULTATION

- At 5 minutes before your e-Consultation, click on the link provided to you on CFS Club or email communication. This will take you to the doxy.me video consultation website and place you in your doctor's waiting room.
- When he/she has finished with their previous consultation, they will invite you in for your video consultation.

If you have any questions, please contact Centre for Sight through [CFS Club](mailto:enquiries@centreforsight.com), enquiries@centreforsight.com or if urgent call 01342 306020

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