

# Vision Champion Training

*“A model for success for supporting and promoting eye care for people with Downs Syndrome”*

# Introduction

- Workshop
  - Down Syndrome & Associated Eye Conditions
  - Vision Champion Training, why is it needed?
  - Overview of Vision Champion Toolkit
  - Case Study
- Think about your own vision

# Barriers to eye health

- Inflexible appointment systems
- Short appointment times
- Reliance on ability to read
- Lack of interpreters, or reliance on family members
- Physical barriers
- Knowledge / experience and exposure

# Learning Disabilities & Vision

- There are about one million adults in the UK with a learning disability
- An estimated 96,500 adults with learning disabilities are blind or partially sighted
- People with a learning disability are 10 times more likely to have serious sight problems than other people and those with severe or profound learning disabilities are most likely to have sight problems

# Down's Syndrome & Sight Loss

- Around 60% of people with Down's Syndrome will have problems with their sight
- Strabismus 20%
- Hypermetropia (long-sighted) 40%
- Myopia (short-sighted) 14%
- Astigmatism 40%
- Nystagmus 10%
- Keratoconus 10-15%



# Living with sight loss

- #howisee

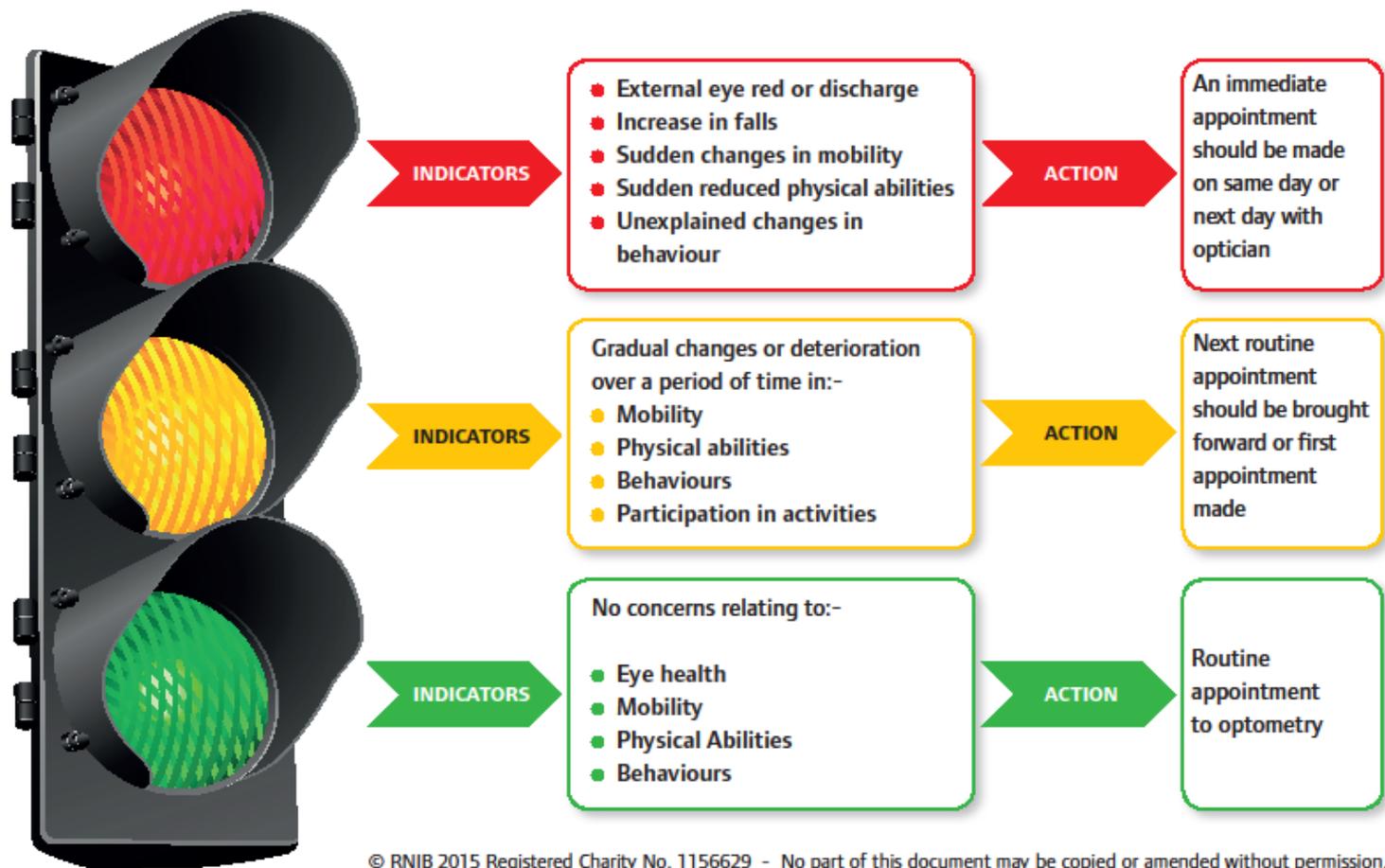


# Vision Champion Training

- Delivered over two days by RNIB to; nurses and allied health professionals (OT, SLT, Physio)
- Enables vision champions to identify/recognise changes or deterioration in someone's vision
- Ensures that vision champions have a basic knowledge of sight loss, are able to carry out functional observations and recognise when onward referral or specialist treatment is required
- Vision incorporated into care plan and recognised as an important part of healthcare assessment

# Vision Champion Toolkit

- Comprised of;
  1. Tips on preparing for natural observations (including traffic light flow chart)
  2. Natural observations and recordings
  3. The sight test and passport
  4. Additional testing methods and glossary



# Case Study

- Original referral received from GP:
  - ***“Can you please see this man who has increasing anxiety, panicky and shaky at times. John is completing rituals as in touching things repeatedly, has possible auditory and visual hallucinations, sees shadows which she wonders if these are people, feels that vision goes blank at times”***

# Information gathered from natural observations

1. John refuses to walk up stairs independently, says that he can see things at the top of the stairs
2. When John uses the bathroom he requires a great deal of support from his brother to do the simplest of tasks – previously John was able to all of these personal care tasks independently
3. John reports that often he can see things moving on his bedroom wall
4. John refuses to go out with his brother or visit his family, he no longer walks the dog

# Information gathered from natural observations

1. John refuses to get up and use the bathroom, requiring prompts and continual reminders from his brother to go, his reluctance to get up often results in him being incontinent
2. When in his bedroom John can become very distressed, John's brother explained that John will often say that "everything has went black" during these episodes of extreme anxiety
3. John previously enjoyed making himself and others cups of tea, he no longer does this
4. John will no longer go through to the dining room to eat

# Results from John's eye test

- Diagnosed with “floaters”
  - Vision Champion ensured that John understood what these were and reassured him that it was not harmful
- Refractive error (short sighted)
  - John prescribed glasses to wear daily

# John's Vision Passport

**RNIB** Supporting people with sight loss

## Vision Passport

Name: John

Date: July 2018

<b>Eye Conditions</b> 	I am short sighted which means things that are in the distance can appear unclear or blurry. I have been diagnosed with "floaters" in both eyes, this means that dark dots may cause my vision to be temporarily interrupted. This is not a concern for my eye health but it can be frightening for me.
<b>Vision</b> 	My vision is poor without my glasses, I will struggle to see in the distance and may see things that are not there, because I have floaters in my eyes which can temporarily blur my vision. I should wear my glasses at all times.
<b>Communication</b> 	I have good communication skills using speech, my understanding is good.
<b>Guiding/Mobility</b> 	I can walk independently but I may need to be accompanied when outside for extra reassurance. As I am short sighted I can struggle to see clearly in the distance.
<b>Lighting</b> 	There are no particular lighting issues however it would be helpful to have support to keep lighting levels even throughout my home and ensure I have different types of lights available to suit the task that I am doing. If I am doing a table top activity, task lighting may be helpful to improve my vision.
<b>Contrast</b> 	I do not have any preference to the level of contrast
<b>Spectacles &amp; Low Vision Aids</b> 	I wear glasses as I am short sighted, I should be reminded to use them everyday

## Recommendations:

- The types of lighting around John's home are important. Using a combination of up lighters and table lamps can produce more ambient lighting levels rather than the main ceiling pendant light on it's own
- John should wear his glasses at all times, he should be reminded to wear them everyday if he has forgotten
- John can be distressed by the "floaters" in his eyes, it is important to remind John what these are, that they will pass (usually in a few seconds) and that they are nothing to be worried about
- **Next sight test due July 2019**

Signed: ...Emma Hester..... Date: ...July 2018.....

Vision Database updated

Yes

No

Date: ...July 2018..

# Importance of wearing prescribed glasses (3'C's)

- 3 C's - Current, clean, correct glasses
- Comfort
- Glasses being broken
- Factsheet - Tips to support a person with learning disabilities to wear new glasses
- Understanding prescriptions



# Questions

# Useful Contacts and resources

- RNIB 0303123 9999 or [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)  
Monday to Friday 8.45 am- 5.30pm
- <http://www.rnib.org.uk/professionals-social-care-professionals-complex-needs-social-care/learning-disabilities>
- GCU - vision services
- Vision Champions