

# 3 POINT CHECK TEST

## Record Sheet

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NAME:

DATE:

### STEP 1: ACCOMMODATION – IS VISION CLEAR?

*Instruction: “Tell me when the letters start to go blurry”* [pointing to letters]

- Done with the alternate eye covered
- Start at about 50cm and move closer
- Repeat 2 or 3 times per eye (or more if borderline)
- **Expected: less than 10cm**
- If greater than 10cm hold up +1.25D lenses & ask if words at near are clearer or easier to read

RIGHT EYE (cm)

LEFT EYE (cm)

DO LENSES HELP? YES NO

COMMENTS:

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### STEP 2: CONVERGENCE – IS VISION SINGLE?

*Instruction: “Look at the ball [object] on the end of the stick and tell me if it goes double or you see it break into two”* [or you may see an eye swing out]

- Done with both eyes together
- Start at about 50cm and move the wand closer
- Repeat 2 or 3 times (or more if borderline)
- **Expected: less than 10cm**
- If greater than 10cm hold up +1.25D lenses & repeat the test

NEAR POINT OF CONVERGENCE (cm)

DO LENSES HELP? YES NO

COMMENTS:

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### STEP 3: VISUAL STRESS – IS VISION STEADY?

*Instruction: “Do the words jump or move on the page or do they look perfectly still?”*

[Looking at text placed at normal reading distance]

- Use age-appropriate text (black on white) printed on flat paper or a card
- **Expected: words should be perfectly still**
- If words move on the page repeat with tinted lenses. Which is the best colour?
- Repeat with +1.25D clear lenses
- If necessary, measure the time it takes to read a paragraph of age appropriate text *with* and *without* the most preferred tinted lenses

ARE THE WORDS STEADY?

YES (Finish)

NO (Best Colour):

ARE CLEAR LENSES AS GOOD? YES

NO

READ TEXT WITH TINT (Sec):

WITHOUT TINT (Sec):

**EXTRA: CHECK FOR LONGSIGHT [HYPEROPIA]**

Instruction: **“Can you see the words on the far wall clearly or are they blurry?”** [Looking at some writing at least 6m away through the +1.25D lenses]

- **Expected:** detail in the distance should appear slightly blurry

BLURRED (Pass)

CLEAR (Fail).....*Refer if learning difficulties*

**QUESTIONNAIRE: For Ages 7 to 10 years**

- This questionnaire may be helpful for borderline screening findings
- For students over 10 years of age, refer to the *Convergence Insufficiency Symptoms Survey (CISS)*
- Tick the box for each question
- Students can respond “Never”, “Not very often”, “Sometimes” Fairly often” or “Never”
- Multiply the number of ticks in a column by the value at the bottom (eg. x2) to get a score
- Sum each score to get a *TOTAL SCORE* (eg.  $2x0 + 1x1 + 2x2 + 0x3 + 0x4 = 5$ )
- A **Total Score of 6 or more** should be referred if a student is borderline or fails the 3 Point Check Test
- Refer if the Total Score is 6 or less but they still fail the 3 Point Check

	SYMPTOMS	Never	Not very often	Sometimes	Fairly Often	Always
1.	Do your eyes feel sore when reading?					
2.	Do you notice words blurring or changing focus when reading?					
3.	Do you see double vision or words breaking into two when reading?					
4.	Do you get headaches when reading?					
5.	Do you feel sleepy when reading?					
		___ x0	___ x1	___ x2	___ x3	___ x4
	<b>SCORES</b>					

**TOTAL SCORE** \_\_\_\_\_

**ADDITIONAL NOTES**

- **Near vision problems should be addressed BEFORE starting iCept Training or using tinted lenses.**
- Find a local optometrist that can manage the problems identified by this screening. This could either be a behavioural optometrist or an optometrist with an interest in children’s vision. Ask the optometrist if they are comfortable managing “convergence insufficiency”.
- Management usually requires low powered reading glasses or a combination of low powered reading glasses and eye exercises.
- If tinted lenses are used these should make a significant difference. Tints similar to those used in this screening could be used or a referral made for Irlen testing.