

Amblyopia (lazy eye) - Information for Teachers

Aim of the leaflet

This pupil has a medical condition called amblyopia (lazy eye). This leaflet is to provide you with information and advice about amblyopia to help you understand the condition and to explain to other children if necessary.

What is amblyopia?

Amblyopia is poor vision in one eye often termed as lazy eye and can be caused by a squint or an uncorrected refractive error (need to wear glasses). If the child is not treated by 8 years of age the amblyopia may be permanent. This may cause the child problems over their lifetime for example; both eyes do not work together and this can reduce or eliminate depth perception (or 3-D vision). People with reduced vision in one eye or poor depth perception are barred from certain occupations (e.g. pilot, police and army).

What is the treatment for amblyopia?

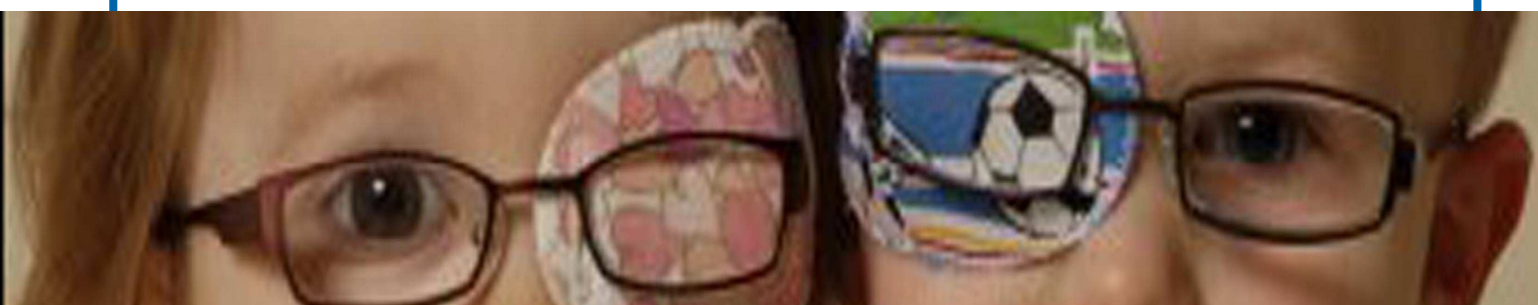
Before commencing any treatment the child will have a full eye examination by an Orthoptist and Ophthalmologist in the Hospital and prescribed glasses if needed. Orthoptists specialise in the diagnosis and treatment of vision defects such as squints and amblyopia. If the sight is still poor then patching treatment is recommended. This involves covering the good eye to make the lazy eye work harder. Patching the good eye forces the brain to use the lazy eye more, which encourages the eyesight to develop. The timing of patching is decided by the Orthoptist depending upon how severe the amblyopia is and the age of the child. The treatment appears to be most effective if the patch is worn while doing close work, such as reading and writing. Glasses if prescribed must be worn.

How can teachers help with amblyopia treatment?

Teachers are the most useful support for parents and children during the treatment. The teacher can help to ensure that the patch remains securely in place for the prescribed time. The patch should be placed on the stronger eye which will be explained to parents by the Orthoptist. The treatment will only be effective if the patch is worn consistently for the time prescribed with no peeping around it.

This pupil requires the patch on the RIGHT/LEFT eye for..... mins/hours daily.

Please see suggested activities for patchwork overleaf.



Suggested Activities

Colouring
Jigsaws
Drawing
Play board games
Play with Lego
Read
Look at picture book
Find letters or colour in letters in a newspaper
Knitting
Cross-stitch
Painting
Sewing
Do homework
Do arts and crafts
String beads
Make Hama Beads
Do puzzles like wordsearches and mazes
Play hand-held computer games like DS, PSP and Gameboy
Play computer games on a PC or laptop

Puzzle/Games Websites

Cbeebies www.bbc.co.uk/cbeebies/

NickJr www.nickjr.co.uk/

Playhouse Disney games www.disney.co.uk/playhouse-disney/

PacXon (arcade and classic games) www.addictinggames.com/pacxon.html

Eye can learn (eye exercises and puzzles to improve learning and visual attention)
www.eyecanlearn.com/

Lumosity (improve memory and attention with scientific brain games)
www.lumosity.com/

Happy puzzle company (to purchase board games and puzzles)
www.happypuzzle.co.uk/

The Trust endeavours to ensure that the information given here is accurate and impartial.

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