



**Bedfordshire
Community
Health Services**



Convergence Insufficiency

Bedfordshire Children's Eye Services



Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

What is convergence insufficiency?

This is the name given to describe the condition where you have difficulty using your eyes together when looking at objects or text at close distance, i.e. one eye will look straight and the other eye drifts out. This gives rise to a number of symptoms that occur mainly when you try to read or do detailed close work.

For example:

double vision or overlapping/jumbling of words;

blurred vision;

headaches around the eyes;

feeling of “eye strain”.

Can anything be done to help me?

You will need to see the Orthoptist regularly, who will advise you. Most people are advised to carry out eye exercises to retrain the eye muscles. These exercises need to be done regularly over a period of weeks in order to be effective.

Occasionally, it is necessary to fit a prism on your glasses to help you use your eyes together. You may also need to continue with your eye exercises.

It is important to carry out the exercises exactly as directed by the Orthoptist. When you have completed your exercises, you should close your eyes for a few minutes and then focus into the distance to relax your eyes.

Tips

When you have convergence insufficiency, you may find your symptoms easier to manage if you do the following:

- wear your reading glasses (if you have any);
- take short, regular breaks from close work / computer work;
- regularly look up from near tasks and re-focus;
- change the print size and background on computer screens;
- try enlarging text or using large print book;
- ensure you work with good lighting.

Your Orthoptist and Ophthalmologist will discuss the most appropriate treatment for you and will answer your questions.

If you have any questions regarding the treatment of your child's eye condition, please discuss them with the Orthoptist.

For further information about this service contact:

Community Eye Service

Enhanced Service Centre
Bedford Health Village
3 Kimbolton Road
Bedford, MK40 2NT

Community Eye Service

Liverpool Road Health Centre
9 Mersey Place
Liverpool Road
Luton, LU1 1HH



Children's Community
Health HUB

**Your one stop
contact point**



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Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

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If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.