

For further information about this service contact:

**Orthoptic Clinics**

Liverpool Road Health Centre 9 Mersey Place Liverpool Road Luton LU1 1HH Tel: 01582 708155	Wigmore Lane Health Centre Luton LU2 8BG Tel: 01582 707333	
Enhanced Service Centre Bedford Health Village 3 Kimbolton Road Bedford MK40 2NT Tel: 01234 897445	Flitwick Clinic Highlands Flitwick MK45 1DZ Tel: 01525 631199	Shefford Health Centre Robert Lucas Drive Hitchin Road Shefford Beds SG17 5FS Tel: 01462 648440
Biggleswade Health Centre Saffron Road Biggleswade SG18 8DJ Tel: 01767 224161	Child Development Centre Hill Rise Kempston Bedford MK42 7EB Tel: 01234 310278	

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.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit [www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk) and follow the links or please contact us.



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](mailto:ccs-tr.pals@nhs.net).

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

## Visiting the Eye Services

## Bedfordshire Children's Eye Services



## **The Community Eye Service**

The Community Eye Service cares for children from 0 - 16 years of age with squints, lazy eyes and vision defects. To develop good eyesight it is important that eye problems are identified and treated at an early age, as defects which may cause squints often run in families.

Following referral we will offer you an initial assessment and together we will plan your child's treatment. Your treatment plan will then be reviewed regularly to improve your child's eyes as much as possible.

At your first visit the orthoptist may recommend an eye test for your child. Eye drops may be needed to enlarge the pupils. They can then check each eye is healthy and test to see if your child needs glasses. If glasses are needed, the children's voucher (HESP) will be issued.

For children referred in by the orthoptic support worker following a vision test in reception class at school, we offer some one stop clinics. These are clinics where the child will see an orthoptist first who will assess the child's eyes, then drops will be instilled and the child will be seen by our community optometrist. These appointments will take up to two hours.

## **What is an Orthoptist?**

The orthoptist specialises in testing children's eyes, diagnosing squints, eye movement problems and visual problems, as well as monitoring, advising and managing treatment. The orthoptist works closely with the Ophthalmologist.

## **What is an Optometrist?**

The optometrist's in the Children's Eye Clinic are specially trained to assess the need for glasses in young children. They also check the health of the eyes.

## **What does the Ophthalmologist do?**

Your child may see either a community or consultant eye doctor. He/she will examine the eyes to ensure they are healthy and prescribe glasses, if required, to correct long/short sight or astigmatism. The ophthalmologist may refer your child to Moorfields at Bedford Hospital Eye Clinic or Luton and Dunstable NHS Foundation Trust Hospital Eye Clinic if specialist tests or surgery are recommended.

## **Childhood squints and lazy eyes**

These require regular assessment and sometimes frequent treatment up to the age of eight years. Vision can fluctuate before this age and patching treatment may be required to improve your child's eyesight.

## **Vision Therapy**

If your child has been referred for Vision Therapy, they will be seen at The Enhanced Service Centre or Wigmore Lane Health Centre only.

### **Follow up treatment may include:**

Any, or some, of the following:

- observing the levels of vision;
- the wearing of glasses;
- patching the good eye to improve the vision in the lazy eye;
- eye exercises;
- surgery to make the squint less noticeable;
- monitoring the squint and the eye movements.

The orthoptist will assess your child's eyes regularly and suggest any necessary treatment.

### **Treatment will continue until:**

- you are discharged by the orthoptist/ ophthalmologist
- you no longer want treatment;
- you have failed to attend one or two appointments without consulting the clinic and have therefore been discharged.

Your family doctor, health visitor and school nurse will be kept informed of your child's eye condition.

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

If you are unable to attend, please let us know as you will not be sent a further appointment.

Please let us know if you move or change your family doctor.