

Assessing for Scotoma and PRL Awareness

Materials:

- Clock face
- Two 1-2 inch letter targets (e.g. black letters on a popsicle stick or tongue depressor)

Procedure to determine if the client is aware of a scotoma:

- Use the clock card, sticks with letters, or the therapist's face as a target
- Evaluate each eye separately, beginning with the dominant eye, and then evaluate both eyes together
- Show the client the target you have selected and familiarize them with it
 - Point out details: your eye color, the hands on a clock, the letter, etc.
- Center the target directly in front of the client and position it close enough for the client to see the details
 - Make sure the target is well illuminated
- Instruct the client to look at center of the target, or at the therapist's nose, and without moving their eye, and tell you if certain areas of the target or face look blurry, faded, distorted or are missing
 - Be sure the client does not move their eyes to scan the target/face
- Note the location of the blurred, faded, distorted or missing vision
 - This could indicate that a scotoma is present

Instructions to the client:

- "Your eye disease can create blank or "blind" spots in vision. You may have noticed that sometimes when you look at people's faces, a page of print, or the TV screen, that parts of the image are blurry and won't come into focus, or are bent out of shape or even missing. Those areas are caused by blind spots. I am going to test to see if you have blind spots in your vision and where they are located because they may be affecting how well you can complete activities such as reading, writing, or seeing the television.
- I am going to hold (insert selected target) in front of you and ask you to look directly in the center of it. Then without moving your eyes, I want you to tell me whether parts of it are missing, blurry or distorted. You must keep your eyes locked on the center of the target."