

Warning Signs of Possible Visual Problems

(Student referral form to be completed by instructor)

Instructors: Note the signs of any visual problems students appear to have by checking the corresponding boxes. Use this form to refer students to your school nurse and/or to notify parents according to the policies of your school. This form is also an excellent resource for the student's doctor of optometry.

Student's name: _____ Age: _____ Date: _____

Instructor's name: _____

(Check if: teacher coach other _____)

Student exhibits the following behaviors which may indicate the presence of a visual problem or eye condition:

- moves head, rather than eyes, when reading.
- loses place or uses finger to keep place when reading.
- moves lips or "whisper reads."
- omits, repeats or mispronounces small words.
- transposes letters, numbers or words.
- holds eyes too closely to book, computer or work surface.
- squints, frowns or blinks frequently.
- rubs eyes.
- has reddened or watery eyes and/or encrusted eyelids.
- appears to have sties (small inflamed blemishes on skin surrounding eyes).
- turns or tilts head to favor one eye.
(Which eye? _____)
- shuts or covers one eye. (Which eye? _____)
- bumps into or trips over objects.
- has poor eye-hand coordination and/or difficulty with fine motor skills.
- has difficulty distinguishing colors.
- dislikes or avoids close work, reading, writing or sports.
- has difficulty following objects in motion (e.g., balls).
- has difficulty identifying, remembering or reproducing shapes or sequential patterns.
- writes or prints characters inconsistent in size, poorly spaced or sloped. (Circle all that apply.)
- has eyes that appear crossed, turned inward or outward, or that move independently of each other.
- complains of headaches, dizziness, burning or itchy eyes, blurred vision or double vision. (Circle all that apply.)
- performs consistently below potential.
- exhibits disruptive behavior.

School nurse or instructor's recommendations:

Nurse's or instructor's signature: _____ Date: _____

Parent's or guardian's name: _____

Parent's or guardian's phone number: _____

Date of initial parental notification: _____ Initials of notifier: _____

Follow up:

Date	Notes/Action	Initials



Area Doctors of Optometry

(Members of the South Dakota Optometric Society)



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SD city	First name	Last name	Business phone	SD city	First name	Last name	Business phone
Aberdeen	Francis	Barnett	(605)225-4046	Mitchell	Joseph	Krall	(605)996-2020
Aberdeen	Maurice	Dorsett	(605)225-7735	Mitchell	Jeff	Krall	(605)996-2020
Aberdeen	Marshall	Dorsett	(605)225-2020	Mitchell	Charles	Krall	(605)996-2020
Aberdeen	Aaron	Feser	(605)725-2020	Mitchell	Glen	Nydam	(605)996-2537
Aberdeen	Angela	Hase	(605)225-4046	Mitchell	Douglas	Torbert	(605)996-7108
Aberdeen	Jason	Lorenz	(605)225-9315	Mitchell	Thomas	Young	(605)996-9375
Aberdeen	James	Olson	(605)225-2020	Mobridge	Craig	Dockter	(605)845-2932
Aberdeen	Stuart	Quam	(605)225-2020	Murdo	Michael	Bartlett	(605)669-2131
Aberdeen	James	Ruch	(605)225-2020	N. Sioux City	Dan	Rabbitt	(605)232-3937
Armour	Joseph	Krall	(605)796-2151	Parker	Leroy	Kaufman	(605)297-4499
Belle Fourche	James	Trimble	(605)892-4171	Parker	Dawn	Kaufman	(605)297-4499
Beresford	Ryan	Arlt	(605)763-8026	Parkston	Dawn	Kaufman	(605)928-3316
Brookings	Jason	Jahn	(605)692-2020	Parkston	Leroy	Kaufman	(605)928-3316
Brookings	Tasha	Jones	(605)692-2020	Philip	Bill	Holec	(605)859-2593
Brookings	Maria	Perez	(605)692-2020	Philip	Gaylene	Kudrna	(605)859-2593
Brookings	Aimee	Schulte	(605)692-5173	Philip	Lynn	Tucker	(605)859-2593
Brookings	Clayton	Twitero	(605)697-6880	Pierre	Michael	Bartlett	(605)224-0404
Brookings	Gary	VanderZee	(605)692-2020	Pierre	Douglas	Beemer	(605)224-0404
Canton	Jonathan	Toso	(605)987-2841	Pierre	Denette	Eisnach	(605)224-6128
Chamberlain	Larry	Menning	(605)734-5613	Pierre	Roger	Liudahl	(605)945-5200
Corsica	Larry	Menning	(605)946-5252	Pierre	Jeffrey	Rausch	(605)224-6128
Custer	Dallas	Wilkinson	(605)673-2716	Platte	John	Stekly	(605)337-2120
Deadwood	Michael	Guilbert	(605)578-1761	Presho	Roger	Liudahl	(605)895-2589
Dell Rapids	Lisa	KollisYoung	(605)428-5701	Rapid City	Anne	Britton	(605)348-7045
Dell Rapids	Wayne	Slothouber	(605)428-5701	Rapid City	Bert	Corwin	(605)718-2303
Eagle Butte	Craig	Dockter	(605)964-2010	Rapid City	Randall	Edwards	(605)348-2323
Elk Point	Ryan	Arlt	(605)356-3317	Rapid City	M. Scott	Ellender	(605)348-2323
Eureka	Craig	Dockter	(605)284-2391	Rapid City	Joseph	Hartford	(605)343-2020
Faith	Jason	Hafner	(605)967-2644	Rapid City	Bill	Holec	(605)342-0777
Faith	David	Prosser	(605)967-2644	Rapid City	Dwayne	Ice	(605)343-4703
Faulkton	Thomas	Garrity	(605)598-6280	Rapid City	John	Jarding	(605)343-4703
Flandreau	Vance	Ankrum	(605)997-2144	Rapid City	James	King	(605)342-7284
Flandreau	Robert	Haeder	(605)997-2144	Rapid City	Gaylene	Kudrna	(605)342-0777
Flandreau	Paul	Sampson	(605)997-2144	Rapid City	Brad	Moriarty	(605)343-4164
Freeman	Dawn	Kaufman	(605)925-4256	Rapid City	Eric	Porisch	(605)341-5644
Freeman	Leroy	Kaufman	(605)925-4256	Rapid City	Lynn	Tucker	(605)342-0777
Ft. Meade	Terrence	Wolthuis	(605)347-7219	Rapid City	Dawn	Wattenhofer	(605)343-1200
Gettysburg	Marshall	Dorsett	(605)765-9159	Rapid City	Peter	Weber	(605)658-3500
Gettysburg	James	Olson	(605)765-9159	Rapid City	Pauline	Weichler	(605)718-7550
Gregory	Mark	Struble	(605)835-8511	Rapid City	Robert	Wilson	(605)348-9369
Hot Springs	Dallas	Wilkinson	(605)745-3175	Rapid City	Terry	Wolthuis	(605)721-5688
Hoven	Tom	Garrity	(605)948-2269	Redfield	Stuart	Quam	(605)472-1230
Huron	Vance	Ankrum	(605)353-1320	Redfield	Bruce	Siegling	(605)472-1230
Huron	Bradley	Callies	(605)352-8511	Salem	Gregg	Bleeker	(605)425-2855
Huron	Robert	Haeder	(605)353-1320	Salem	Glen	Nydam	(605)425-2855
Huron	Robert	Johnson	(605)352-8511	Sioux Falls	Vance	Ankrum	(605)361-1680
Huron	James	Nelson	(605)352-4181	Sioux Falls	James	Barnett	(605)335-7757
Huron	Paul	Sampson	(605)353-1320	Sioux Falls	Thomas	Billars	(605)336-3205
Lemmon	Thomas	Garrity	(605)374-5781	Sioux Falls	Tiffany	Brink	(605)275-6100
Madison	Judson	Bergan	(605)256-2324	Sioux Falls	Jeffrey	Browen	(605)331-2020
Madison	Michael	Brooke	(605)256-6911	Sioux Falls	Carol	Byrd	(605)331-3220
Milbank	John	Conroy	(605)432-5730	Sioux Falls	Teresa	Carstensen	(605)334-7737
Miller	Bruce	Siegling	(605)853-3285	Sioux Falls	Kevin	Crouch	(605)339-1939
Mitchell	Gregg	Bleeker	(605)996-2537	Sioux Falls	Ashley	Crouch	(605)339-1939

Area Doctors of Optometry

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SD city	First name	Last name	Business phone	SD city	First name	Last name	Business phone
Sioux Falls	Paul	Greenfield	(605)338-3225	Spearfish	Kathy	Haivala	(605)642-8480
Sioux Falls	Angela	Gulbranson	(605)274-6717	Spearfish	Brad	Hauge	(605)642-4656
Sioux Falls	Robert	Haeder	(605)361-1680	Spearfish	Tammy	Hersch	(605)642-0390
Sioux Falls	Allen	Haier	(605)331-3220	Spearfish	Scott	Kennedy	(605)642-4656
Sioux Falls	Jill	Hart	(605)362-7071	Sturgis	Jason	Hafner	(605)347-2666
Sioux Falls	Shane	Hartman	(605)362-0211	Sturgis	David	Prosser	(605)347-2666
Sioux Falls	Charles	Howlin	(605)332-2231	Sturgis	Daniel	Watson	(605)347-2136
Sioux Falls	Jennifer	Hupke	(605)995-1014	Tyndall	Richard	Tiaht	(605)589-3406
Sioux Falls	Thomas	Kessinger	(605)334-5741	Tyndall	James	Torsney	(605)589-3406
Sioux Falls	Lisa	Kollis-Young	(605)367-9620	Vermillion	Kevin	Brown	(605)624-2020
Sioux Falls	Lisa	Kollis-Young	(605)332-2231	Vermillion	Amy	DeJong	(605)624-4291
Sioux Falls	Phil	Lundquist	(605)338-7104	Vermillion	Richard	Gregory	(605)624-4291
Sioux Falls	Dennis	Murschel	(605)338-1873	Vermillion	Cynthia	Johnson	(605)624-2020
Sioux Falls	Bobette	Nale	(605)338-3225	Wagner	Mark	Struble	(605)384-3565
Sioux Falls	Kenda	Ott	(605)362-9255	Watertown	Bradley	Meier	(605)882-2220
Sioux Falls	Keith	Rasmussen	(605)328-3904	Watertown	Susan	Pietz	(605)882-2220
Sioux Falls	Paul	Sampson	(605)361-1680	Watertown	Bruce	Siegling	(605)882-1818
Sioux Falls	James	Schwerin	(605)332-2231	Watertown	Melanie	Weiss	(605)882-0808
Sioux Falls	Philip	Sietstra	(605)338-7104	Watertown	S. Hope	Winrod	(605)882-2020
Sioux Falls	Wayne	Slothouber	(605)332-2231	Webster	Marshall	Dorsett	(605)345-4631
Sioux Falls	Wayne	Slothouber	(605)367-9620	Webster	Stuart	Quam	(605)345-4631
Sioux Falls	Douglas	Tassi	(605)336-3142	WessingtonSpr	Mark	Struble	(605)539-1212
Sioux Falls	Larry	VanderZee	(605)338-7104	Winner	Daniel	Peters	(800)201-1974
Sioux Falls	Doug	Wallin	(605)328-3904	Yankton	Steven	Anderson	(605)665-7762
Sisseton	Royce	Grimrud	(605)698-4112	Yankton	Laura	Slowey	(605)665-1133
Spearfish	Robert	Goodrich	(605)642-2645				

For school newspapers, bulletins and Web sites (page 1 of 2)

Use these short news briefs to remind students, their parents, teachers and coaches about the importance of taking care of the eyes and visual system. These messages can be adapted for use in student newspapers, parent and teacher bulletins, school Web sites, morning announcements, bulletin boards and bookmarks. Free clip art for school publications can be found on a variety of Web sites. Search the Web for these sites using the key words: free clip art.

Due for an eye examination?

Families should obtain a thorough eye examination for students prior to starting school, then every year for ages 6 through 18, says the South Dakota Optometric Society. More frequent exams may be necessary for kids who have certain risk factors or rapidly-changing visual conditions. Ask your optometrist for the eye exam schedule that's best for you.

It's never too early to start wearing sunglasses

Sunglasses help protect the eyes from harmful ultraviolet (UV) radiation, and the South Dakota Optometric Society recommends that everyone – including infants, children and teens – wear them outdoors! Look for sunglasses that block 99 to 100 percent of UV-A and UV-B rays. Optometrists say wearing such sunglasses can help prevent the development of cataracts in later life.

Certain behaviors may indicate visual problems

Students who frequently exhibit any of the following behaviors may have a visual problem that can impair learning and sports performance:

- squinting or frowning.
- tilting the head or covering one eye to see better.
- blinking or rubbing the eyes.
- avoiding close work.
- moving the lips while reading or using a finger to keep place.
- bumping into or tripping over things.
- holding the eyes too closely to a book, computer screen or work surface.
- complaining of headaches, dizziness or tired eyes.

For early diagnosis and treatment, the South Dakota Optometric Society recommends discussing any of these behaviors with your doctor of optometry.

What does 20/20 visual acuity mean?

A person with 20/20 visual acuity (visual sharpness) can see letters that are 1/4 inch tall from a distance of 20 feet. But, according to the South Dakota Optometric Society, 20/20 vision doesn't necessarily mean perfect eyes. A comprehensive eye examination can reveal problems in eye structure, focusing abilities, movement, coordination, health, and color perception – even for those with 20/20 vision. Doctors of optometry encourage families to obtain eye examinations for students prior to starting school, then every year for ages 6 through 18.

Protective eyewear and helmets prevent injuries

Certain sports and activities can be hazardous to the eyes and head. The South Dakota Optometric Society recommends appropriate safety eyewear and/or helmets or head gear to prevent trauma when:

- playing sports including football, baseball, softball, racquetball, tennis or hockey.
- riding bikes, skateboarding or roller blading.
- using power tools for carpentry, yard work, machine repair and farming.
- working with chemicals, cleaning products or pesticides.

Many safety glasses, goggles and face shields now offer protection from the sun's harmful ultraviolet rays. What type of protective eyewear is best for you? Just ask your doctor of optometry.

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Computer and video games can help your eyes

That's right! According to the South Dakota Optometric Society, computer and video games can actually help sharpen visual skills and eye-hand coordination needed for school, sports and daily activities. However, optometrists caution, too much play can cause eye fatigue and strain. Be sure to keep your eyes at least 20 to 26 inches away from the screen and to rest them five minutes for every half hour of play.

Never swap contact lenses

It seems like common sense, but with younger and younger folks wearing color-enhancing contact lenses, it can be tempting to try on a friend's. Don't do it! Sharing contact lenses spreads infections and germs and can cause lens damage due to inexperienced handling. Satisfy your curiosity by asking your doctor of optometry if you can try on a sterile sample pair during your next eye exam.

Ten tips for eye health and safety

To keep you seeing your best, the South Dakota Optometric Society recommends you:

- 1) See your doctor of optometry at least once every two years for an eye examination (every year for students 6-18).
- 2) Always wear prescription contact lenses and eyeglasses as directed.
- 3) Wear appropriate safety gear (including protective eyewear) when playing sports or using hazardous tools or chemicals.
- 4) Seek immediate professional help for eye injuries.

- 5) Don't rub or scratch the eyes if dust or dirt get in. Instead, pull the eyelid forward causing the eye to water, or gently flush with clean water.
- 6) Never throw dirt, rocks or other objects – even playfully – at others.
- 7) Don't run with sharp or pointy objects in your hands. Always carry sharp objects with the point down.
- 8) Wear sunglasses that block both ultraviolet A and B rays when outdoors.
- 9) Use sports equipment, toys and tools the way they were meant to be used.
- 10) Maintain your general health, eat lots of fruits and vegetables, and get plenty of exercise and rest.

Visual screening or eye exam: What's the difference?

School visual screenings help "screen" students for signs of visual problems, but they cannot detect a large percentage of eye health and visual conditions. Research shows that many children who pass visual screenings learn, after subsequent eye examinations, that they had visual problems needing correction that were not identified in the screenings. Thus, the South Dakota Optometric Society recommends families obtain eye examinations for students prior to starting school, then once every year for ages 6 through 18. Eye examinations include a careful evaluation of the eyes' internal and external structures, focusing abilities, movement, coordination, color perception, and central and peripheral vision. Eye exams can also detect eye diseases and symptoms of systemic conditions such as diabetes, high blood pressure and brain tumors.



Healthy Eyes for Students and their Families Fact Sheet

Good vision is vital to learning, reading, working, playing sports and enjoying life! Protect the health of your eyes and visual system with these tips:

- **Obtain comprehensive eye examinations on a regular basis;** they uncover many eye health and visual problems that visual screenings miss. The South Dakota Optometric Society recommends families obtain eye examinations for students prior to starting school, then every year for ages 6 through 18. Your doctor of optometry can recommend the exam schedule that's best for each family member.
- **Inform your optometrist of your family's health history** including any eye conditions (such as crossed or lazy eyes, glaucoma or cataracts) and general health conditions (such as allergies, high blood pressure and diabetes). Your optometrist should also be told the names of any prescription and nonprescription drugs used.
- **Wear your prescription eyeglasses or contact lenses as directed.** Your doctor of optometry will provide instructions for contact lens cleaning, care and replacement.
- **Wear sunglasses that block both ultraviolet A and B rays when outdoors** to help prevent the development of cataracts in later years. Optometrists say you're never too young to start wearing sunglasses and even recommend them for infants and toddlers!
- **Report any warning signs of visual problems to your optometrist promptly.** Warning signs include: squinting, blinking or rubbing the eyes; tilting the head or covering an eye to see better; moving the lips or using a finger to keep place when reading; avoiding close work; bumping into or tripping over things; and placing the eyes too closely to books, computer screens, and work surfaces.
- **Wear appropriate safety gear (including protective eyewear)** to prevent eye injuries when playing sports such as football, hockey, baseball, softball and racquetball; using power tools for carpentry, yard or farm work, and machine repair; or working with chemicals, cleaning products and pesticides. Ask your doctor of optometry for more information.
- **Know what to do when accidents occur.** If your eye is cut, injured or struck, seek professional help immediately. Do not rub or scratch! If a particle of dust or dirt lands in your eye, pull the eyelid forward to cause watering or gently flush the eye with clean water. For chemical splashes, flush the eye with clean water for 15 minutes and call your eye doctor promptly.

