

# What is Orthoptics?

**Orthoptists** are the experts in diagnosing and treating defects in eye movement and problems with how the eyes work together, called binocular vision.

Your **Orthoptist** is a member of the hospital eye care team, and tends to work closely with **Ophthalmologists** (Doctors) and **Optometrists** (Opticians).

Orthoptists are trained to assess both **children** and **adults**.



## Our Role

**Orthoptists specialise in disorders of:**

- Eye Movement
- Strabismus (Squint)
- Binocular Vision
- Amblyopia (Lazy Eye)

**Our Orthoptists also have extended roles in other areas including...**

- Paediatric Low Vision
- Adults and Children with Learning Disabilities
- Visual Problems following Stroke
- Thyroid Eye Disease
- School Screening
- Reading Difficulties
- Eye Strain
- Glaucoma
- Retinal Disease
- Cornea

## Children

Orthoptists assess children of all ages, from young babies to school-aged children.

They usually assess the vision with letter or picture tests, but use other methods if this is not possible.

They also assess the position of the eyes and how well they work and move together as a pair. Your Orthoptist will be able to provide you with useful information about your child's visual ability, such as whether or not they have a **squint** (turn in the eye) or **amblyopia** (a lazy eye). They will also be able to refer your child for a paediatric glasses test or eye doctor appointment if necessary.



## Adults

An Orthoptist's main role in adult assessment is to investigate and treat disorders of eye movement which may lead to symptoms such as **double vision**, **blurred** or **oscillating vision**.

However, they see a wide range of adult patients and you may be referred to see an Orthoptist despite having no double vision.

## Our Clinics

The Orthoptic Department is based at **Torbay Hospital**, although it may sometimes be possible to arrange some appointments at one of our **Community clinics**.

- Newton Abbot
- Paignton
- Brixham
- Totnes
- Teignmouth
- Dawlish

## Your Orthoptic Team...

### **Jane Woods** (*Head Orthoptist*)

- Children with learning disabilities

### **Kathy Diplock**

- Adults with learning disabilities

### **Hannah Stewart**

- Reading difficulties
- Lead clinical tutor
- Medical retina

### **Katrina Farmer**

- Stroke & Brain Injury
- Cornea
- Paediatric ophthalmology

### **Hannah Harrison**

- Glaucoma
- Reading difficulties
- Children with learning disabilities

### **Philippa Lower**

- Stroke and Brain Injury
- Paediatric low vision
- Medical retina

### **Stephanie Yates**

- Medical retina
- Reading difficulties

### **Tom Hancox**

- Glaucoma

### **Louise Godwin**

- Vision Screening

## Contact details

 TorbayAndSouthDevonFT

 @TorbaySDevonNHS

[www.torbayandsouthdevon.nhs.uk/](http://www.torbayandsouthdevon.nhs.uk/)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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**Torbay and South Devon**  
NHS Foundation Trust

## PATIENT INFORMATION

# Orthoptist



Orthoptic  
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*Working with you, for you*