What is Orthoptics?

Orthoptics is a profession which specialises in the investigation, diagnosis and treatment of disorders of the visual system.

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

Professional Field

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

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 **double vision** and symptoms of **eye strain**.

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

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**Your Orthoptic Team…**

For Torbay and South Devon NHS Foundation Trust

**Jane Woods** *(Head Orthoptist)*
- Children learning disabilities

**Kathy Diplock**
- Adult learning disabilities

**Hannah Stewart** *(Deputy Orthoptist)*
- Reading difficulties
- Lead clinical tutor
- Macula

**Katrina Farmer**
- Lead stroke orthoptist
- Paediatric low vision
- Cornea
- Paediatric ophthalmology

**Hannah Watson**
- Glaucoma

**Philippa Lower**
- Orthoptist

**Steph Yates**
- Orthoptist

**Louise Godwin**
- Vision Screening

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Torbay and South Devon NHS Foundation Trust

**Orthoptist**

Orthoptic Department

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