

Instructions for using Dot Card

Patient information and instructions

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

The aim of the exercise is to maintain a single image of the dot you are directly looking at.

- If you require reading glasses these should be worn during these exercises
 - If the Orthoptist has put a stick-on Fresnel prism over one lens of your reading glasses this should be kept on
1. Hold the dot card in a slightly depressed position so it is touching the tip of your nose and with the line of dots extending away from you
 2. Look at the dot at the end of the card, (farthest from your nose) and ensure this dot appears single (Image 1). The remainder of the dots and the line then appear double forming an 'A' shape



Image 1

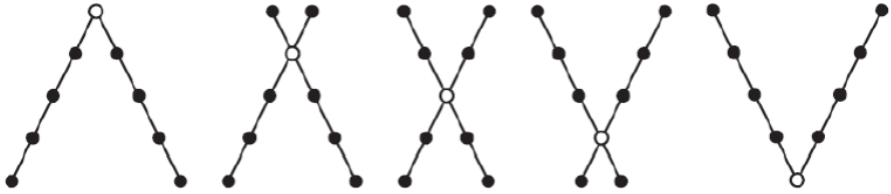
3. Now look at the second furthest dot and ensure it is single before moving on to the next (Image 2)



Image 2

4. Continue slowly up the card ensuring each dot you are focusing on is single

Below is a demonstration of what you should see from the furthest dot to the closest:



If you are unable to make the dot you are looking at appear single, go back to the previous step and try again.

- You will notice all dots before and after will double and the line will look like an X
- Continue to move your eyes one dot at a time towards your nose. When you reach and maintain focus on the dot nearest to your nose this should be single, and the remainder of the dots and the line then appear double forming a V shape
- Now slowly change your focus, retracing your steps back down the line of dots to the start position

******Breaks include looking outside /
closing the eyes for 5 minutes******

Repeat the above for mins times per day.

If you have any questions or require further information, please call us on **01902 695830**.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。