

Pinhole Test

Name: _____ Date: _____

Materials needed

- Pinhole occluder (opaque disc with one or more small holes)
- Snellen chart or an age-appropriate visual acuity chart
- Well-lit and quiet examination room

Instructions

1. Ensure the examination room is well-lit and distraction-free.
2. Familiarize the patient with the testing procedure and provide explanations to ease anxiety.
3. Seat the patient comfortably at the right distance from the Snellen chart and ensure corrective lenses are worn.
4. Ask the patient to read the standard Snellen or age-appropriate visual acuity chart with both eyes.
5. Record the visual acuity using logMAR or Snellen notation.
6. Introduce the pinhole occluder to the patient, explaining its purpose in identifying vision issues.
7. Instruct the patient to cover one eye with the occluder.
8. With one eye covered, have the patient read the chart again.
9. Record the visual acuity for the eye with the occluder.
10. If visual acuity improves with the occluder, consider refractive error and proceed to a comprehensive refraction exam.
11. If vision worsens, explore possible causes like macular disease or central lens opacities. Further evaluations are necessary.
12. If there's no change, amblyopia may be a concern. Refer the patient for detailed assessment.
13. Repeat the procedure for the other eye, ensuring accurate visual acuity documentation with and without the occluder.
14. Compile the results and provide a detailed report. Refer patients with visual acuity < 6/6 for refraction and those with potential eye conditions for specialized assessments.
15. Document all results meticulously, highlighting any observations, improvements, or concerns.

Findings**Additional notes****Reference**

Hennelly, M. L. (2019). How to detect myopia in the eye clinic. *Community Eye Health*, 32(105), 15–16. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6688402/>