Iris goes to the optometrist: A children's book

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Abstract
The pediatric population is one of the most difficult age groups that an optometrist comes in contact with. These children have extremely short attention spans. They also often have difficulty understanding what they are expected to do. This allows the children to become easily distracted. When children are put in situations where they feel insecure and unsure, they become afraid. When you take an already scared child and attempt to run multiple visual tests, it often leads to a child that is extremely frightened and uncooperative. By making a children’s book that would explicitly explain what will happen in the exam, we hope to alleviate some of the fear and uncertainty. Also, going over the procedures before they are performed would help prepare the child and improve their response rate and reliability. The exam would be faster and more efficient since the child would have a better idea on how to respond to different tests.

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Thesis

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Iris Goes to the Optometrist: A Children’s Book

By

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A thesis submitted to the faculty of the
College of Optometry
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for the degree of
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Advisor:

J.P. Lowery, O.D.
BIOGRAPHIES:

Jennifer N. Tam graduated from the University of California, San Diego in 2000 with a B.S. in Biochemistry and Cell Biology. She continued her studies at Pacific University College of Optometry with the intention to provide care to the vision needs of children. After her studies at Pacific University College of Optometry, she plans to pursue her career in providing vision care to families and children while specializing in learning disabilities and vision rehabilitation. In her spare time, she will continue her interest in visual arts.

Manbir K. Randhawa graduated from the University of British Columbia, Vancouver in 2000 with a BSc degree. She then went on to Pacific University College of Optometry to fulfill her dream of becoming an optometrist. Upon completion of her degree she plans to return to British Columbia and open a practice specializing in pediatric optometry. She also hopes to work towards increasing awareness on the importance of regular eye exams of school children.
ABSTRACT:

The pediatric population is one of the most difficult age groups that an optometrist comes in contact with. These children have extremely short attention spans. They also often have difficulty understanding what they are expected to do. This allows the children to become easily distracted. When children are put in situations where they feel insecure and unsure, they become afraid. When you take an already scared child and attempt to run multiple visual tests, it often leads to a child that is extremely frightened and uncooperative. By making a children’s book that would explicitly explain what will happen in the exam, we hope to alleviate some of the fear and uncertainty. Also, going over the procedures before they are performed would help prepare the child and improve their response rate and reliability. The exam would be faster and more efficient since the child would have a better idea on how to respond to different tests.

Key words: children literature, examination, optometric, first optometric exam
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We would like to thank Dr. J.P. Lowery for being patient with us and providing us guidance through the production of this book. We would also like to thank those who have provided the funding to allow production and publication of this book.
Iris looked up at the clock.
Tick-tok tick-tok...
It was almost three o’clock!
Iris was very excited because after school she was going to the doctors for an eye exam.
BRINGGGGGGGGGG...... Went the bell......
It was time to go!
“Op-tom-it-rist” Iris was sitting at the doctor's office reading a sign.

“Dad, what's an optometrist?” she asked.

“Optometrist is another way of saying eye doctor” her father explained.

“Iris” called out the receptionist, “it is your turn.”

Iris got up and followed the lady “Are you an optometrist” she asked.

“No” said the lady “I’m the assistant.”
Iris was led into a room with a funny looking machine. The assistant told her that the machine would blow a puff of air in her eye. Iris put her chin and forehead on the machine. “PUFF” went the machine. Iris tried hard not to giggle. It felt funny, like someone blew in her eye!
“Now Iris, I want you to follow me into another room” said the assistant.
Iris followed her to the new room. This room had a big chair and a lot of strange machines.
“Iris can you guess where you are going to sit?” asked the assistant.
Iris thought for a minute and then pointed to the big chair.
“That’s right!” said the assistant “now I want you to go sit in that chair and the doctor will be here soon.” Then the assistant left the room.
Iris was just about to sit in the chair when all of sudden someone walked through the door “Hello Iris, my name is Dr. Glass”
“Dr. Glass, are you an Opt...” oh-oh, Iris couldn’t remember the name!

“An optometrist” Dr. Glass helped her “and yes, I am”

Then Dr. Glass covered Iris’s left eye and said “Iris can you tell me what letters you see on that chart”

Iris looked. There were letters, but they were all mixed up!

It looked like alphabet soup!
She told the doctor what letters she saw. “Very good!” said Dr. Glass.

Iris was still looking at the mixed up alphabet when Dr. Glass started to shine a light in her eye. It was a bright light!

“Keep looking at the letters Iris” said Dr. Glass. So Iris ignored the bright light and kept looking at the letters.
“Good job Iris! You are doing really well” said Dr. Glass.

Iris was happy, she really liked Dr. Glass. Then Dr. Glass said “Iris, have you seen my big binoculars?”

“No” said Iris shaking her head.

Dr. Glass pulled the big binoculars in front of Iris. “Here let’s see if you can look through them” Iris looked at the big binoculars. They were really neat. Then she looked through them just like Dr. Glass said.
"Now Iris, I want you to look at the letters again and tell me when they look the clearest and straightest, okay?"

"Okay" said Iris
Sometimes the letters looked a little blurry.
Sometimes the letters looked clear.
Sometimes the letters looked a little twisted.
Sometimes the letters looked straight.
Iris told Dr. Glass each time the letters looked the best.
“Iris, how many lines of letters do you see?” asked Dr. Glass. Iris looked. There were two lines of letters that were diagonal from each other. Dr. Glass told Iris to let her know when they were lined up right above each other. Then Dr. Glass told Iris to let her know when they were lined up right beside each other.
"Good job Iris, we are done with these" Dr. Glass said as she pulled the big binoculars away.
"Now we get to use this" Dr. Glass pulled up another big machine.
It looked a little bit like the "Puffer"!
Iris had to put her chin and forehead in it just like she did for the puffer.
But there was no puff! This machine only had a light.
Iris was having fun. She wondered what would happen next.
Dr. Glass was holding a bottle in her hands and asked “Iris, have you ever had drops put in your eyes?” Iris shook her head and said “no” “Well” explained Dr. Glass “I am going to put two drops in your eyes. The first one might feel a little funny, but then I'll put in the second drop and it will make the funny feeling disappear, okay?” Dr. Glass put the first drop in each eye. Ooohhhh....it did feel funny...... Then Dr. Glass put the second drop in each eye. It really did make the funny feeling disappear! It was like magic! Then Iris started to laugh.........
Dr. Glass was wearing the funniest hat she ever saw!! It had a light coming out of the front part of it. Like something from a space movie!

Dr. Glass started to shine the light at Iris.

“I know the light is bright, Iris” said Dr. Glass, “but I really want you to try and keep your eyes wide open.”

Iris tried to open her eyes as wide as she could.
"Guess what Iris? You are all done!" said Dr. Glass
"Already?!?" Iris was having so much fun she almost did not want to leave!
Dr. Glass smiled and asked "Iris, will you come visit me again next year?"
"I would love to!" said Iris excitedly "Dr. Glass you are my favorite opto...."
Oh no! Iris forgot again! Can YOU help her out?

BYE IRIS.
SEE YOU NEXT YEAR!

BYE!