Dennis and Debbie visit the optometrist: A children's book

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Abstract
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DENNIS AND DEBBIE VISIT THE OPTOMETRIST
A Children's Book

A Sixth-Year Thesis
Presented to
the Faculty of the College of Optometry
Pacific University

by
GREGORY F. COPELAND

In Partial Fulfillment
of the Requirements for the Degree
Doctor of Optometry
May, 1971

Faculty Advisor:
Dr. Bradford W. Wild

Approved_________________
When considering the possibilities of a predoctoral project, I felt that I wanted something that would be of use to me beyond the limits of my academic career. I felt that it should be something tangible that I and possibly other optometrists could use in their practices. This is why I chose to write a children's book about a typical visit to an optometrist's office by a young boy and his sister. Besides fulfilling requirements for graduation, the book has three major objectives:

1) to alleviate any fears a young child might have prior to visiting an optometrist.
2) to inform the child's parent about optometric testing and what the optometrist does.
3) to serve as a legitimate vehicle for public relations for the optometrist and the optometric profession.

I should mention that the book is in its final form and is ready to be submitted for publication. Naturally, it would be expected that some of the illustrations in the layout could be altered to some extent by the publisher.

My sincere appreciation is extended to Dr. Bradford W. Wild, my faculty advisor; to Miss Carol Cinnamond, educator; to Dr. V.L. Copeland, optometrist; to Miss Pat Macklin and staff of the Learning Resources Center; and others who have extended their help and professional knowledge to me.
Dennis and Debbie Visit the OPTOMETRIST

by

GREG COPELAND

illustrations:

Lydia Fornes
One bright autumn afternoon just after school had started, Mother looked out the window and saw Dennis walking more slowly than usual with a worried look on his face. As he came in the front door, she asked, “Is something wrong, Dennis?”

“I don’t know for sure, Mother. I have a note for you and Father from my teacher,” answered Dennis.

Mother took the note and it read:

Dear Mr. and Mrs. Turner,

Lately I have noticed that Dennis squints while reading from the chalkboard and he has complained to me of not seeing the chalkboard clearly from his seat.

I wanted you to know about these things and would like to suggest that he have a visual examination.

Sincerely,

Miss Cinnamon
Miss Cinnamon
4th Grade
That evening, Mother and Father discuss Miss Cinnamon’s note. “Yes,” said Father, “I think we should make an appointment for Dennis with Dr. Ford, our Optometrist (op-tom-uh-trist).

“Also, we should have Debbie’s vision checked since she will be entering school next year,” replied Mother.

The next Tuesday, Dennis was excused from school and he, with Mother and Debbie, went to Dr. Ford’s office. When they came into the reception room, they were greeted by the optometrist’s assistant, Miss Dickinson. “Good morning, Mrs. Turner. How are you, Dennis and Debbie?”

“We are all fine, thank you,” answered Mrs. Turner.

“The Doctor would like for you to fill out these history forms for Dennis and Debbie. Now would be a good time,” said Miss Dickinson.

On both forms, Mother answered many questions about Dennis and Debbie. She wrote down their birthdays and many different things about their childhood development and illnesses. For Dennis she listed Miss Cinnamon’s note and for Debbie, she wrote ‘will soon enter the first grade’ for reasons of their visit.
“Thank you, Mrs. Turner,” said Miss Dickinson as she took the forms, “and now, Dennis, let’s go to the pre-examination room before you see Dr. Ford.”

“Oh, boy!” exclaimed Dennis. This sure is a neat room. It has lots of strange looking machines!”

“That is right, Dennis. The Doctor uses many different types of instruments to test people’s vision. Look into this one. We call it a Stereoscope (ster’-e-o-skop) and how you see in it is called Visual Skills,” explained Miss Dickinson.

“Wow! I see a row of numbers with an arrow floating under them. The arrow moves a little but mostly stays under the 9,” exclaimed Dennis, a little amazed.

“Thank you, Dennis,” said Miss Dickinson. “Now as you look at these rows of figures, which figure in row number one stands out closer to you?”

“The ball is closer! In number two, it is the star and in row three it is the plus sign,” called Dennis and he answered the rest correctly.
They finished the rest of the pre-examination test and went to meet Dr. Ford. "Hi there, Dennis. Hop into this big chair and we'll go for a ride," said Dr. Ford with a big smile.

Dennis climbed into the big chair and up he went until he was almost as tall as Dr. Ford.

Dr. Ford sat on a stool next to Dennis. He picked up a fancy looking instrument with a tiny light bulb on one end which he called a Fixation Light.

"Ready, Dennis?" asked the Doctor. "Hold your head still and watch my light as I move it. This is very important in seeing how your eyes work together while looking at and following an object." Dennis sat very still and watched Dr. Ford's light as it moved in many different directions.

"Thank you, Dennis. You did very well," said the Doctor. Then the Doctor picked up another instrument and said, "This is called an Ophthalmoscope (off-thal 'mə-skəp). With it I will examine your eyes to see that they are healthy. All you have to do is look out at the picture on the wall."

The picture was of the inside of an eye. When Dr. Ford had finished looking at both eyes, Dennis asked, "Is that what my eyes look like?"

Dr. Ford smiled, "Yes. Of course, everyone is slightly different and I am glad to say that both your eyes appear to be very healthy."
Dr. Ford then positioned an instrument called a Keratometer (kar' ah-tom' uh-ter) in front of Dennis. Gently, he placed Dennis' chin in the chin rest and asked him to be very still. "This instrument allows us to measure and determine the shape of the front part of your eyeball."

After they were finished, the Doctor placed a strange looking instrument in front of Dennis and adjusted it to fit his face. "This is a Phoropter (for-op'ter). In each side, there are many, many different lenses that I will use in order to determine how you see," explained Dr. Ford.

So Dr. Ford and Dennis went through many tests. Some while Doctor Ford used an instrument called a Retinoscope (ret'ih-nō-skōp), some while Dennis looked at a chart across the room with and without the lights on, and some as Dennis looked at cards at reading distances. Dennis was amazed at the number of tests that make up a visual examination.

"We're all through now, Dennis. Let's go talk with your Mother. Thank you for being such a fine patient," said Dr. Ford, smiling.
Dr. Ford showed Mrs. Turner and Dennis to his office. “I have learned from Dennis’ examination that he is Myopic (mī-op’ik). Myopia is often called Nearsightedness. He can see clearly at near distances but as he looks out away from him, objects are not seen as clearly.

“Will I need glasses?” asked Dennis.

“Yes. We can help you see more clearly with glasses,” answered the Doctor. Then Dr. Ford showed them several glass frames. He talked about each one; it’s style, strength, and many other things. When Dennis and Mother decided on the one they liked best, Dr. Ford carefully measured Dennis’ face and head so the glasses would be the correct size.
While Dennis and Mother were with Dr. Ford, Debbie and Miss Dickinson began the pre-testing.

"Will it hurt?" asked Debbie as Miss Dickinson seated her in front of the Stereoscope.

"Oh, no! The examination is completely painless," explained Miss Dickinson. Then she showed Debbie some of the same cards she showed Dennis and some specially designed for children who had not yet started school. "Now, let's go see Dr. Ford," said Miss Dickinson when they were finished.

Miss Dickinson helped Debbie into the big chair. Dr. Ford came in and said, "Hi, Debbie. Let's go for a ride!" Up went the big chair and Debbie laughed. It was like going up in an elevator.

Then Dr. Ford had Debbie watch a card with animal pictures on it while he looked at her eyes with the Retinoscope.

"Thank you, Debbie. Let's have some fun and see how well your eyes, your hands, and other parts of your body work together." Down came the big chair and Debbie laughed again.
Wow! Debbie had fun. Dr. Ford had her walk on a low balance board, draw on a chalkboard, watch a swinging ball and many other things. She had so much fun that she was sorry when the Doctor said they were finished. Then they went back to the reception area to talk to Mother.
“Mrs. Turner, you have two very fine children. Debbie has done well in all her tests. Her eye health is good and her performance shows me that she will be ready visually to enter school next year.”

Hearing this made Mrs. Turner very proud of her children and glad that they had visited the Optometrist. “Thank you, Doctor,” she said. “We will be back next week for Dennis’ glasses. Good-bye.”

“Good-bye and have a nice day,” said Dr. Ford as he waved to Dennis and Debbie.
The next week, Dennis was very excited about getting his new glasses. When he arrived at Dr. Ford’s office, Miss Dickinson greeted him, “Good afternoon, Dennis. We have your glasses ready for you. Please come back with me so Dr. Ford can make sure your glasses fit.”

When Dennis was seated, Dr. Ford came in with his glasses. “Hello, Dennis. Let’s try on your glasses. My! You look very important in them!” exclaimed the Doctor. Then he adjusted Dennis’ new glasses. “How do they feel?”

“I can hardly feel them at all,” answered Dennis.

They walked back to the reception room. “Wow!” exclaimed Dennis as he looked out the window. “I can see for miles!” Dr. Ford and Miss Dickinson and Mrs. Turner all laughed.

Dr. Ford said, “Mrs. Turner, I would like to see Dennis in about 30 days for a progress check. That visit will be to see how he is getting along with his new glasses. We will send you a card to remind you.”
The next day, when Dennis went to school, he was anxious to show his glasses to his classmates. Miss Cinnamon smiled and said, "You look very nice in your glasses, Dennis. Can you see the words on the chalkboard?"

Dennis nodded his head to say yes and grinned very broadly for everywhere he looked—at the chalkboard, out the window, at his book—he could see clearly.