Incorporating Occupational Therapy into Your Low Vision Rehabilitation Practice
John Rundquist, OD, FAAO

Disclosure Statement:
- Nothing to disclose

Please silence all mobile devices. Unauthorized recording of this session is prohibited.

Vision Rehabilitation Team
- Eyecare professional (Optometrist/Ophthalmologist)
- Low vision specialist
- Occupation Therapists/ Vision Rehabilitation Specialists
- Orientation and Mobility Specialists
- Social Caseworkers

Definition of an Occupational Therapist
- The use of treatments to develop, recover, or maintain the daily living and work skills of people with a physical, mental or developmental condition.

Reasons to involve Occupational Therapist in Vision Rehabilitation
- Better access to care (more OTs than Rehab teachers)
- OTs are trained in multiple aspects of disability and aging
- Most patients have more than one chronic condition; OTs are trained in these areas
- Only licensed profession providing service
- Already part of the medical model

Occupational Therapy Assessment of the Visually Impaired
- Referral and Information from the Optometric evaluation
- Eccentric Viewing Assessment
- Reading Assessment
- Activities of Daily Living Assessment
- Determine rehabilitative potential

Referral and Information from Optometric exam
- Diagnosis
- Distance and Near Acuities
- Contrast Sensitivity
- Macular Perimetry
- Recommended optical devices
Eccentric Viewing Assessment

- Use any macular perimetry as a guide
- 1. Amsler grid
- 2. Tangent screen
- 3. California Central Visual Field Test
- 4. Foresee PHP
- 5. Microperimetry
- 6. Scanning laser ophthalmoscopy
**Clock Dial Assessment**

- Try to occlude center star with scotoma, some numbers should be clearer than star
- Try to make the star clear in systematic fashion, starting at 1, locating best position

**Activities of Daily Living Assessment**

- Living situation
- Food preparation
- Cooking and Appliance use
- Communication (Reading, Writing, Telephone Use)
- Home management
- Personal care and Hygiene

**Pepper Visual Skills for Reading Test**

- Reading accuracy
- Reading rate
- Effect of spacing and crowding
Activities of Daily Living Assessment

- Veterans Affairs Low Vision Functioning Questionnaire (VA LV VFQ-48)
  - can use the algorithm to score the VA LV VFQ from examination of individual patients or as an outcome measure for low vision rehabilitation programs

Determine Rehabilitative Potential and Create a Therapy Plan

- Define goals
- Determine whether the task obtainable through the use of devices or interventions to enhance vision
- Create a plan to obtain the goals

Therapy

- In-office
  - Eccentric Viewing
  - Reading skills
  - Writing skills
  - Training with optical devices

In-home
- Manipulation of home environment
- Use of adaptive equipment to improve activities of daily living

In-Office Therapy

- Eccentric viewing training
  - Scotoma awareness
  - Control of scotoma
  - Eccentric viewing with low vision devices
  - Home exercises
  - Re-evaluate

In-Office Therapy

- Reading skills
  - Reading goals
  - Media availability
  - Non-visual means
  - Integrating low vision devices

- Writing skills
  - Bold lined paper
  - Fine tip marking pens
  - Signature/check writing guides
In-Office Therapy

- Use of Optical devices
  - Magnifiers and reading spectacles
    - Align, focus, and fixate
    - Lighting
    - Localization and spotting
    - Tracking
    - Scanning and tracing

In-Office Therapy

- Use of Optical Devices
  - Telescopes
    - Set up
    - Lighting
    - Device familiarization
    - Alignment
    - Focus
    - Localization and spotting
    - Tracking
    - Tracing and scanning

In-Office Therapy

- Use of Optical Devices
  - Electronic devices
    - Set up and controls
    - Use of XY table
    - Reading and writing with device
      - Localizing
      - Skimming and scanning

In-Office Therapy

- Use of adaptive equipment to improve activities of daily living
  - Writing and communication
  - Home and meal management
  - Finances

In-Home Therapy

- Manipulation of the home environment
  - Use of large print materials
  - Manipulation of color
  - Lighting and contrast

In-Home Therapy

- Use of adaptive equipment to improve activities of daily living
  - Self-care and grooming
  - Leisure activities
Practice Management

• Forms
  – Optometrist referral
  – OT Assessment
  – Progress notes
  – Discharge summary

• Diagnosis Codes
  – Use visual impairment codes 369.xx

• Procedure Codes
  – Occupational Therapy Evaluation 97003
  – Occupational Therapy Re-evaluation 97004
  – Therapeutic Activity (Eccentric Viewing Training) 97530
  – Self-care/Home Management 97535
  – Community/reintegration therapy 97537
  – Bill in 15 minute units

Resources

• American Occupational Therapy Association www.aota.org

• Universities
  – Salus University, UAB have vision rehab OT programs

• Low Vision Rehabilitation: A Practical Guide for Occupational Therapists
  – Mitchell Scheiman, OD, FAAO
  – Maxine Scheiman
  – Stephen G. Whittaker OTR/L, PhD, FAAO

Please complete your session evaluation using EyeMAP™ online at http://eyemap.cistems.net

Tweet about this session using the official meeting hashtag #aaoptom14