



# Cape CARES

## Central American Relief Efforts

### **Instructions for Distribution of Reading Glasses**

The sun is brutal in this area, not only due to the location nearer to the Equator, but also since the ground is rather light colored and hence, reflects more light. Most Hondurans work outside every day. This can lead to cataract formation, pterygium formation and other ocular problems. Reading glasses can improve the quality of life, as those who need glasses and obtain them will be able to read their Bibles, other reading materials, as well as work requiring a close focus, such as sewing.

#### **Reading Glasses Station Set-up and Tear Down**

- 1) Set up the largest size table available (or few small ones) in an area with good light for reading. You will need an area for:
  - the patient to set down their belongings
  - display a sample/test pair of each power glasses
  - boxes of Reading Glasses of each power
  - sample reading material
  - cloth or tissues for cleaning lenses.
  - sunglasses (generally these are not displayed, as they are highly sought after)
  - Reading Glasses Log Sheet
- 2) Sort all Reading Glasses into a box or bag by the power of each pair.
- 3) Clean a pair of each power and put them on display in order of the power.
- 4) Locate sample reading material to use during fitting sessions and place on the table near the sample reading glasses. A single page of Spanish reading material of mixed size fonts is good or sometime a children's book.
- 5) Place the sunglasses in a box or bag under the table or out of plain sight.
- 6) After each day, cover the glasses station with a sheet or put all the items in enclosed bags or boxes. Leaking roofs, insects, birds and animals can cause a mess overnight and exposed glasses tempt children to try them out.
- 7) After the last day, record a complete inventory of glasses, and pack all leftover materials for the next brigade.

## Reading Glasses Fitting Guidelines

- 1) Reading Glasses are only issued to individuals referred by a clinic nurse or doctor. All men over 18 years old are given sunglasses, when available. Women and children may be given sunglasses based on clinic nurse or doctor recommendation.
- 2) Record on the patient's information card that he/she received reading glasses.
- 3) Explain to the patient that you only have reading glasses for seeing things up close better and that you DON'T have glasses for improved distance vision.

Solo tengo lentes para ver mejor cerca, no tengo lentes para ver en la distancia.

- 4) Have the patient set all bags, cards and personal items down on the table. They will need both hands to try on glasses and hold the sample reading material.

Por favor, ponga sus pertenencias en la mesa. Usted va a necesitar ambas manos para probar lentes y sujetar el libro.

- 5) Give the patient a sample pair of glasses to try along with the sample text or book. For younger patients, start with the weaker power and for older patients a stronger power. Let the patient hold the text or book. This makes it easier for them to adjust the distance between the glasses and text they are reading. Ask them how the glasses are working. Also note the look on their face which might speak more than words. If the power of the glasses is close, they will usually look at the test page longer. If the power of the glasses is way off, they will only look at the test page for a short period of time.

Funcionan bien los lentes?

- 6) Even if the patient says the glasses are good, give them another power of glasses to try. Sometimes the patient is just being polite and they don't know that another power may actually be better. If the patient gives you feedback that the first pair was way off, try a pair with a power that is far away from the first pair. If the first pair was close, try a pair with only a slight power change. Ask the patient if the second pair is better or worse than the first pair.

Funcionan los lentes mejores o peores que los previos?

- 7) Repeat testing various power glasses until the patient identifies the best power glasses. You can give the patient either the sample pair or another pair of the same power in the inventory. Put the glasses in a case or pouch, if available, and give to the patient. If they qualify for sunglasses, give them a pair as well. Thank the patient for coming to the clinic, and explain to them where to go next. Wish them well!

Gracias por venir a la clinica. Que tenga bien salud y suerte!