

Monocular Vision

Helping Pupils with Vision in only One Eye

Monocular vision from birth, is not a major handicap, but pupils who have recently lost vision in one eye need help to adjust.

The effects of monocular vision are:

The field of vision is reduced on the affected side.

Perception of three dimensions is diminished.

Factors to consider: -

When leading a young child by the hand, hold the hand on the blind side to protect the child.

Young children may forget their blind side and constantly bump objects as they move around.

Consider the pupils seating position in the classroom, ensure that everything important, including yourself, are to the front or good side of the pupil.

Ensure that the pupil compensates for the restricted view by turning his/her head more extensively, crossing a road or being in traffic can be dangerous.

Games, particularly catching a ball or movement, may need extra practice.

Diffused light is more helpful than strong light.

Engage the pupil's good eye during eye to eye contact.

If the dominant hand is on the affected side, an abnormal head posture may be a compensatory factor and is not a serious problem.

Activities which may cause difficulties are:-

pouring liquids, threading needles, cutting out, tying shoe laces, going downstairs, crossing rough ground, scanning and coping with crowded situations.

Please contact the V.I. Service if you require additional help and advice or a visual assessment.

Remember that damage, infection, or eye-strain to the good eye can be serious, therefore be over cautious about any sign of these. Ensure that the school nurse is aware of the need for frequent eye tests.