



Vision Case Study using the Allied Health Professions Advisory Fitness for Work Report

The initial Occupational Health referral stated that Miss A was a legal adviser who was sight impaired and was struggling with work tasks. The referral stated that Miss A had been off work due to stress as she struggled to come to terms with her deteriorating eye sight.

The referral indicated that there have been previous OH reports that had not been able to resolve the issues and both refer and employee was becoming frustrated.

During the assessment it was noted that Miss A had retina detachment in both eyes and had very limited central vision, however her peripheral vision was ok. As Miss A had central vision loss this indicated that she struggled with detail and had some depth perception problems.

Using the job task demand and the activity analysis of Miss A's performance within her job role, this highlighted the following difficulties;

Difficulties:

- Unable to see paper text (letters, memos, reports).
- Unable to read emails or online documents.
- Difficulties with locating keys on keyboard.
- Struggled with seeing the video link up whilst in court.
- Unable to give instant feedback to court via specific computer software.
- Was using Zoom Text software on her own desk computer and this caused its own problems e.g. dizziness, eye strain and missing text when reading.
- Glare from the computer screen.

To get a clear indication of what she could read, Miss A was asked to show what font size she used in Zoom Text.

Benefits of Occupational Therapy

As Occupational Therapists we have the unique ability to be able to break down an activity into its fundamental components that are required to perform the activity e.g. cognition, perception, sensory, motivation, work behaviour, gross motor and fine motor skills etc.

This core occupational therapy skill allows us to be able to ascertain the real narrative of the work performance, ensuring that the correct intervention is given to keep the individual in work.

Recommendations:

Difficulties: dizziness, eye strain and missing text when using Zoom Text.

Possible cause: Image moving too quickly when using the mouse causing dizziness and eye strain.

Recommend: Mouse tracker to be slowed down or arrow keys can be used.

Possible cause: Brightness and contrast causing eye strain.

Recommend: Alter screen brightness and contrast.

Possible cause: Colour background interfering with vision causing eye strain.

Recommend: Change background colour or turn off grey scale in windows and in Zoom text.

Possible cause: Experiences glare from the current gloss monitor, worse under a ceiling light.

Recommend: Use a monitor that has a matt screen.

Difficulty: Missing keyboard buttons.

Recommend: Try keyboard with larger/contrast keys.

Difficulty: Struggling to see text in court or to input information straight away.

Recommend: Zoom text camera installed to a larger court monitor and the screen can be split in two with text on one side and video on the other. The text on the screen can also be read to Miss A via a one piece ear piece, so not disturbing the rest of the court.

Problem: Unable to see paper text.

Recommend: Powerful battery magnifier.

Royal College of Occupational Therapists Specialist Section – Work Contact details:

<https://www.rcot.co.uk/about-us/specialist-sections/work-rcot-ss> or rcotsswork@gmail.com

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<https://www.rcot.co.uk/about-occupational-therapy/find-occupational-therapist>

Allied Health Professions Advisory Fitness for Work Report

<p>1 Patient's name: Miss A Date of birth: 00-00-0000</p> <p>I advised you that:</p> <p>1a <input type="checkbox"/> you are not fit for work.</p> <p>1b <input checked="" type="checkbox"/> you may be fit for work taking account of the advice below</p>	<p>2 This form has been completed by a Physiotherapist/ Occupational Therapist Occupational Therapist / Podiatrist / Other.....</p> <p>Practitioner's name: _____</p> <p>HCPC registration number: _____</p> <p>Organisation/Service: _____</p> <p>Contact details (email / tel no.): _____</p>
<p>3 Date assessment completed: 03.02.2019</p>	

4 AHP Advisory Fitness for Work Report issued for period from 0 3 0 2 2 0 1 9 to 2 1 0 2 2 0 1 9

A follow up review **is required** has been made for 2 1 0 2 2 0 1 9 *delete as appropriate

5 With your employer's agreement you may benefit from these or more options:

a phased return to work amended duties

altered hours a workplace assessment

6 Patient-reported work-relevant difficulty, recommendations and goals:

Difficulty	Recommendations / goals
Unable to see paper text. Further difficulties seeing written text in court and responding to this with inputting response using a specific software in court.	Provide with a powerful battery magnifier for use with written text. Install Zoom text camera to a larger court monitor, split screen in two; text on one side and video on other. The text on screen to be read to Miss A via a one piece ear piece.
Experiencing dizziness and eye strain when using the computer. Image moving too quickly with mouse. This is causing Miss A to miss some text when using the Zoom software. There are keys missing on the keyboard and glare on the computer screen.	Mouse tracker to be slowed down, keyboard to be replaced, use a computer monitor with a matt screen to reduce glare, brightness and contrast, and background colour to be changed on computer to further reduce glare.

7 Comments:

Miss A was assessed with the above difficulties identified. Miss A has limited central vision although has very good peripheral vision and therefore adjustments are recommended as above to support her to fulfil the full demands of her job role. The recommendations above should encourage the use of Miss A's peripheral vision rather than central and in turn assist in reducing the dizziness and eye strain she is experiencing therefore increasing productivity. It is recommended that this is reviewed in 2 weeks time to ensure no further adjustments are required.

8 Additional information is provided on _____ accompanying sheets

9 Signature: _____

AHPs: please follow the guidance held on the website of your professional body when filling out this form and always attach the information sheet for employees, employers and doctors. Employees, employers and doctors: please read information attached or log on to: www.ahpf.org.uk

This report does not replace the Statement of Fitness for Work (fit note) for benefits purposes.



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