

## **HAMPSHIRE HOSPITALS NHS FOUNDATION TRUST**



### **Welcome to Hampshire Hospitals Orthoptic Services**

Hampshire hospitals orthoptic service delivers a wide range of specialist orthoptic clinics, including the assessment of newly referred patients and the management of ocular motility problems in both children and adults.

There are three main hospital sites, Basingstoke, Winchester and Andover.

#### **Orthoptic Clinics**

Orthoptic clinics are provided at the following locations:

| <b>SITE</b>                         | <b>DAYS</b>   | <b>TIME</b>                                |
|-------------------------------------|---|--|
| Basingstoke                         | Mon – Fri   | 9.00 -17.00                                |
| Winchester Royal Hampshire Hospital | Monday Pm, Wednesday, Thursday and Friday Am, Tuesday and Wednesday all day | am clinic 9-12.00<br>pm clinic 13.45-17.00 |
| Andover                             | Monday all day,   | 9.30 - 17.00                               |
|                                     | Alternate Friday Am   | 9.00 - 11.30                               |
| Alton                               | Thursday Am, one in four Thursday Pm  | am 9.30 - 12.00<br>pm 13.20 - 16.30        |
| Bordon                              | Monday all day  | 9.30 - 16.30                               |
| Gillies Health Centre               | Alternate Tuesday   | 9.00 - 11. 30                              |
| Shakespeare Health Centre           | Alternate Tuesday   | 9.00 - 11.30                               |
|                                     |   |  |
| Saxon Wood Special School           | Once a term   |  |
| Lymington House Special School      | Once a term   |  |
| Heather House                       | Once a year   |  |

## **Speciality Clinics**

### **Paediatric Ophthalmology Clinics.**

These are run by the paediatric consultant Mr Luke Clifford. If you are booked into this clinic you are likely to see the orthoptist first. The specialist paediatric nurse will then put some dilating drops in your child's eyes. These drops take twenty to thirty minutes to dilate the pupils, Mr Clifford or a member of his team will then see your child.

Please allow sufficient time for this clinic as it can be busy.

If your child has seen the orthoptist on a different day and you have been given the drops to take home, please inform the nurse working in the clinic. The nurse will check your child's eyes to ensure the drops have taken effect.

Clinics run on:

| <b>SITE</b>                         | <b>DAYS</b>  | <b>TIME</b>  |
|-------------------------------------|--------------|--------------|
| Winchester Royal Hampshire Hospital | Wednesday Am | 8.30 - 12.00 |
| Basingstoke Hospital                | Friday Am    | 8.30 - 12.00 |

### **Combined Paediatric Orthoptic and Optometry Led clinics**

Children are referred to these clinics with suspected squint and or reduced vision. They receive a full orthoptic assessment, investigating their vision and ability to use their eyes together as a pair. They also receive a full optometric investigation, assessing the health of their eyes and checking for any spectacle prescription.

Clinics run on:

| <b>SITE</b>          | <b>DAYS</b> | <b>TIME</b>   |
|----------------------|-------------|---------------|
| Basingstoke Hospital | Friday Pm   | 14.00 - 17.00 |
| Bordon Hospital      | Monday Am   | 9.30 - 12.00  |

### **Screening Clinics**

Children are referred into this clinic if they have failed their school eye test or have been referred from your health visitor, GP or paediatrician with concerns raised regarding your child's eyes.

You are likely to be sent two appointments; these appointments can be given on the same day or two separate days.

It is important that you attend both appointments with your child. The first appointment will be with the orthoptist; this is where your child's vision and ability to use their eyes together will be assessed.

You may be given some drops for you to take home and put in on the day of your next appointment or if the appointment is on the same day the nurse is likely to put the drops in and explain how they work.

The second appointment will be with the doctor or a member of his team. They will then assess the health of your child's eye and whether your child requires glasses.

The outcome of this appointment will be explained by the doctor to whether we need to see you again or if we have now discharged you from the care of the hospital.

Clinics run on:

| <b>SITE</b>                         | <b>DAYS</b>             | <b>TIME</b>  |
|-------------------------------------|-------------------------|--------------|
| Winchester Royal Hampshire Hospital | Wednesday Am            | 8.30 - 12.00 |
| Basingstoke Hospital                | Friday Am               | 8.30 - 12.00 |
| Bordon                              | Monday am               | 9.30 - 11.30 |
| Alton                               | One in four Thursday Pm | 9.00 - 12.00 |

### **Ocular Motility Clinics**

Adults are referred to this clinic if they have complex eye motility problems. The orthoptist will take a number of different measurements of the eyes combined with other eye movement tests. The consultant ophthalmologist, Mr Clifford will assess the eyes and a decision on the management options will be discussed with the patient.

Clinics run on:

| <b>SITE</b>                         | <b>DAYS</b>             | <b>TIME</b>   |
|-------------------------------------|-------------------------|---------------|
| Basingstoke Hospital                | Friday Pm once a month  | 1.45 - 17.00  |
| Winchester Royal Hampshire Hospital | Tuesday Pm, fortnightly | 14.00 - 17.00 |

### **Special Schools**

We visit two special schools in Basingstoke. Saxon Wood and Lymington house, if your child attends one of these schools it may be possible they could have some of their appointments in school rather than in our hospital setting. Your child will still need to visit the hospital for their doctor check up on a yearly basis.

You are very welcome to come into school and attend these appointments with your child, or we will send a report of the outcome of the assessment home with your child at the end of the day.

### **Squint surgery admissions information**

All squint surgery takes place at the Royal Hampshire County Hospital in Winchester.

- On admission day you will be asked to attend Northbrook ward, level C Nightingale wing in the Royal Hampshire County Hospital Winchester.
- You will be cared for and guided through procedures by the nursing staff on Northbrook Ward including specially trained paediatric nurses if appropriate. Parents can remain with their child until they are taken into theatre.
- After the initial recovery all patients remain on Northbrook until sufficiently well enough to go home. This is likely to be late afternoon.
- Generally the eye is not covered after the operation.
- The eye will look red and watery. You may find bloodstained discharge. This will settle over the first few days.
- You may have discomfort and require pain relief.
- Keep the eye clean by wiping it with cooled boiled water when necessary. Use separate gauze swabs for each eye.
- You will be provided with anti-inflammatory drops and information on how to apply for two weeks post-operatively.
- You will receive a post-op appointment for around two weeks after surgery to see the orthoptist and Mr Clifford the consultant ophthalmologist or a member of his team.

## **CONTACTS**

Telephone advice is available for orthoptic queries Monday-Friday 8am - 5pm on: 01256 313239 Basingstoke orthoptic department

Winchester and Andover departments can be contacted through the admin team on:

Winchester number: 01962 828911

Andover Number: 01264 835394

A message will be passed onto the orthoptist and they will respond as soon as possible.

For any eye emergencies call:

Basingstoke Eye Unit 01256 313572

Main Hospital switchboard:  
Basingstoke: 01256 473202  
Winchester: 01962 863535

Ask to speak to the eye doctor on call.

Out of hours:

Frimley Park Hospital – 01256 604604  
Southampton Hospital- 02380 777222 5pm-8am

Ask to speak to the eye doctor on call.

For any additional information please ask the orthoptist or doctor who is caring for you. Refer to leaflets within the orthoptic outpatients department or on Hampshire hospital trust website. Use the squint clinic website. [www.squintclinic.co.uk](http://www.squintclinic.co.uk)