

### 3 year Checkup

# Vision Test, Hearing Test and Urine Test for Children

Children can have vision and hearing tests when they reach 3 years of age. Read through the instructions and try the vision test and hearing test at home, prior to the 3 year checkup.

Then fill in the Vision and Hearing Questionnaire included in the last page and bring it in with you. Also bring in a morning urine sample on the day of checkup (Urine test kit is enclosed).

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## About Vision Test, Hearing Test and Urine Test

### **☆What is amblyopia? Why is vision test require?**

We see things with two eyes. Two separate images sent to the brain from each eye are combined into one single image in the brain. If one's eye is severely hypermetropic or cross-eyed, blurred images sent from these eyes are vanished or blocked as they interferes with clear vision.

If such eye condition continues up to 6 years of age, when a child's brain is developing, such vanishing or blocking process of the blurred images is established in the brain. This is an eye condition called amblyopia.

Once such process is established in the brain, it cannot be corrected. By the time the child's brain has developed, it is considered too late for the corrective treatment of amblyopia, such as wearing eyeglasses or strabismus (cross-eye) operation. Effective treatment can be expected when a child is from 3 years of age to pre-school.

Small child will not tell you even if his/her eye is amblyopic, and apparently there seems to be no inconvenience in the everyday life activities.

We suggest you take time to check each eye of your child. And feel free to consult us for any concerns.

Early treatment can prevent developing amblyopia.

### **☆Are you worried that your child may not able to hear small voices or may have some problem with pronunciation?**

Children's speech development begins with imitating the way people around them speak and pronounce. Good hearing is essential to proper speech development. If a child has a hearing problem, it can also lead to the other problems such as to remain speechless, a delay in speech development, or mispronunciation.

Speech development is expected to occur at each appropriate age. If a child has a hearing problem, it is important to notice it as early as possible and to provide proper speech training.

It is critical to take this opportunity to check your child's hearing and speech. This test may not only find a hearing problem, may also detect the otitis media with effusion, which is common among children at this age.

Even if no particular problem was found at checkup, feel free to consult us as you have any concerns regarding your child's hearing and speech through careful observation of his/her daily life.

### **☆What is the purpose of a urine test?**

Urine test is to measure excreted glucose and protein in the urine. This test is quite meaningful as it can lead to the early detection of kidney disease or childhood diabetes. Bring in a urine sample for testing

## How to conduct a vision test

[Notes]

1. Test in a bright enough room.
2. Place the picture eye chart at the child's eye level.
3. Test one eye at a time. Make sure that the child cover one eye with taped and not trying to take it off.

### How to Test

#### 1 Get prepare

1. Have tissue paper, tape, (adhesive plaster or cellophane tape), and scissors ready.
2. Cut the picture eye chart along the dotted line and make 8 separate pictures.  
(Large pictures are for practice; use smaller ones for the test)

#### 2 Practice

1. Let the child have a close look at each picture and tell him/her what it is.  
Either "car" or whatever easy way for the child to say, such as "broom-broom", is fine.

#### 3 Test

1. Have a child sit and test right eye first.
2. Have tissue to fold 1/4 and cover left his/her eye taped.
3. Staying 2.5m away from the child, the examiner shows each test picture eye chart one by one, asking what he/she sees.
4. Circle the corresponding picture in the Questionnaire when he/she can see it correctly.
5. Then have change tissue to right eye and tape shown in the front, and test left eye.

#### When it did not work out

- \*Even if it did not work well for the first time, children can get familiar with the test as repeated. Try again another day.
- \*When a child has a difficulty in saying the name of the picture, you can try the following:  
let him/her have practice pictures and indicate what he/she sees.

## Picture eye chart

When viewed at 2.5m, it means that one has 0.5(20/40) vision.

At the age of 3 years, children with 0.5(20/40) vision are considered as having normal visual acuity.

Cut along the dotted line to make 8 pictures.

Practice picture eye chart



Test picture eye chart



## How to conduct a hearing test

### [Notes]

This test is to see if a child can hear small sounds. Let's try and enjoy the test. Preferably when there is no traffic around the house, turn off TV or radio and test in a quiet room.

### How to Test

#### 1 Hearing test by whispering.....Picture 1

- 1.The child and examiner sit across a table, about 1m away from each other, face to face.
- 2.Showing the Hearing test picture sheet(P.4) to the child, tell him/her how to call the picture according to the picture sheet(not “moo-cow” but a “cow”, as picture sheet indicates)
- 3.The examiner whispers a word “dog”, with his/her mouth covered by hand.  
Just whisper, like breathing out.
4. Ask only once. Let the child point on the picture sheet or circle the picture of what he/she heard.

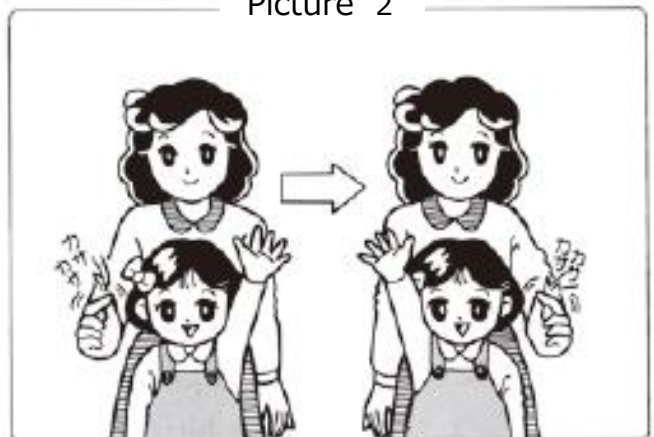
#### 2 Hearing test by rubbing fingers.....Picture 2

- 1.The examiner stays behind the child.
- 2.The examiner rubs his/her thumb and index finger together next to the ear(approx.5cm from The ear) for 5 or 6 times. Do not touch the child's hair or earlobe.
- 3.Let the child raise his/her hand or say yes when he/she can hear fingers rubbing.
- 4.Test one ear at a time, like right ear first, then left ear.

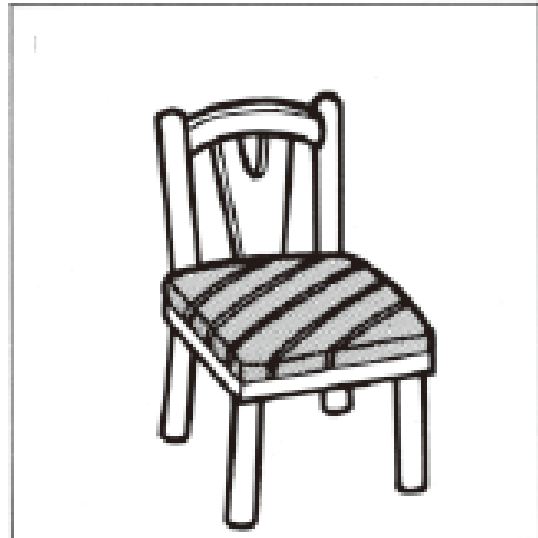
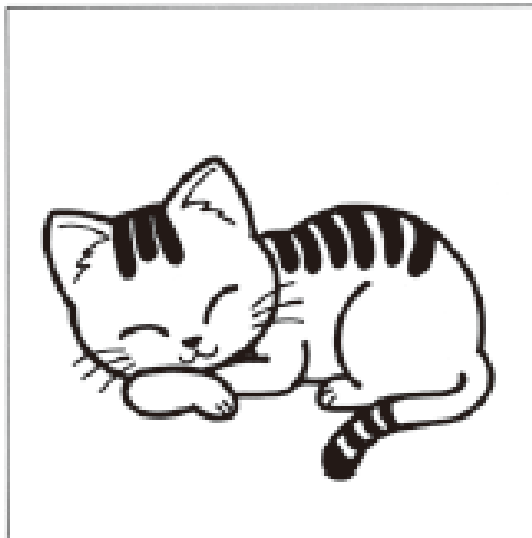
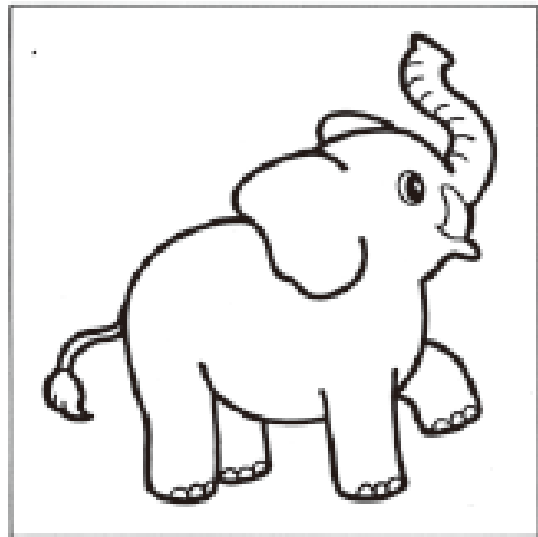
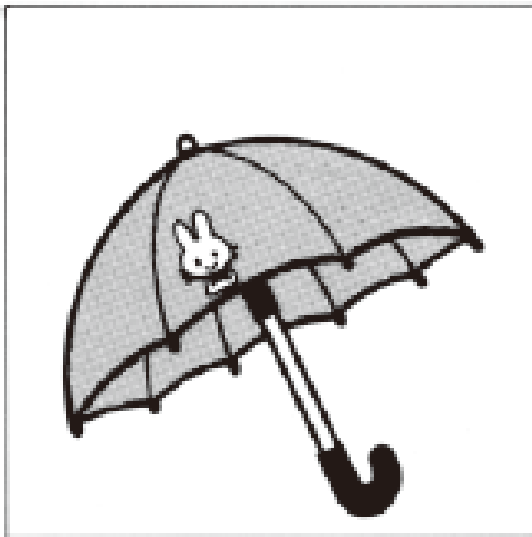
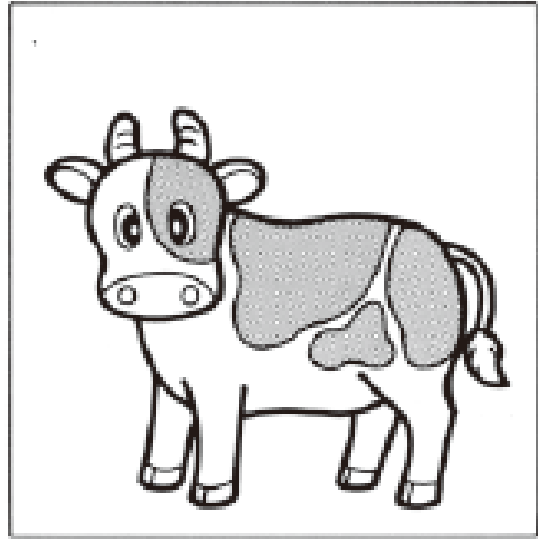
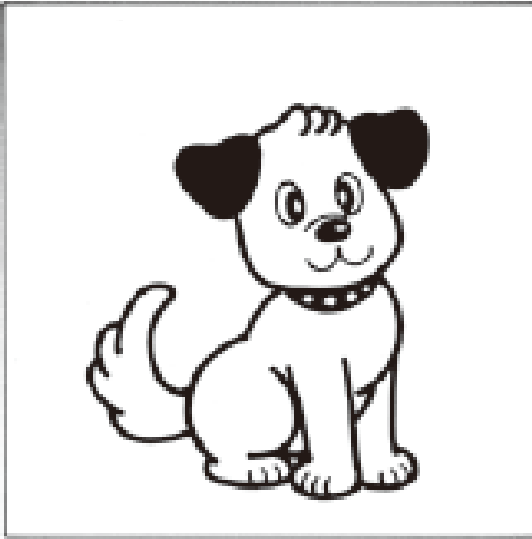
Picture 1



Picture 2



Hearing test picture sheet



Fill in the Vision test and Hearing test results below.

In case your child could not complete the test, answer the questionnaire below and bring it in on the day of checkup.

Child's name \_\_\_\_\_ Date of birth (year/month/day) \_\_\_\_\_

**1 Vision test results**  
 \*Circle what your child was able to see ○ and cross out what he/she was not able to see ×.

Right	🍏	✂️	🚗	☂️		Left	🍏	✂️	🚗	☂️	

\*If not able to complete the test, circle the applicable reason.

- Too difficult
- Did not want to cover eye of tissue(right/left)
- Other( )
- Play around and cannot concentrate on
- Come closer to see the picture

\*If you have any concerns regarding your child's eyes, circle applicable.

- Family member with low vision
- Easily dazzled by bright light
- Other( )
- Weird look in the eyes
- Get too close to see things

**2 Hearing test results**  
 \*Circle the applicable answer regarding hearing and speech.

1. Does any family member have a difficulty in hearing.....Yes/No  
 (Either of the child's parents or siblings)
2. Has your child's consulted a doctor about otitis media?.....Yes/No  
 (1)How many times?..... Times  
 (2)When was most recent?..... (year/month)
3. Do you sometimes get no response when you called your child?.....Yes/No
4. Are you concerned with the delay in your child's speech?.....Yes/No
5. Do you find anything strange with your child's speech?.....Yes/No

Whispering	Dog	Cow	Umbrella	Elephant	Cat	Chair	
test							

Finger	Right ear	Left ear
rubbing test		

**【Eye】**

1. None
2. Re-examination
3. Close examination
4. Other ( )

**【Refraction】**

1. None
2. Close examination
3. Unmeasurable
4. Not done

**【Ear】**

1. None
2. Re-examination
3. Close examination
4. Other ( )