

8 STEP EYE EXAM

ROB MELENDEZ, MD, MBA

How many of the 8 steps can you perform on the sidewalk of your hometown?

On the first day of the rotation for my medical students, I review the 8 step eye exam that was drilled in our brains as residents. I ask them a simple question, how many of the steps of the eye exam can be performed on the sidewalk of their hometown? I ask them their hometown to get to know them and to emphasize that 5 of these steps can be performed anywhere including the emergency room to the bedside in the hospital. I stress that often times too many physicians give up on the eye exam even before evaluating the patient. Empower your students to perform these 8 steps regularly.

	Eye Clinic	Hometown's Sidewalk
1. Visual Acuity	Yes	Yes
2. Pupils	Yes	Yes
3. Intraocular Pressure	Yes	No
4. Motility	Yes	Yes
5. External	Yes	Yes
6. Visual Fields	Yes	Yes
7. Slit Lamp	Yes	No
8. Dilated Fundus Exam	Yes	No