Appendix 3: Binocular Indirect Ophthalmoscopy (one eye, examiner’s choice):

Examiner Checklist

<table>
<thead>
<tr>
<th>Optometrist</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Set up</strong></td>
<td>Mark</td>
</tr>
<tr>
<td>Focus eyepiece, binocular indirect ophthalmoscope strapped straight and secure</td>
<td>0 ½ 1</td>
</tr>
<tr>
<td><strong>Technique</strong></td>
<td>Mark</td>
</tr>
<tr>
<td>Appropriate lens tilt and vertex distance when scanning the periphery in all quadrants</td>
<td>0 ½ 1½ 2</td>
</tr>
<tr>
<td>Appropriate level and position when scanning the periphery in all quadrants (adjusts patient chair and position and own position)</td>
<td>0 ½ 1</td>
</tr>
<tr>
<td>Able to troubleshoot if view is poor/limited (tilts own head, lens, repositions themselves, patient)</td>
<td>0 ½ 1½ 2</td>
</tr>
<tr>
<td>Vitreous examined</td>
<td>0 ½ 1</td>
</tr>
<tr>
<td><strong>View</strong></td>
<td>Mark</td>
</tr>
<tr>
<td>Stable and clear view obtained in all quadrants (holds for 2 seconds)</td>
<td>0=No 1=Yes</td>
</tr>
<tr>
<td>posterior pole</td>
<td>0 1</td>
</tr>
<tr>
<td>superior temporal</td>
<td>0 1</td>
</tr>
<tr>
<td>superior</td>
<td>0 1</td>
</tr>
<tr>
<td>superior nasal</td>
<td>0 1</td>
</tr>
<tr>
<td>nasal</td>
<td>0 1</td>
</tr>
<tr>
<td>inferior nasal</td>
<td>0 1</td>
</tr>
<tr>
<td>inferior</td>
<td>0 1</td>
</tr>
<tr>
<td>inferior temporal</td>
<td>0 1</td>
</tr>
<tr>
<td>temporal</td>
<td>0 1</td>
</tr>
<tr>
<td>Comprehensive scanning of the retina in all quadrants (at least 10DD)</td>
<td>0 ½ 1½ 2</td>
</tr>
<tr>
<td></td>
<td>2½ 3</td>
</tr>
<tr>
<td><strong>Subtotal</strong></td>
<td>Mark</td>
</tr>
<tr>
<td>/7</td>
<td>/12</td>
</tr>
<tr>
<td><strong>Overall Total</strong></td>
<td>Mark</td>
</tr>
<tr>
<td>/20</td>
<td>/20</td>
</tr>
</tbody>
</table>