

Eye Assessment

Eye assessments consist of an examination of a person's external eye structures and the eyeball. The external eye structures, the eyes and eyebrows, are expectedly symmetrical in location and movement. The eyeballs should not be bulging or sunken into the socket. The cornea and lens of the eyes normally are smooth and clear without any cloudiness. Check the iris and pupils for equal size bilaterally and a round shape. Abnormal unequal pupil size may indicate a central nervous system injury. Assessing pupillary response to light is done by turning off the lights in the room and asking the person to look straight ahead. Use a flashlight and cross the eye resulting in constriction of the pupil. To check for accommodation, ask the person to focus on an object in the distance; this will cause the pupil to dilate. Then, have the person shift their gaze to your finger held 3 inches from their nose; the pupil will constrict and converge. A mnemonic for normal eye responses is **P.E.R.R.L.A** which represents Pupils, Equal, Round, React to Light and Accommodation.



PLAY PICMONIC

Inspect External Structures

Eye and Eyebrow Symmetry

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When doing an assessment, look for symmetry between the eyes and eyebrows. The eyes are expectedly level on the face and similar in size. The eyebrows should move symmetrically as the patient speaks to you and displays different emotions.

Eyeball Alignment

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The eyeballs should be aligned normally in their sockets. They should not be distending out of the socket or sunken in.

Inspect Eyeball Structures

Examine Cornea and Lens for Cloudiness

Corn-stalks, Lens and Clouds

To examine the cornea and lens, shine a light from the side of the eye. Look for any abnormal irregularities by looking at the smoothness and clarity. There should be no cloudiness seen in the cornea and lens.

Iris and Pupil Shape and Size

Iris-flowers and Purple-pupils of Different Shapes and Sizes

Inspect the iris and pupils for equal size and shape. The iris should be round with even color throughout. The pupils of the eye are ordinarily round and of a similar size bilaterally. Abnormal unequal pupil size may indicate a central nervous system injury.

Pupillary Light Reflex and Accommodation

Purple-pupil Light Reflection

To check the pupillary light reflex of the eye, turn off the lights in the room and ask the person to look straight ahead. Use a flashlight moving from the person's side, across the eye, and you should notice that the pupil constricts. To check for accommodation, ask the person to focus on an object in the distance; this will cause the pupil to dilate. Then, have the person shift their gaze to your finger held 3 inches from their nose. A normal response is that the pupil will constrict and converge.

P.E.R.R.L.A

Pearl

P.E.R.R.L.A is a mnemonic for normal eye responses. It represents Pupils, Equal, Round, React to Light and Accommodation.