

# INVITED SPEAKERS

## OPTOMETRY - SURGING FORWARD



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### Prescribing Colour

By Professor Stephen Dain<sup>1</sup> and Yap Tiong Peng<sup>1,2</sup>

In this conference workshop, we will demonstrate some of the processes available for the clinical assessment of the symptoms that may be associated with visual stress and may be amenable to therapy with colour.

Prescribing colour has become associated most notably with reading difficulties. The first issue is to decide if the patient has a generalised educational problem or a specific reading difficulty. A thorough history and symptoms investigation is always a key in successful diagnosis of any condition.

There are many reading tests in use. Firstly, we will demonstrate the Neale Analysis of Reading Ability (NARA) that is widely used in Australia. Secondly, we will demonstrate Ravens Progressive Matrices which is one of the methods to assess the general ability of a child.

Once the problem has been identified as being specifically with reading, there are a number of tests that may be used to identify those patients with a problem that may be vision related. These include the U.K. Institute of Optometry's Pattern Glare Test, the coloured overlay screener and the Wilkins Rate of Reading test.

These results may be assembled to make a tentative diagnosis of Meares-Irlen syndrome. This syndrome is amenable to therapy with colour. Therapy may be by the means of coloured overlays or coloured spectacle lenses. Even coloured paper will provide relief from symptoms. The colours appropriate for each patient are very specific and idiosyncratic.

We will demonstrate selection and use of coloured overlays in the relief of symptoms and the use of the Intuitive Colorimeter in the selection of precision tints.

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