

### Is there a cost?

No. You will not be billed for this service. It is covered under the Ontario Health Insurance Plan (OHIP).

### Are my images private?

The Teleophthalmology system resides in a secure data centre hosted by OTN. Strong technological safeguards as well as passwords are required to access the Teleophthalmology system. No images or personal health information is ever emailed during a Teleophthalmology referral. All information resides in the password protected application.

By law, you have the right to restrict the use and disclosure of your medical information. For purposes of the Teleophthalmology program, OTN has adopted an 'all in/all out' approach. Once your information has been uploaded, it will remain in our secure repository. Due to the nature of the software used in the program, it is not possible to retract or restrict access to your information once it is in our system.

For more information on OTN's privacy policy, visit <http://www.otn.ca/en/patients-families/health-information-privacy>

### Questions?

Contact your teleophthalmology coordinator.

# Your Teleophthalmology Appointment



### What is a Telemedicine visit?

Telemedicine offers a broad spectrum of connections between patients and their health care providers using state-of-the-art eHealth technologies. Telemedicine appointments may involve live video conferencing, home monitoring, or Store Forward technology. Store Forward allows for data and images to be captured, stored and shared at a later time with consultants. Your telemedicine appointment will use the most appropriate technology for your clinical needs.

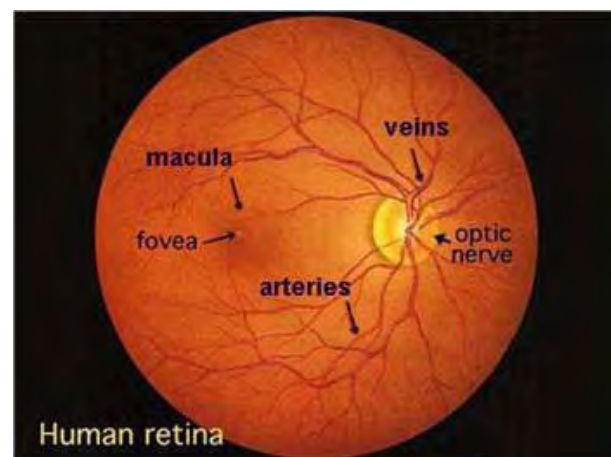
The Teleophthalmology system uses Store Forward technology and is provided by the Ontario Telemedicine Network. OTN is an independent organization funded by the Government of Ontario.

### What is Teleophthalmology?

Teleophthalmology allows you to have a dilated eye exam for diabetes done in your home community. A trained nurse or technician will do the screening to check your eyes for diabetic retinopathy, a complication of diabetes that affects the retina (inside lining of the eye).

### Where do these photographs go?

The photographs of your retina are sent over a secure website to an ophthalmologist for review. A report is made to determine if there are potential changes in your eye from diabetic retinopathy and other diseases of the eye.



### What happens if changes are detected?

The ophthalmologist determines if you need to have your photographs taken again after a period of time, or if you need to travel to see an ophthalmologist in person. If you do need to see an ophthalmologist in person, an appointment will be made for you.

### How often will I need to have my eyes checked?

The Canadian Diabetes Association recommends people with diabetes have their eyes checked every one to two years.

When the ophthalmologist views your photos, they may suggest you have your eyes checked more often. You will receive a copy of the report to let you know.

### Do I have to participate?

The screening program helps improve access to important health services. It is completely optional, and you are welcome to choose to take part or not.

### Can I get new glasses here?

No, you must still see an optometrist to be evaluated for new glasses.

### The teleophthalmology exam is done in three steps:



1. A visual acuity exam is done. This is where your best vision is measured using an eye chart. Bring your glasses with you to the exam.



2. A numbing eye drop is given in each eye and an instrument is used to measure your ocular pressure. This procedure is painless.



3. Another eye drop is given to dilate your pupil. Once your pupils are dilated, the nurse will take photographs of your retina. Dilated pupils provide the best view of the retina for photography.

Having your pupils dilated makes your vision sensitive to bright lights for several hours. It is advisable that you do not drive yourself to your screening appointment, rather bring a friend or support person with you, or arrange to have someone pick you up following your appointment. Bring a pair of dark glasses or sunglasses with you for comfort following your retinal screening examination.