



What is Teleophthalmology?

Teleophthalmology is a program that enables people with diabetes to have a retinal eye screen done in the community rather than having to travel to see an eye specialist in person.

A trained nurse or technician will take pictures of your eyes, which will be sent through a secure website to the specialist for review. The specialist will complete a report that indicates whether there are changes in your eye, or the potential for changes.

Being involved in this screening program will give you access to important health services to manage any issues that may be identified.

Teleophthalmology is overseen by the Ontario Telemedicine Network (OTN), an independent organization funded by the Government of Ontario, and delivered in partnership with Local Health Integration Networks, Family Health Teams, community health centres, and hospitals.

Are my images secure?

Yes, your images are always private and secure. The images of your eyes reside on a secure data server hosted by cloud.ca on behalf of Retina Labs. All images and personal health information are transmitted through an encrypted connection. Strong technological and physical safeguards are in place to protect and limit access to the Teleophthalmology system. Your personal health information, including images, is only shared with care providers in your circle of care as part your Teleophthalmology referral. A healthcare provider's access to the data is password protected and safeguarded in accordance with the *Personal Health Information Protection Act 2004*.

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

Questions?

Please contact your Teleophthalmology coordinator.

otn.teleophthalmology



Your Teleophthalmology Appointment for Retinal Screening

Eye screening closer to home for people with diabetes



Funded by the government of Ontario. The views expressed in the publication are the views of OTN and do not necessarily reflect those of the Province.

How does it work?

Your family doctor or nurse practitioner will refer you to a Teleophthalmology site closest to you. The eye screening is done in three steps:



An eye chart will be used to test your visual acuity. Bring your glasses with you.



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



Another eye drop is given to dilate your pupil, at which point 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. Bring a pair of dark glasses or sunglasses with you for comfort. It is also advisable that you do not drive yourself to your screening appointment; arrange for someone to come with you or pick you up following your appointment.



Why should I be screened?

Screening is important for catching the early signs of **diabetic retinopathy**, that affects the blood vessels in the eye and can cause vision loss.

Early screening is ideal since diabetic retinopathy is best treated before it has symptoms.

Is this procedure a comprehensive eye exam?

No, this procedure is a retinal screening recommended for patients with diabetes.

What happens after the test ?

The eye specialist will decide whether you need to see a specialist in person or continue to be monitored with retinal screens **every 1-2 years** as recommended by Diabetes Canada.

Your nurse or technician will let you know the results of your retinal screen. If you do need to see a specialist in person, an appointment will be made for you.

Is there a cost?

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

Can I get new glasses at my screening?

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

Diabetes Canada recommends that people with diabetes have their eyes checked every 1-2 years.