

Diagnosis/Assessment: Based on the subjective case history and clinical measures provided, the diagnosis for this case is likely accommodative esotropia with associated accommodative esotropia and convergence insufficiency. **Accommodative Esotropia:** The patient's subjective complaints of blurry vision when reading independently, along with the findings of mild farsightedness and positive relative accommodation, suggest accommodative dysfunction leading to inward deviation of the eyes (esotropia). **Convergence Insufficiency:** The near point of convergence (NPC) being at the nose and the presence of exophoria at near suggest an inability of the eyes to converge properly when focusing on near objects, leading to visual discomfort and difficulty with near tasks such as reading. **Treatment/Plan:** **Prescription Glasses:** Prescribe glasses with a correction for the patient's farsightedness. The retinoscopy results indicate a low refractive error of +1.00 sphere, with minimal astigmatism. This correction will help alleviate the accommodative effort required for near tasks and reduce the tendency for esotropia. **Vision Therapy:** Implement a vision therapy program aimed at improving convergence ability and binocular vision. This may include exercises to strengthen convergence ability, improve accommodation flexibility, and enhance binocular coordination. Vision therapy can be conducted under the supervision of a trained optometrist or vision therapist and may involve activities such as pencil push-ups, Brock string exercises, and accommodative rock. **Education and Follow-up:** Educate the patient and their family about the importance of consistent wear of glasses, adherence to the vision therapy program, and regular follow-up visits to monitor progress. Emphasize the role of proper visual hygiene and ergonomic practices during near tasks to reduce visual strain. **Justification:** **Prescription Glasses:** Correcting the refractive error will reduce the accommodative effort required for near tasks, thereby alleviating the strain on the visual system and reducing the likelihood of esotropia. **Vision Therapy:** Vision therapy aims to address the underlying deficits in convergence and accommodation, which are contributing factors to the patient's symptoms. By improving these visual skills, the patient can achieve more comfortable and efficient near vision. **Education and Follow-up:** Patient and family education are essential for ensuring compliance with the treatment plan and optimizing outcomes. Regular follow-up visits will allow for monitoring of progress and adjustment of the treatment plan as needed to address any changes or challenges encountered during the course of treatment.