Getting An OD Degree In Canada Without A US Visa

This fall we have again seen 90 of Canada’s best and brightest begin their optometric training at UWSO. And with acceptance of this class we have now reached our full complement of 360 students. With this increase, existing challenges that complicate optometric training are multiplied. Any of you who have graduated in the past 10 years most likely faced a somewhat tense border crossing to head to a hospital or clinic in the US where you would receive an important portion of your clinical training, especially in the area of disease management. You endured the added costs and hassle of visa paperwork that neither medical nor dental students in Canada must face. The fact is that it is virtually impossible to fully train 90 Optometry students per year to this country’s required standard of TPA competency wholly within Canada. That is a stark reality, one that is not faced by optometric training programs in any other developed country. Inconvenient? Yes! But the challenge goes much deeper.

Since the tragic events of September 11, 2001, the US-Canada border has become far more restrictive than in years past. Indeed, within the past three months, a student from our francophone sister institution, l’École d’optométrie de l’Université de Montréal, was turned back at the US border because of a unique interpretation by an individual border agent of the immigration rules for clinical rotations. The same has periodically happened to UWSO students. If Canada can train its physicians and dentists wholly within Canada, the same should be true for its optometrists. Access to concentrations of patients with ocular disease is an imperative part of this training and in Ontario there are only two types of facilities that can offer these opportunities – hospital outpatient clinics and (to a lesser extent) certain Family Health Team clinics. Currently the profession of optometry and its educational training programs do not have access to these facilities and, in Ontario, they are not funded to provide care in these settings. Hospitals and world renowned academic departments of ophthalmology in the US routinely accept placements of UWSO students in their outpatient hospital clinics to provide medical eye care under appropriate supervision. And yet, in their home country, Canadian Optometry students are denied similar access, leaving the entire viability of accredited optometric education in Canada resting precariously on the ability of students to cross an increasingly stringent international border. Any objective observer would agree that the current situation is unsustainable and requires remediation if optometric education and training in Canada is to remain viable.

Is there hope that this issue will be addressed? Happily, the answer is yes. The Health Professions Regulatory Advisory Council, which hears evidence and develops proposals for policy changes for the Ontario Ministry of Health, recently filed its recommendations to the Ministry on the topic of “Interprofessional Collaboration Among Eye Care Health Professionals”. The first of its 12 recommendations (which are available at www.hprac.org) urges that:

“...the Ministry of Health and Long-Term Care and the Ministry of Training, Colleges and Universities participate in discussion on options to ensure that clinical practicums for optometry students are available in Ontario. These discussions should include representatives of the School of Optometry at University of Waterloo, medical schools offering ophthalmology programs in Ontario, the Council of Academic Hospitals in Ontario and other relevant organizations.”

We were very heartened by the fact that our urgent message was heard and remain hopeful that changes will follow that will ensure we can finally train fully qualified, contemporary optometrists wholly within Canada. As we remain hopeful that government will see the need
to address these critical issues, we continue to work toward updating our curriculum, our clinical training program, and our clinical facilities. Some of these plans are discussed in more detail in this issue.

At the hub of this plan is a complete renovation of the main clinic at UWSO, which has received only minimal updates since the building opened in 1974. Since that time, enrolment has increased by 50% and the scope of optometric practice has changed dramatically. As the profession evolves, so must our program. Current estimates are that the renovation will cost between 4 and 5 million dollars, excluding instrumentation. The clinic is at the heart of optometric training and we will need your continued support to complete this critical transformation.

As the possibility of this transformation reveals itself, time marches on. You will recall that last year, Dr. Jake Sivak retired. Happily, Jake remains active at the School and continues to advance his internationally respected research program. In December, we will see the retirement of yet another of the icons of the Optometry program, Dr. Des Fonn. Des is the Founding Director of our world renowned Centre for Contact Lens Research and filling his shoes will be a challenge. As always, don’t hesitate to write or call. We want to hear from you.

### Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>November 18 2010</td>
<td>Des Fonn Retirement Party, American Academy of Optometry Meeting</td>
<td>San Francisco, California</td>
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<tr>
<td>November 19 2010</td>
<td>American Academy of Optometry, UWSO Alumni Reception (as part of the AAO’s Joint Alumni Reception)</td>
<td>San Francisco, California</td>
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<tr>
<td>December 3-5 2010</td>
<td>7th Canadian University Conference in Optometry</td>
<td>l’École d’optométrie de l’Université de Montréal</td>
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<tr>
<td>December 14 2010</td>
<td>Dr. Desmond Fonn Retirement Celebration</td>
<td>University of Waterloo School of Optometry</td>
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<tr>
<td>December 16 2010</td>
<td>Special Dedication to Drs. Barbara and Jake Sivak</td>
<td>University of Waterloo School of Optometry</td>
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<tr>
<td>January 29 2011</td>
<td>“AMD Management”, a presentation by Dr. Tom Sheidow (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
</tr>
<tr>
<td>February 2 2011</td>
<td>“Contemporary Cataract Surgery”, a presentation by Dr. Baseer Khan (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
</tr>
<tr>
<td>March 2 2011</td>
<td>“Anterior and Posterior Uveitis”, a presentation by Drs. Phillip Hooper and William Hodge (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
</tr>
<tr>
<td>March 16 2011</td>
<td>“Glaucosa Pearls and Management”, a presentation by Dr. Cindy Hutnik (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
</tr>
<tr>
<td>March 23 2011</td>
<td>“Ocular Surface Disease Management”, a presentation by Dr. Allan Slomovic (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
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For more information or to confirm your interest in attending an event you may contact Andrea Carthew at acarthew@uwaterloo.ca or at 519-888-4567, ext. 36319.

Stay Connected

Moving or retiring and want to stay in touch?

To ensure that you continue to receive the newsletter and get invited to UWSO events please update your information by visiting [www.optometry.uwaterloo.ca/alumni](http://www.optometry.uwaterloo.ca/alumni)

You can also email us at alumni@optometry.uwaterloo.ca or call Andrea Carthew at 519-888-4567, ext. 36319.

Thank you for staying connected!
Congratulations to Kristine Churchman!

Kristine is the 2010 winner of the Nikon Digital Coolpix Camera, which Nikon gave away during the CE Weekend in June.

Nikon Makes a $100,000 Investment in Optometric Education – Andrea Carthew

Earlier this year, University of Waterloo School of Optometry was thrilled when Nikon Optical Canada stepped forward to make a $100,000 commitment toward our upcoming clinic renovation. It is our hope that the project will create a new clinical teaching and patient care environment, allowing for move efficiency and collaboration that will further enhance our optometric program.

Nikon’s gift will help us to achieve our goals – specifically, the extensive revitalization of our Dispensary in order to create a more contemporary and inviting space. Nikon is the first company to support the costly renovation of the Dispensary.

“We are grateful to Nikon Optical Canada for their enthusiastic support of our clinic renovation project,” says Dr. Thom Freddo, School Director. “They have generously started a movement to fund the complete overhaul of the Dispensary and have graciously agreed to lead the charge to inspire others to join them – a remarkable show of support toward optometric education.”

“Nikon did not hesitate to step forward and support this project,” says Mahinda Pathmasiri, President of Nikon Optical Canada, “as it speaks to the common goal we share with the School – to sustain a healthy optometric profession while evolving vision care and ophthalmic services that will further benefit patients and consumers. We hope others will join us as we strive to help advance optometric education and the future of optometry.”

This is Nikon’s second gift to our expansion and renovation campaign. They first supported our efforts with a $40,000 donation to help with the advancement of the paging system, which hadn’t been changed since the building opened in 1974. We are still making upgrades and additions to the system, thanks to Nikon’s support.

With the completion of our 50% enrolment increase and our new addition, it is now critical that UWSO move forward with plans to completely renew and reconfigure the public eye care clinic. This next phase of our expansion and renovation project will allow us to transform clinical education in order to meet the demands of our evolving profession, as well as accommodate our increased class sizes (which have created the need for more patient visits). Although still in the early planning stages, it is anticipated that this initiative will cost between 4 and 5 million dollars.

Nikon, along with other donors who have supported the Dispensary, will be jointly recognized for their contributions to the project with a permanent plaque in the area.

In the Dispensary, Todd Eveland, Key Account Manager, Nikon Optical Canada, presents Dr. Thom Freddo, School Director, with pledge to support clinic renovation project.
With the addition complete and plans under way for significant renovations, we still have an overall fundraising goal of $12.4 million. This campaign is essential to fund our ambitious expansion and renovation project. We are asking our alumni to stand by us during this time of growth and need by making a donation toward this important project. It is only through your involvement that we can continue to meet the demands of excellence in both optometric education and the profession.

Gift/Pledge Form

I/we wish to support excellence in education at the UW School of Optometry by supporting the expansion and renovation campaign.

Name ____________________________________________________________________________ Phone ________________________________________________________________________

Mailing Address ______________________________________________________________________________________________________________________________________________________________________________________________
___________________________________________________________________________________________________________________________________________________________________________________________________________________________

Gift/Pledge Amount ___________ Pledge Period ___________ Years Start Date ________________________________

Project: UW School of Optometry – Building Expansion and Renovation Project

Method of Payment

☑ I/we have enclosed an initial payment of $_________ and wish to pay the remainder in installments.
  Please send me periodic reminders:
  ☑ Yearly ☐ Semi-Annually ☐ Quarterly ☐ Monthly

☐ Cheque (Payable to: The University of Waterloo – School of Optometry)
☐ Post-dated cheques (Please attach all cheques to pledge form)

☐ Credit Card
  ☐ Visa ☐ MasterCard ☐ American Express

Card Number ____________________________________________________________________________ Expiry Date ________________________________
  ☐ Other ______________________________________________________________________________

Signature ____________________________________________________________________________ Date ________________________________

Thank You For Your Support!
Charitable Registration Number: 11926 0685 RR0001

Please return this form to:
Andrea Carthew, Associate Director, Development and Alumni Affairs – School of Optometry, University of Waterloo
200 University Ave. West, Waterloo, Ontario N2L 3G1
Alumni of Honour Award

Call For Nominations
University of Waterloo School of Optometry recognizes that we have a great number of alumni who are outstanding contributors to both optometry and their communities, going above and beyond to make a difference. In order to be able to begin to recognize some of these outstanding individuals for their efforts and achievements, the School is proud to announce the **Alumni of Honour Award**, to be presented every other year to one individual to acknowledge them for their impact and contributions to optometry and society.

We invite you to nominate a graduate from the UWSO, including its graduate program in Vision Science, who has made a significant and proven contribution in one or more of the following areas:

- **Professional Achievement** (recognizes the accomplishments of a UW Optometry and/or Vision Science alumnus)
- **Contributions to Community** (recognizes the accomplishments of a UW Optometry and/or Vision Science alumnus in volunteer leadership, humanitarian endeavours, and community and public service)

Nominations will be accepted through the web at [www.optometry.uwaterloo.ca](http://www.optometry.uwaterloo.ca) or by hard copy, up until the deadline of **May 16 2011**.

Award Process
Award selection will be made by a committee including the Director of the School of Optometry or designate; the Associate Director, Development and Alumni Affairs; a senior faculty member from the graduate program; and the President of the Canadian Association of Optometrists or designate. All applications will remain active for the duration of 2 award cycles.

The School welcomes nominations for the 2011 Alumni of Honour Award from alumni, students, staff, retirees and members of the public. Self-nominations will not be considered. The nominees must hold at least one UW Optometry degree (OD, MSc or PhD).

To nominate an alumnus for the 2011 Alumni of Honour Award, a nomination form must be completed, including all mandatory fields. Please provide as much detail as possible while completing the online form or send a hard copy by mail or fax to:

**School of Optometry**  
**University of Waterloo**  
**200 University Avenue West**  
**Waterloo, ON N2L 3G1**  
**Attn: 2011 Alumni of Honour Award**  
**Fax: 519-725-0784**

Award Presentation
It is our intention to select an Alumni of Honour Award recipient every other year and present it during the biennial Canadian Association of Optometrists Congress. This year the Award will be presented to the recipient during the **CAO Congress in Winnipeg, Manitoba, July 21-23 2011**. Recipients will have their biographies and pictures published in the School of Optometry newsletter and on our website. Their names and pictures will also be featured on a plaque displayed in the School.

Past Recipients
The 2009 Alumni of Honour recipients were **Dr. David McKenna** and **Dr. Dorrie Morrow**. For more information about these outstanding individuals please visit [optometry.uwaterloo.ca/alumni/awards](http://optometry.uwaterloo.ca/alumni/awards)

*** Privacy Statement: The University of Waterloo respects your privacy and that of the person you are nominating. Our full privacy policy is online or you may contact Andrea Carthew****
This form will be used to identify candidates for the School of Optometry’s 2011 Alumni of Honour Award. Please provide as much detail as possible; point form is encouraged. Nominators may need to attach a separate sheet in order to provide full details or can complete the online form at www.optometry.uwaterloo.ca

REQUIRED FIELDS ARE MARKED *

1. Personal Information of Nominee

* Given name(s)

* Last name

* Year of graduation

* Address (full address if known)

* Phone number(s) Home (          )

* Business (          )

* Email Address

* Practice name/employer

2. Professional Achievement (recognizes professional accomplishments or contributions to the profession or to vision science) 250 word maximum; point form is encouraged.

What makes a good entry? Successful career/professional achievement(s) or contributions to the profession:

• Exemplary career success, visibility
• Significant other roles (Board of Directors, advisory groups, association committees)
• Senior leadership
• Known beyond industry segment
• Leadership that has impacted the direction of the profession, affected policy, etc.

• Proven impact (could be local, regional, national, international)

3. Contributions to Community (recognizes accomplishments and involvement in volunteer leadership, humanitarian endeavours and community and public service, including or outside of optometry) 250 word maximum; point form is encouraged.

What makes a good entry? Community Service/Humanitarian endeavours:

• Significant, sustained involvement, volunteerism, philanthropy
• Highly visible involvement that is clearly recognized
• Multiple leadership roles

• Proven impact (could be local, regional, national, international)

4. UW Involvement – Other Information (that may aid in the selection process) 250 word maximum; point form is encouraged.

The candidate’s CV, résumé and/or biography including awards, journal articles, popular press articles, etc., will also be accepted and considered. Letters of support are also encouraged.

5. Personal Information of Nominator

* Name of nominator

* Address:

* Phone number(s) Home (          )

* Business (          )

* Email address

* Are you a UW Optometry alumnus? ☐ yes ☐ no If yes, what year?

* Relationship to nominee

* Please state why you are making this nomination (100 word maximum)

* Please check one of the following:
  ☐ I plan to inform the nominee of this nomination;
  ☐ The School of Optometry may inform the nominee of this nomination;
  ☐ I prefer my nomination to remain anonymous.

Please send completed forms to:
School of Optometry, University of Waterloo
200 University Avenue West, Waterloo, ON N2L 3G1
or fax: 519-725-0784
Attention: Alumni of Honour Award
We were truly delighted to welcome 210 optometrists to our annual CE Weekend this past June. Following the decision by MOHLTC to include independent management of glaucoma into the scope of practice for TPA licensed optometrists, it was decided that we would offer a glaucoma intensive 20-hour TPA course.

For the first time, CE was held in the new addition of our building, which had been officially opened during CE 2009. The new lecture room with theatre style seating and power outlets for laptop computers was well received. Lunches and breaks were taken in the COETF Student Commons, which was also the venue for the Saturday lunchtime trade show and the alumni dinner. Another first for 2010 was the provision of CE materials electronically through pre-loaded USB keys. Attendees received the USB keys some weeks before so that they could choose to have the material printed or just bring their own laptop computers and follow along electronically.

Several of our own faculty lectured during the weekend: Dr. Lisa Prokopich presented on viral eye disease; Dr. Tim McMahon addressed anterior segment eye disease in a grand rounds format; Dr. Michelle Steenbakkers entertained the audience with a rapid fire seminar on red eye; Dr. Lisa Christian discussed the options of ocular therapeutics for the pediatric population; Dr. John Flanagan lectured on new developments in the diagnosis and management of glaucoma; and Dr. Thom Freddo provided an overview of episcleritis and scleritis, as well as a presentation on the drug therapies for primary open angle glaucoma.

We were also fortunate to have several external speakers contribute to the program, including:

- **Dr. Mark Dunbar** (Director of Optometric Services, Bascom Palmer Eye Institute), who lectured on treating infections in the age of resistance and also presented an overview on the topic of red eye

- **Dr. Murray Fingeret** (Clinical Professor, State University of New York College of Optometry), who lectured on clinical insights into the diagnosis and treatment of glaucoma

There were two further hours of CE through the Distinguished Emerson Woodruff and Clair Bobier Award lecture series, which was hosted by our own Dr. William Bobier. The recipient of the Emerson Woodruff Award was Dr. Rand Allingham (Ophthalmologist and Professor, Duke University Eye Center) and his presentation was entitled “Exfoliation Syndrome: Unraveling a Global Disease”. Dr. Allingham also presented a lecture in the main program on treatments for glaucoma to be considered when drug therapy is ineffective. The Clair Bobier award was received by Dr. Eli Peli (Optometrist and Professor, Harvard Medical School). Dr. Bobier and his mother Lois represented the Bobier family and enjoyed the presentation on assistive devices for patients with impaired vision.

Those attending the Sunday session were entertained during lunch by Kathy MacDonald (Optometry Liaison Librarian) who presented very useful information on how to stay current with the optometric literature and how to critically appraise the literature.

Thank you to all who attended CE Weekend and to those who provided the presentations. The program would not have been possible without the support of our sponsors.

We look forward to welcoming you **June 3-5 2011**, when the focus of the weekend will be pediatrics and binocular vision. Be sure to mark your diaries and watch for more details at [www.optometry.uwaterloo.ca/CE](http://www.optometry.uwaterloo.ca/CE).
CE 2010 Industry Information Trade Show and Luncheon
– Marilyn Smith, RO

The 12th annual Industry Information Trade Show and Luncheon on Saturday of CE Weekend had some new excitement this year – it was held indoors in our new building addition in the first floor COETF Student Commons. So for the first time in many years, the weather did not play a part in the planning process!

Twenty-three companies, as well as the University of Waterloo Bookstore and the Office of Development, filled the booths available. The two hour lunch time allowed CE participants to visit each company booth, meet and mingle with friends and colleagues, and enjoy a beautiful array of food. Many delegates also enjoyed seeing the Museum of Vision Science, which is housed now on the first floor of the new addition.

Every aspect of optometry was represented by the companies participating in the trade show: the newest frame styles, updates in contact lenses and ophthalmic lenses, and all the new, creative, computerized technology for optometry. The company support is most appreciated and the CE Committee sincerely thanks all of the representatives for their enthusiastic participation.

Our caterer, The Stone Crock Group, adapted to the new premises perfectly, and Shannon and her team provided a stunning array of foods. The return of the chocolate fountain was a big hit!

A big thanks also goes out to our many CE helpers, who helped transform the area into a trade show space and then tidied it up so beautifully once the event was over.

Optometric Assistants And Staff CE Program
– Marilyn Smith, RO

On Saturday, June 5, over 40 participants enjoyed a full day of informative and enjoyable lectures during the 8th annual Continuing Education program for optometric assistants and staff as part of our CE Weekend.

Dr. Lyndon Jones started the day off with a great lecture, “What’s New and Sexy in Contact Lenses?” That certainly got everyone’s attention! He continued with a second lecture detailing the intricacies of the common problem of dry eye and new treatments. CE delegates had requested this topic as it is such a routine part of optometric care.

Dr. Michelle Steenbakkers, who has now joined the UWSO faculty, presented a fun and interactive end to the morning program, “The ABCs of Ocular Anatomy”. The “Jeopardy” session was very lively!

Joyce Van Rooyen (Optometric Assistant and Trainer for the CAO OA program) opened the afternoon lectures with “Setting Expectations with PALs”, a terrific overview of new PAL lens technology and patient expectations. Joyce’s second lecture was a very informative look at how to lower our expectations – that is, working with children and getting them to enjoy the whole eyewear experience by “Getting Down to Their Level”. Participants commented that both lectures gave them a great amount of practical information to take back to their dispensaries.

In the afternoon, Dr. Patrick Quaid (Iris Optometrists & Opticians in Guelph and part time UW Optometry clinician) wowed everyone with his presentation on the newest technology in imaging. “What’s Up Doc?” explored the many facets of imaging and how important these new technology developments are in patient care.

Participants were delighted with the lecture program and the CE Committee is most appreciative of the experts who made themselves available to lecture and the companies that sponsored them. This allows us to approach the highest quality speakers about participating in the program. Suggestions for future lecture and workshop topics are always welcome. Please email me (masmith@uwaterloo.ca) any topic suggestions you have for CE 2011.
On Saturday, June 5th, during CE weekend, UWSO hosted another successful Reunion Dinner for alumni and friends. We are grateful to our guest speaker for the evening, Dr. Howard Dolman, who was celebrating his 20-year reunion with his classmates from 1990. Howard reflected on the significance of his education at Waterloo and how staying involved was just one way he felt he could give back. Not to mention this was where he met his future wife and business partner, Kim!

The event was once again a success, thanks to all who attended. We intend to continue to provide our alumni with this opportunity to reconnect with classmates and School personnel. We enjoy having you here, especially those who come from out of town for the event, such as Dr. Yvonne Dunstan (OD ’60) and Dr. Henry Jang (OD ’90) from Alberta!

We would like to thank INNOVA Medical, who have generously supported all six reunion dinners. It was a pleasure to have Dr. Victor Spear (OD ’82) and his wife Elizabeth from INNOVA with us to help mark the occasion.

Once again we were able to host the event in the COETF Student Commons in our new building addition. It seems a fitting venue for such a celebration, especially since COETF receives most of its funding by many of you in the profession. We look forward to hosting many other events in this space in the future.

Are you celebrating an anniversary year in 2011? If so, we hope you will consider making the UWSO Reunion Dinner a part of the occasion. Look for more information on next year’s event in the Spring 2011 newsletter and on our alumni events webpage at www.optometry.uwaterloo.ca/alumni.
It is our pleasure to announce that Dr. Kathy Dumbleton has recently been appointed President-Elect of the American Optometric Foundation (AOF). Her appointment will take effect during the upcoming American Academy of Optometry meeting in San Francisco, California, this November.

Dr. Dumbleton has been a member of the CCLR and UWSO faculty since 1985, and she is currently a Senior Clinical Scientist. She has also been a member of the AOF Board of Directors since 2008. Her tireless efforts have resulted in a meteoric rise to her new post.

The AOF was founded in 1947 for the “upholding, broadening, fostering, promoting and aiding of optometric education, the profession of optometry and its practitioners.”

UWSO would like to congratulate Dr. Kathy Dumbleton on her new accomplishment and wish her continued success.
CCLR Collaborates With Ontario ODs On Study
– Dr. Kathy Dumbleton

The Centre for Contact Lens Research (CCLR) recently completed a study investigating the relationship between patient compliance with lens replacement and contact lens related complications. Several UWSO alumni who practice in Southern Ontario were involved in the multicentre study and helped to enroll participants.

A total of 1,220 silicone hydrogel lens wearers from 7 optometry offices were sent invitations by their ODs to participate in the survey-based study. 501 patients returned surveys and gave permission for their files to be reviewed by a member of the CCLR. A higher proportion of patients who were non-compliant with lens replacement reported experiencing contact lens related complications compared with patients who were compliant. The full results from the study will be submitted for publication, but an overview was shared with the participating ODs at a dinner hosted by the study sponsors, CIBA Vision. The study was a great success and we hope the CCLR will continue to collaborate with Canadian optometrists in future studies.

CCLR Collaborates With Ontario ODs On Study – Dr. Kathy Dumbleton

Dr. Dagmar Lutzi, Dr. Kirsten Ball, Dr. Gina Sorbara (UWSO), Dr. Howard Dolman, Dr. Karen MacDonald, Dr. Derek MacDonald, Dr. Upen Kawale, Dr. Beth Lennox, Dr. Kathy Dumbleton (Senior Clinical Scientist, CCLR), Dr. Jerry Nolfi, Dr. Zuhal Butuner (CIBA Vision) and Dr. Desmond Fonn (Director, CCLR) (missing: Dr. Hans Schuster)

Fitting Children And Teenagers With Contact Lenses: A New Study At The Centre For Contact Lens Research – Alisa Sivak

The Centre for Contact Lens Research is conducting a study investigating the ease with which children and adolescents are able to use contact lenses in their everyday lives. The purpose is to investigate how well contact lenses work for children and adolescents who have never worn them before. The study focuses on the lenses’ effect on quality of life: vision, comfort, satisfaction with the lenses, ease of handling, and the compatibility of contact lenses with a child’s everyday activities. The study is funded by CIBA VISION.

This study will involve 195 myopic participants, aged 8 to 16, who have never previously worn contact lenses. In appreciation for their time, parent and child will each receive $20 per scheduled visit hour, up to a maximum of $120 each upon study completion. All lenses and care systems for the child will be provided.

Children participating in this study will be asked to wear one of three types of contact lenses on a daily basis.

Two of the lenses are commercially available in Canada. The third lens has been approved by Health Canada for use in this study.

The study involves six visits to the CCLR over a three-month period. These visits will include vision testing and a contact lens examination, in addition to the completion of a questionnaire. Lens instruction will be provided to each participant. The parents or legal guardian(s) of all study participants will be directed to continue their child’s eye care at their regular eye care practitioner both during and after completion of this study.

For more information, or to request a package of information, please contact Dr. Debbie Jones, Clinic Head – Pediatric and Special Needs Clinic, University of Waterloo School of Optometry, at 519-888-4567, ext. 35934 or dajones@uwaterloo.ca.
As an optometry librarian I watch for and explore new resources that may be of interest to current and future optometrists and vision scientists. In the past few years I have noticed a growth of resources that support evidence-based medicine (EBM). Groups such as the Cochrane Collaboration collect and synthesize research evidence in a systematic and rigorous fashion. Search engines or databases like Turning Research Into Practice (TRIP) or NHS Evidence find and collect pre-appraised research, systematic reviews, and clinical practice guidelines. This is good news for busy clinicians. In the last newsletter I introduced you to PubMed’s “Clinical Queries” search. In this article I will review the database TRIP and introduce you to several new features.

Trip began as a clinical research service in 1997. It is now a search engine that uses the principles of evidence-based medicine to search multiple selected websites to quickly find high quality answers to clinical questions. TRIP has easy-to-use simple and advanced search options. Results are colour-coded and arranged so that you can see the breakdown of how many evidence-based summaries, systematic reviews, clinical practice guidelines, and primary research results were found.

TRIP also searches PubMed “Clinical Queries” and lists results by category (Therapy, Etiology, Diagnosis, Prognosis, and Clinical Prediction Guidelines). These can be found below the breakdown of search results on the right side of the screen. Remember the Clinical Queries searches are designed to return only the highest quality research studies. For example, if you do a narrow therapy search it returns only randomized controlled trials (RCT). If there are no RCTs there will be no results. A general PubMed search will find other types of studies, such as clinical trials or case-controlled trials, that may be of value if there are no RCTs.

A new feature is the “Search Wizard”, which is designed to help you search using the PICO strategy. PICO is a question framework that allows you to think about the specifics of your question in such a way as to return only very relevant results. PICO stands for Population, Intervention, Comparison, and Outcome. In the “Population” search box enter the condition or disease of interest, such as amblyopia or diabetic retinopathy or herpes simplex. The “Intervention” search box is for any diagnosis, treatment, prognosis, or prevention approach you want to know about. The “Comparison” search box should contain the alternate diagnostic, treatment, or prevention approach. The comparison is usually the current standard approach. For example, if you had entered atropine or penalization in the Intervention search box, then occlusion or patching could be the comparison approach. The “Outcome” could be an improvement in visual acuity. The italicized words form the search terms you need to determine what the research says about whether pharmacological penalization is better or worse than patching at improving the visual acuity in people with amblyopia. You do not have to fill out every box, but entering search terms in three of four search boxes does return more focused results. For example, it may be that you do not want to identify a comparison term or that there are numerous outcomes and you do not want to narrow the search to one or two interventions or outcomes.

TRIP also has a new “Related Articles” search option within the “Labs (NEW!)” link. Copy and paste an abstract or paragraph from a particularly good article into the search box and see what a search of the TRIP index finds. This new search feature scours the index terms in the TRIP database for articles with index terms similar to those found in the text entered in the search box. In plain language, each article in any database is tagged with words that describe the article. These are called index terms. Like the index in a book, the new search finds articles with index words similar to the ones in the text of the search box, and then adds them to the search results. This new feature functions in a similar way to PubMed’s “Related Articles” search.

TRIP is an easy-to-use source of EMB knowledge but it is not the only one. Next time I will introduce you to another source.
Dr. Desmond Fonn Retires

At the end of 2010, University of Waterloo School of Optometry will have mixed emotions with the retirement of longtime faculty member and Founding Director of the Centre for Contact Lens Research (CCLR), Dr. Desmond Fonn.

After arriving in Waterloo in 1986 from South Africa, Dr. Fonn established himself not only as an outstanding leader, teacher, and researcher in contact lenses, but also as an advocate for optometric education and champion volunteer for the School’s expansion and renovation campaign. In 1988, the CCLR was established with a mandate to become an international leader in contact lens research. Through Des’s leadership, this goal was accomplished by building a strong team and by partnering with industry to conduct research on contact lenses with an emphasis on studying the ocular response. We know that Dr. Fonn will continue to be involved with the CCLR and share his extensive knowledge and expertise with the optometric community.

UWSO will host a retirement party for Dr. Fonn on December 14 2010 in our COETF Student Commons to celebrate his illustrious career, thank him for his extensive contributions, and wish him luck as he embarks on his next phase. There will also be a special presentation on behalf of CIBA Vision in Des’s honour.

Dr. Freddo Receives Honourary Degree

On June 4 2010, during the 100th Anniversary convocation for École d’optométrie de l’Université de Montréal, our Director, Dr. Thomas Freddo, received the prestigious academic recognition of “doctorat honoris causa” in recognition of his career long research accomplishments.

This honour was bestowed upon Dr. Freddo “for his seminal work in the physiological and anatomical mechanisms responsible for the formation of aqueous humor in the human eye. His studies have led to a better understanding of the pathophysiology of open angle glaucoma, and have also opened up new avenues of research for developing medications specific for this form of glaucoma that threatens vision in an otherwise healthy eye.”

Dr. John Lovasik, professor and researcher at École d’optométrie and a former professor and graduate of University of Waterloo School of Optometry, supported Dr. Freddo’s nomination for this award and was at the ceremony. “Thomas is a man with an exceptional knowledge of vision, a broad clinical acumen, and an excellent capability in research,” said Dr. John Lovasik, adding that “it is a true honour to acknowledge such a deserving faculty member.”

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UPDATE: Doctor of Optometry Curriculum Renewal

The UWSO Doctor of Optometry program is in the midst of an extensive curriculum renewal. While some aspects of the curriculum have been modified in recent years (including the strengthening of the biomedical aspects of the program), a complete evaluation is being undertaken. The goal is to enable the program to strengthen and contemporize the practice of Canadian optometry, as well as effectively respond to change in technology and informatics.

Significant curriculum renewals take years to plan and implement and this project is no different. Back in 2007, we invited faculty, key external stakeholders from professional associations and regulatory bodies, recent graduates, internationally trained optometrists, optometrists working in multidisciplinary health care environments, and board examiners to share ideas and perspectives at our three day forum, “Vision of the Canadian Optometrist in 2015”. This group identified a number of common goals for ensuring the ongoing development of competent and contemporary optometric graduates.

With these broad goals identified, the next phase of the process involved creating an updated database of the present program content for every course and lab in the Doctor of Optometry program. Led by five faculty members (Drs. Ralph Chou, Jeff Hovis, Patricia Hrynchak, Lyndon Jones, and Rodger Pace) and aided by numerous other faculty members, this process took over 18 months to complete.

The final phase began this summer with the appointment of three faculty curriculum renewal leaders, all of whom have a keen interest in curriculum development and are committed to the task of overhauling our program.

Dr. C. Lisa Prokopich, OD, MSc (UW 1990) will be leading the Biomedical Sciences stream. Lisa’s interests include clinical ocular pharmacology, imaging, ocular disease management and problem-based learning. She is Head of the Ocular Health Clinic and has been actively involved with the TPA process in a number of provinces. She has been involved in the previous curriculum reviews since the early 1990s.

Dr. Elizabeth Irving, OD, PhD (UW 1983) will lead the Vision Sciences stream. Beth is world renowned for her work on refractive development and holds a Canada Research Chair in Vision Science. She has interests in lifespan changes in visual function, refraction, and ocular motor control, and is past Head of the Binocular Vision Clinic.

Dr. Partricia Hrynchak, OD, FAAO (UW 1983) will lead the Clinical Sciences stream. She is Head of the Primary Care Clinic and has expertise in problem-based learning, evidence-based practice, and core competency development. She teaches critical thinking skills through clinical procedures and case analysis.

This summer, the UWSO faculty joined the three curriculum leaders at a retreat facilitated by University of Waterloo’s Centre for Teaching Excellence. In light of the ever-changing profession and the broad goals identified in the 2007 forum, the faculty have been working to identify specific knowledge, skills, and attitudes that will be required of contemporary Canadian optometry graduates. All aspects of the curriculum are being evaluated and analyzed to optimize the achievement of these goals, including lecture and lab content, sequencing, time allocations, teaching strategies, and the extent and quality of clinical exposures.

The team looks forward to developing continued opportunities to solicit input into the process from members of the professional student body and the optometric community in Canada.
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GRAHAM BERG

It is with great pleasure that we share the American Optometric Foundation’s announcement that fourth year student Graham Berg is the 2010 AOF-Carl Zeiss Vision Fellow for UWSO. Congratulations, Graham!

The class, consisting of 19 optometry students (with one selected from every college of optometry in Canada, Puerto Rico, and the US), represents individuals with the best potential for strong leadership in independent practice. Sponsored by Carl Zeiss Vision and administered by the AOF, the fellowships honour outstanding achievement by a third year optometry student. Each fellowship includes a $5,000 award made directly to the student’s optometry school to offset the fourth year of optometric education.

Each Fellow will also receive a travel grant to attend the American Academy of Optometry annual meetings in both their fourth year of study and their first year after graduation. “One of the aims of the program is to encourage the Fellows to get involved with the Academy right away,” said Dr. Mark Bullimore of the American Optometric Foundation. “We believe that the Academy will be important to their future, and vice-versa. By supporting this outstanding group of students, Carl Zeiss Vision and the Foundation is investing in the future.”

Graham, who is former President of the student association (CAOS), spoke on behalf of the student body at the official opening ceremony of the School’s new addition. Graham grew up in Moose Jaw, Saskatchewan, and did his undergraduate studies at University of Saskatchewan. After graduation he plans to work in private practice in Southwestern Ontario.

CHRISTINA MORETTIN

On Thursday, September 30th, the Office of the President, University of Waterloo, honoured the 2009-2010 Athlete Academic Honour Roll recipients. This honour recognizes students who have maintained an average of at least 80% while competing in an interuniversity sport. The 138 athletes were invited to celebrate their accomplishments along with their fellow athletes, influential professors, coaches, and distinguished individuals at University of Waterloo.

We are excited to share with you that Christina Morettin, in her second year of the OD program while competing in figure skating, is the only UWSO student to have achieved this. This is an amazing accomplishment. Congratulations, Christina!