What comes to your mind when someone says, “pay it forward”? The PIF concept has been around for some time, longer than some of us may think. For example, the Greek playwright Menander explored the idea in his 317 BC play, Dyskolos (“The Grouch”). Many may think of Catherine Ryan Hyde’s 1999 novel, Pay it Forward, or the Warner Bros. movie version that followed in 2000. Hyde’s story involves a Grade 7 student, Trevor McKinney, whose social science school project grows into a charitable pyramid scheme of good deeds.

Simply stated, the PIF concept involves recipients of a favour paying the favour forward to a third party rather than back to the original donor. An International PIFD – yes, that’s Pay it Forward Day – now occurs each spring in 35 countries, including Canada, where people are encouraged to pass along a downloadable PIFD card to three recipients of their good deeds with the hope that each pays it forward to three more people, and so on and so on.

“Pay it forward” can mean different things to different people. For lawyers, PIF is an illustration of contract law, and for sociologists, it’s an example of “generalized reciprocity”. So what does “pay it forward” look like for optometrists? In reality, we can make it look a lot of ways. We pay it forward every day by using our training to provide competent care to patients. Some of you also give your time to humanitarian initiatives, helping those in need. Many also provide clinical training to students, either here at the School or in your own clinics, or donate to initiatives that support the training of future Optometry students.

You have supported us through a $13 million expansion and now many of you are joining our $8 million clinic renovation campaign. We need to redesign our facilities to create a contemporary learning environment for the future delivery of optometric care and clinical education. Your generosity is making that happen. Thank you.

Paying it forward can also apply to the ways in which we interact with other health care professions and in the ways we work within our own. We are in a fascinating profession. We have the capacity to help others to see better and longer, ultimately enhancing quality of life for our patients. In order to keep achieving that goal, we need to work towards a vision where collaboration is the norm and paying it forward happens with our academic institutions, our practices, and our profession. Our vision is better and more enduring when we work together. So, in your personal and professional life, the next time someone helps you, consider the PIF option.

In this issue, you will learn about the fruits of paying it forward through articles on the new orientation event for Optometry students, the unfolding plans for the clinic renovation, the recipient of the 2011 Alumni of Honour Award, the profile of one of our many generous donors, and much more. These stories pay tribute to some of the people who, by paying it forward, help us be a stronger profession.
And Speaking Of Paying It Forward…

The Haiti Lutheran Mission Society is looking for optometrists to spearhead a team offering eye clinics in Haiti. They have many volunteers who would like to help but no optometrists or opticians to get the team started. If you are interested in information about this outreach opportunity please contact Howard Bogusa (1-905-468-3566 or hobo@cogeco.ca) or visit www.haitilutheranmissionsociety.ca.

Calendar Of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 23 2011</td>
<td>“Ocular Emergencies,” a presentation by Dr. Ray Stein (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
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<tr>
<td>November 28 2011</td>
<td>“Emerging Trends in Allergy,” a presentation by Dr. Harold Kim (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
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<td>January 18 2012</td>
<td>“Management of AMD,” 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>January 27 2012</td>
<td>“A Story of Change and Discovery: How and What We Learned From Studying Nystagmus in Infancy and Early Childhood,” a presentation by Dr. Richard Hertle (as part of the Vision Science Research Seminar Series)</td>
<td>University of Waterloo School of Optometry</td>
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<tr>
<td>February 1 2012</td>
<td>“Cataract Surgery In 2012,” a presentation by Dr. Baseer Khan (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
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<tr>
<td>February 15 2012</td>
<td>“Diagnosis and Management of Anterior and Posterior Uveal Inflammation,” a presentation by Drs. Ted Rabinowitz and Phil Hooper (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
</tr>
<tr>
<td>March 7 2012</td>
<td>“Contemporary Management of Diabetic Retinopathy,” a presentation by Dr. Phil Hooper (as part of the Alcon Lecture Series)</td>
<td>University of Waterloo School of Optometry</td>
</tr>
<tr>
<td>March 30 2012</td>
<td>“Mechanisms of ATP Release, the Enabling Step in Purinergic Regulation of Aqueous Humor Dynamics,” a presentation by Dr. Mortimar Civan (as part of the Vision Science Research Seminar Series)</td>
<td>University of Waterloo School of Optometry</td>
</tr>
<tr>
<td>April 24 2012</td>
<td>“Models and Methods for Correlated Data: Some Applications in Health Research,” a presentation by Dr. Richard Cook (as part of the Vision Science Research Seminar Series)</td>
<td>University of Waterloo School of Optometry</td>
</tr>
<tr>
<td>May 2012</td>
<td>Alumni Reception at OAO Symposium and InfoMart</td>
<td>Toronto, Ontario</td>
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<tr>
<td>June 1-3 2012</td>
<td>CE Weekend</td>
<td>University of Waterloo School of Optometry</td>
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</tbody>
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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

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!
When the UWSO building was opened in 1974, our clinic facilities were state-of-the-art and considered by many an example of what an educational clinic should be. Forty-plus years later, our clinic has remained virtually unchanged even though the profession of optometry has continually evolved.

We have been able to maintain the quality of our program through minor renovations and a significant investment in equipment. But the time has come for bigger change. With our recent growth in student numbers, the need to see more patients, the arrival of TPAs, and changes to both the curriculum and the clinic operations, a complete overhaul of our facilities is critical.

The goal: to create a more efficient environment for clinical training and the delivery of patient care.

Our current clinic is close to 25,000 square feet, which is sufficient space to establish a new, revitalized clinic that will include more exam rooms and clinic pods, amalgamated spaces, an imaging suite, and an enhanced profile for the dispensary. The renewal of our clinic space will also allow us to implement many improvements in the way the clinic operates, providing students with an experience that more closely corresponds to life in private practice.

The anticipated cost: $8 million.

Getting Involved

This is a time of unprecedented growth and need at UWSO. We encourage you to help make a difference in the advancement of optometric education by making a donation in support of our Clinic Renewal Project. In recognition of leadership donations, you can name a room in the new clinic.

Clinic Exam Rooms – $50,000 each

“We have fond memories of the clinic and the profession has been good to us so we feel it is important to give back. By funding an exam room, we are able to contribute to the future of optometric practice.”

– George and Judy Woo

Clinic Teaching Pod – $250,000

“By coming together as a class we inspired each other to get involved and support the advancement of clinical education through funding a clinic teaching pod.”

– Class of 1979

For more information on how you can get involved please contact Andrea Carthew at acarthew@uwaterloo.ca or 519-888-4567, ext. 36319
I/we wish to support excellence in education at University of Waterloo School of Optometry by supporting the clinic renovation campaign.

Name ___________________________________________________________________________________________________________

Phone __________________________________________________________________________________________________________

Mailing Address __________________________________________________________________________________________________________________________________________________________

___________________________________________________________________________________________________________________________________________________________________________________________________________________________

Gift/Pledge Amount ___________ Pledge Period ____________ Years Start Date _________________________________

Project: University of Waterloo School of Optometry – Clinic Renovation Project

Method of Payment

☐ I/we would like to make a one-time gift of $ _________________

☐ I/we would like to pledge $ _________________ and wish to pay in installments of $ _________________

■ Please send me periodic reminders:
☐ Yearly ☐ Semi-Annually ☐ Quarterly ☐ Monthly

☐ Cheque (Payable to: University of Waterloo School of Optometry)

☐ Post-dated cheques (Please attach all cheques to pledge form)

☐ Credit Card

☐ VISA ☐ MasterCard ☐ American Express

☐ You may use this credit card for all pledge installments.

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
Orientation Week: A New Tradition Begins
– C. Lisa Prokopich and Graham Strong

For the first time in our history, students in first, second, and third year returned one week before Fall classes and labs were scheduled to begin in order to take part in a week long series of special events. While some of these were designed specifically for first year students, all members of the UWSO community were involved in various capacities.

The Tuesday morning after Labour Day kicked off with a student-organized “icebreaker session” and some warmup events. The planning was somewhat prophetic, considering that the morning temperature was barely 10°C! But a warmer greeting followed in the new Optometry lecture theatre, where Interim Director Dr. Marlee Spafford officially welcomed the incoming students. The new class was then introduced to the other members of the senior administration and to each of the instructors they will have during the coming term. Afterwards, faculty, staff, and fourth year students all participated in a “lunchtime mingle,” and later on in the famous/infamous Wine and Cheese.

Preparing the clinical interns for patient care was another major goal of Orientation Week, and this was realized through a series of activities. The kickoff events were organized skills sessions for second and third year students to practise their clinical techniques in the Pre-clinic. Following these, the entire UWSO clinic was closed to regular patient care (for the first time ever!) in order to allow third year students to ease into their new roles as clinical interns on a dedicated UWSO Clinic Day. Each new intern had the opportunity to examine a first year student with in-room support and supervision provided by a final year intern. All of these encounters were overseen by experienced faculty clinicians. It was a rich and rewarding experience for everyone involved: the first year students were introduced to the clinic and experienced their first eye examinations there; the third year students performed their first full eye examinations on “real” but “sympathetic” patients; the final year interns got to perform in the teaching and mentoring roles; and our supervisors and staff were able to sit back and enjoy the great enthusiasm of all of the students. It was unanimously endorsed as a productive and fulfilling day, with everyone interacting and sharing on both professional and personal levels.

Finally, information dissemination sessions were organized around various aspects of professional student education and affairs, including Undergraduate Studies, the Witer Learning Resource Centre, summer research and graduate studies opportunities, our Centres of Excellence (CCLR and CSE), Optometry Clinics, Externships, and our online evaluation systems and electronic record keeping.

Sincere thanks go out to all of those who helped us to plan and prepare our inaugural Orientation Week. We would also like to thank student leaders and members of the Classes of 2014, 2013, and 2012 (and earlier) for their input. We look forward to any feedback so we can make the week even better for next year!
UWSO once again hosted the annual Continuing Education conference over a sunny weekend in June. The focus this year was Pediatrics and Binocular Vision, and the lecture room was filled to capacity the entire weekend.

Saturday featured several faculty members: Dr. Debbie Jones started the program with an overview on where to start with pediatric examinations; Dr. Marlee Spafford entertained the audience with her talks on communication (which included some audience participation) and a presentation on clinical electrophysiology; Dr. Susan Leat walked the audience through the refractive management of the pediatric patient; and Dr. Bill Bobier discussed what research evidence is available to support the clinical management of the pediatric patient.

We were also thrilled to have several external speakers contribute to the Saturday program. Dr. Richard London (Professor of Optometry, Pacific University College of Optometry) discussed his diagnostic approach and therapeutic options for variations of strabismus that can be managed by optometrists. He also presented options for managing the diplopic patient. In his final segment, Dr. London entertained the audience with a Jeopardy-style quiz on binocular vision and pediatrics; he ensured some healthy rivalry and a Canadian theme by splitting the audience into two halves and identified the teams as the Vancouver Canucks and Boston Bruins. The final result was a dead heat (unlike the actual Stanley Cup final, which of course did not go Canada’s way!).

Dr. Mitchell Scheiman (Professor of Optometry, Pennsylvania College of Optometry, Salus University) presented results from various clinical trials in his discussion on treatment of convergence insufficiency. Finally, Dr. Edsel Ing (Ophthalmologist, Toronto) discussed amblyopia and strabismus management from the ophthalmologist’s perspective and described ways in which optometry and ophthalmology can work together in the management of the pediatric patient.

The Sunday program was dedicated to ocular therapeutics. The newly appointed Registrar for the College of Optometrists of Ontario, Dr. Paula Garshowitz, described the TPA regulation process and the College’s current position with respect to what drugs can be prescribed and how new drugs will be introduced. Community pharmacist Lisa Craig then shared with the audience where things can go wrong in the prescribing process. She identified various stages in the process where mistakes can be made and offered suggestions on how to avoid errors.

Dr. Lisa Prokopich and Dr. Tim McMahon rounded out the morning, with Dr. Prokopich discussing the top drugs currently used in eye disease and Dr. McMahon offering some challenging clinical cases in a grand rounds format.

The recipient of the Distinguished Bobier Lecture for 2011 was Dr. Susan Barry (Professor of Biological Sciences, Mount Holyoke College). Dr. Barry, who only gained stereo vision in her late forties, described her experiences and encouraged the optometric profession to never give up on patients who have limited or no stereopsis. Dr. Barry is the author of a very popular book, Fixing My Gaze, A Scientist’s Journey Into Seeing In Three Dimensions, and she graciously agreed to sign copies of her book at the reception following the lecture. This turned out to be a very popular offer, and after over an hour the supply of books had run out with her having signed over 120 copies!

The Distinguished Woodruff Lecture was awarded to Dr. Mitchell We look forward to welcoming you June 1-3 2012, when the focus of the weekend will be contact lenses and myopia. Be sure to mark your diaries and watch for more details at www.optometry.uwaterloo.ca/CE.
A big thank you goes out once more to our many CE helpers, who helped transform the area into a trade show space and then so diligently restored it to its normal state once the event was over.

The following companies and services generously donated their time, energy, and funding to make the Industry Information Trade Show a success in 2011:

- Alcon
- Bausch & Lomb
- Benson-Edwards Optical
- Carl Zeiss
- Centennial Optical
- CooperVision
- Essilor
- Hoya Vision Care
- INNOVA Medical Ophthalmics
- Johnson & Johnson Vision Centre
- Nikon
- Novartis Pharmaceuticals
- Nv I-Ware Designs
- Opal Optical
- Ophthalmic Consultants Centres
- Optos
- OPT Marketing
- OSI
- Rodenstock
- Sjogren’s Society of Canada
- Topcon
- University of Waterloo Bookstore
- Waterloo Optometry Development and Alumni Affairs

The Industry Information Trade Show and Luncheon was held this year on Saturday, June 4, as part of our annual Continuing Education Weekend. This was the second year in which we hosted the trade show and luncheon in the Student Commons area of the building addition, and this has proven a wonderful new “home”. Our exhibitors and our caterer are grateful that the show has moved indoors permanently, as there was a deluge of rain during setup on Saturday morning!

Twenty-two companies, in addition to the University of Waterloo Bookstore and Waterloo Optometry Development and Alumni Affairs, filled the 31 booths available at this, our 13th annual, event. As with last year, delegates could enter from the upper and lower floors after lectures, which kept entry into the trade show area and food stations running smoothly. The two-hour lunch break let CE participants visit with friends and colleagues, see the wares, chat with company representatives, and enjoy the lovely finger foods. All CE participants were impressed with the array of information available from the vendors. There was truly something for everyone, including the newest frame styles, ophthalmic lenses, contact lenses, and all the latest computerized equipment and laboratory technologies to support the most up-to-date office.

Tiffany and her team from Stone Crock of St. Jacobs provided a beautiful arrangement of tables for cold hors d’oeuvres and desserts throughout the trade show area. Hot tidbits were served on trays by her very capable, friendly, and efficient staff. The chocolate fountain was a hit again this year, with everything from pretzels to marshmallows and strawberries for dipping!

A big thank you goes out once more to our many CE helpers, who helped transform the area into a trade show space and then so diligently restored it to its normal state once the event was over.

The weekend finished up with a lunchtime presentation by our own forensic optometrist, Dr. Graham Strong. He presented an entertaining, CSI-style talk outlining some of the cases that he personally has been involved in and how spectacle information can help to solve crimes.

A highlight of the weekend was an unannounced visit by former uWaterloo President and current Governor General David Johnston. The Governor General, who was in Waterloo for the official naming of the David Johnston Research Park, was hosted in the School of Optometry for a few moments prior to attending the official event. Despite his team of staff trying to keep him on a tight time schedule, he diverted to the lecture room to say good morning to the audience before being whisked away to his scheduled event.

As the weekend drew to a close, the attendees left with new enthusiasm for pediatric optometry and clinical information that they could apply in their practices the very next day.

Thank you to all delegates, program speakers, and sponsors for yet another successful CE Weekend!
On Saturday, June 4, over 40 participants enjoyed a full day of educational lectures at the 9th annual Continuing Education program for Optometric Assistants and Staff. The next morning, many of those in attendance also took part in a second day of CE by attending the “hands-on” ophthalmic workshops.

A hit from last year, Dr. Patrick Quaid kicked off Saturday morning with a fascinating look at “Learning Issues And Binocular Vision Anomalies.” The information was cutting-edge and extremely pertinent, as BV is a growing aspect of many OD practices. Dr. Matt Iley followed with a terrific lecture, “All Eyes on Glaucoma,” another topic that is of concern in routine patient care (particularly now that Ontario has enacted its TPA legislation). Our funny lady from a few years ago, Deb Loyd, wrapped up the morning with some fun and informative “take home” information with “The Anatomy of Body Language.” There is so much more to communicating than just our words!

In the afternoon session, Janice Schmidt presented two lectures related to the contact lens market. “Silicone Hydrogel” focused on the updates to this excellent material for CLs, and “The Next Generation” discussed capturing the “whole” market with the newest ophthalmic products. Thank you to CooperVision for sponsoring Janice as a CE speaker once again! The afternoon then ended with Marilyn Smith reminding delegates that most people require more than one pair of spectacles. “How to Present the 2nd, 3rd, & 4th Pair of Glasses” outlined our responsibility to present ophthalmic needs as a choice for the client, not just as an opportunity to sell another pair of glasses.

All delegates were then invited to join the ODs for the presentation of the Distinguished Woodruff lecture by Dr. Mitchell Scheiman at the end of the day.

On Sunday, the “hands-on” workshops were a mix of basics and high tech. Hour One, led by Marilyn Smith, consisted of a basic review of neutralizing prism in spectacles, and Hour Two (also with Marilyn) moved into working with the various manual fitting devices for digital PAL lenses. Hour Three was truly high tech as Eric Vieira from Essilor Canada demonstrated all the features of the computerized Visioffice system. Thank you to Essilor for sponsoring Eric’s participation!

Attendees were delighted with both the lecture and workshop programs. The CE Committee is most grateful to our speakers, who once again made the OA and staff program so exceptional, and to the companies that sponsored them.

Suggestions for future lecture and workshop topics are always welcome. Please direct any topic suggestions for CE 2012 to Marilyn Smith at masmith@uwaterloo.ca.

Dr. Steenbakkers At ASCO

Our own Dr. Michelle Steenbakkers recently attended the Association of Schools and Colleges of Optometry’s Summer Institute for Faculty Development at University of Washington Medical Center in St. Louis, Missouri. The Institute addressed specific areas in faculty development, such as teaching, scholarship, and academic culture. The Institute’s goal was “to provide participants with an opportunity to gain the necessary knowledge and skills to enhance their success in an optometric academic environment as lifelong productive faculty, thus contributing to increased retention of faculty in the schools and colleges of optometry.”

Attendees were organized into mentor groups and encouraged to develop long-term career plans with specific goals, objectives, and action strategies. Michelle enjoyed meeting and collaborating with 40 other faculty members from optometry schools and colleges across North America.

Photo: (left to right): Nilda Lorente (Inter-American University of Puerto Rico, School of Optometry), Michelle Steenbakkers (University of Waterloo School of Optometry), Dave Damari (Southern College of Optometry), Jenny Myung (Salus University, The Eye Institute of the Pennsylvania College of Optometry), and Megan Allen (Illinois College of Optometry)
It is with mixed feelings that the Centre for Contact Lens Research is poised to say goodbye to Dr. Craig Woods, a significant feature of both our management and research teams since 2005.

Craig recently accepted what promises to be a challenging and rewarding position at Deakin University in Victoria, Australia, which is in the process of developing a School of Optometry. As Director of Optometric Clinical Studies, Craig will support the development of the new school’s clinical program and oversee clinical instruction.

As CCLR’s Research Manager, Craig had an immense impact by consolidating the operations and logistics associated with clinical trials and developing policies and guidelines that will serve us well into the future. We expect that his enthusiasm for research, strong presence, and distinctive sense of humour will continue to resonate long after his departure.

As of January 2011, CCLR’s research management team consists of:

Dr. Nancy Keir
(Head, Clinical Operations)
Nancy has been a Clinical Scientist at CCLR for over 10 years, and during this time she fulfilled the requirements for a PhD in Vision Science, which she completed in 2008. Nancy now supervises the research activities of an ever-growing team. Her leadership in the development and management of clinical research has been invaluable since she officially accepted this role in January.

Dr. Kathy Dumbleton
(Head, Clinical Logistics)
Kathy began working at CCLR shortly after its establishment in 1988. Her role from 1999 was as a Senior Clinical Scientist and in January 2011 she assumed leadership of regulatory affairs. In this role, Kathy ensures that all CCLR studies and operating procedures are conducted in accordance with the regulatory requirements of the research ethics board at uWaterloo, Health Canada, study sponsors, and research grant funding agencies.

With a team of this calibre, CCLR has a great deal to look forward to in the coming years!

Thursday, April 7 2011 was a landmark day for Ontarians with eye problems. On that date, under approval by an Order in Council of the Government of Ontario, optometrists in Ontario could begin to treat a host of eye diseases through the prescription of medications for allergic, infectious, and inflammatory diseases of the eye, as well as the most common forms of glaucoma.

Optometrists in Canada have been trained to manage these conditions for years and in fact were already using medications to treat patients with various conditions in most other provinces. Ontario was one of the last jurisdictions in North America to update its regulations and allow optometrists to begin implementing practices learned during their clinical education. University of Waterloo School of Optometry is relieved to have had this day finally arrive!

No longer do you have to wait in the emergency room with a red eye because there are no ophthalmologists who can see you. You can now simply see the optometrist you have trusted with your eyesight for years and get a prescription for medication right away. This change dramatically increases access to quality care for Ontarians with medical eye problems.

“After much anticipation,” notes Dr. Lisa Christian, Clinic Director, “Ontario optometrists are able to prescribe therapeutics to manage and treat a host of eye diseases. This is an exciting time for all optometrists, and our patients will benefit greatly with this advanced scope of practice.”

Dr. Rodger Pace (with fourth year student Sarah Hutchens) after writing the first official prescription for medication at University of Waterloo School of Optometry.
On July 23 2011, at the CAO Congress in Winnipeg, Dr. Marlee Spafford had the distinct honour to present our second Biennial Alumni of Honour Award to Dr. Gordon Hensel, a graduate from 1980. Unfortunately, Dr. Hensel was unable to attend the CAO Congress, so we were pleased to have one of his nominators, Dr. Jason Pearce, accept the award on his behalf.

The Alumni of Honour Award was established in 2009 as an acknowledgment of the many outstanding UWSO graduates who continually give their time and energy to enhance the profession of optometry and give back to their communities.

Dr. Hensel was born and raised in Edmonton, Alberta. After graduating from Waterloo, he practised for one year in Calgary with a group of ophthalmologists and then returned to Edmonton to start his own private practice, Millcreek Optometry Centre (where he still practises today). He immediately became involved in the profession by being elected to the Council of the Alberta Association of Optometrists (AAO) at his first Annual General Meeting. He then served as the youngest President of the AAO and soon achieved his Fellowship in the American Academy of Optometry. Following his time as AAO President, Dr. Hensel served as the Chairman of the Practice Review Board and as Chairman of the TPA Committee, which organized the didactic and clinical certification for Alberta and Saskatchewan optometrists once they were granted pharmaceutical prescribing privileges.

Since 2002, Dr. Hensel has been CEO and Registrar of the Alberta College of Optometrists. He has also served as Chair of the Canadian Optometry Regulatory Authorities (CORA), during which time he did much to help promote cohesiveness and cooperation amongst our national regulatory bodies. In addition, Dr. Hensel is one of the founding members of the Doctor’s Eyecare Network, a co-founding member of the Canadian Vision Care charity (an organization that has been operating eye care missions to Third World countries since 1981), and a member of many other organizations.

Throughout his career, Dr. Hensel has nurtured numerous relationships with leaders in medicine, pharmacy, dentistry, nursing, and ophthalmology while remaining politically active with bureaucrats and legislators in order to ensure visibility for our profession. Optometry is much the stronger because of passionate and committed individuals such as Dr. Hensel, and we are happy to be able to recognize and thank him with this special honour.

**Congratulations, Dr. Gordon Hensel!**

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**Essilor Canada Gives Back**

On Friday, October 21, during our Practice Management weekend, we had the pleasure of announcing Essilor Canada’s $250,000 gift to support the enhancement of clinical education. Their commitment will help us create a state-of-the-art clinic for patient eye care and student training.

“We are pleased to support this partnership between industry and education,” commented Marc Tersigni, President, Essilor Canada. “Our gift to the School is totally in line with our corporate mission, which is to enable as many people as possible to see the world better.”

Mr. Tersigni presented the “big cheque” to Interim School Director Dr. Marlee Spafford. “We are very appreciative of Essilor’s commitment to enhancing eye care through optometric education. Their generous support of our clinic renovation project will help us develop the best clinical teaching facilities to train Canada’s future optometrists,” said Dr. Spafford.

Thank you, Essilor Canada, for your support for optometric education!
Margaret and Roland des Groseilliers (The Dynamic Duo) Retire – Andrea Carthew

On September 28 2011, Margaret Hansen-des Groseilliers and Roland des Groseilliers of Ottawa officially retired from their Ottawa optometry practice after 46 years of providing exemplary care to their patients. They have helped launch the careers of many Canadian optometrists and have been involved in all levels of optometry-related organizations both in Canada and internationally.

The amount of time they have devoted to humanitarian causes throughout their successful careers sets an impressive example for all present and future optometrists. Margaret and Roland have both been highly active within their respective Rotary Clubs and in numerous eye care missions. It is with this in mind that the associates and partners at the Ottawa Optometric Clinic decided to pay tribute to them by establishing the Roland des Groseilliers and Margaret Hansen-des Groseilliers Humanitarian Award at University of Waterloo School of Optometry. This award will be presented annually to a student from any year of the Optometry program who is in excellent academic standing and has participated in humanitarian initiatives.

Margaret and Roland graduated from the College of Optometry of Ontario (now University of Waterloo School of Optometry) in 1965. They have spent the majority of their professional lives in private practice in Ottawa. They have three daughters, nine grandchildren, and many “Rotary Exchange Children” around the world.

Over the years they have each served in leadership positions in the profession and in their communities and have jointly been recognized for their impact.

UWSO would like to congratulate Margaret and Roland on their outstanding careers and wish them well upon their retirement!

New Practice Management Program

Over the weekend of October 21-23, we launched a new educational program for students and new graduates to further enhance their knowledge of practice management. With over 100 participants registered, attendees learned more about what it takes to run a successful optometric practice and were provided the opportunity to write a business case.

This first program was our ‘pilot’ or ‘trial run’ and we are excited to have received positive feedback about the quality of the speakers and content. We intend to continue to run the program annually as a complement to our current curriculum and resource for optometrists wanting to buy into private practice. ODs received CE credits for attending.

Our first Practice Management weekend was made possible through the partnership of Essilor Canada, Gowlings, KPMG, Scotiabank, and University of Waterloo School of Optometry. Watch our website next summer for information on our next practice management program!
The Wii: Where Optometry Meets Software Engineering

Faculty members Drs. Natalie Hutchings and Treford Simpson have been working on a successful and collaborative design project that has undoubtedly taken optometric education to a whole new level. Over the past year, these researchers have teamed up with five brilliant, final-year software engineering students to explore an idea: using the Nintendo Wii game console to perform retinoscopy. On March 25 2011, the project was presented and it placed first overall at uWaterloo’s Design Symposium!

What began as a simple idea eventually evolved into a complex plan to modify the Wii system to support software that can simulate most of a retinoscope’s kinetic control. The concept is that the Wii Remote Plus is held upright like a retinoscope, and through the use of a mirror attachment the movement of the remote is interpreted by the software. The user watches a ‘streak’ as it moves across the image of an eye displayed on the screen, and then a simulated retinoscopy reflex in the pupil can be observed! This was certainly no simple feat for the talented students – their obstacles included configuring the rotation interpretations, calibrating the working distance at which the Wii-Retinoscope is held, and simulating the optics of the retinoscopy reflex.

As we know, retinoscopy is not a technique that can be picked up immediately. Conventionally, optometry students could only practice it on peers within their class, which provides little opportunity to learn with different types of eyes. However, the development of a back-end database incorporates modern technology into a teaching tool that allows the instructor to set assignments and review the student retinoscopists’ progress.

The engineering students may be graduating, but the Wii project doesn’t end here. “We’ve got past the big problem, which was to get the hardware and software to work,” Dr. Hutchings says. “Now we’re fine-tuning the project to add more features, such as the ability to modify the reflex for different pupil sizes, media opacities, etc.”

The success of the Wii project would not have been possible without the optometric knowledge of Drs. Hutchings and Simpson, or the technical knowledge of the software engineering students. Dr. Hutchings describes the undertaking as “an enjoyable learning experience for the faculty and the students.”

It is truly fascinating to witness the creative development of a game console for higher purposes. The practical application of this initiative is unquestionably a significant milestone that reflects the collaborative and innovative approach that uWaterloo is known for. We look forward to what comes next! ☝️

Vision Science Research Activity At UWSO

A great deal of intriguing, cutting-edge research in Vision Science continues to take place at UWSO. Our people have been busy of late hosting and participating in conferences and seminars, receiving accolades, and of course pursuing advanced degrees. Here is a summary of recent and ongoing activity and achievements:

**Vision Science Graduate Studies Program**

The Vision Science Graduate Studies Program has grown into the largest of its kind in North America. We currently have 29 MSc and 23 PhD candidates. Their research ranges from clinical investigations to basic research investigations. At the 2011 spring convocation, Adam Keech (OD ’08) was awarded the Dean of Science Award for his MSc thesis (“Novel Methods For The Evaluation Of The Tear Film In Dry Eye Disease”) and Krithika Nandakumar was awarded the W.B. Pearson Medal for her PhD thesis (“Bifocals In Children With Down Syndrome [BiDS]”). Congratulations also go to Nicholas Lorentz, Mahalakshmi Ramamurthy, and Vidhyapriya Sreenivasan, all of whom successfully defended their MSc theses in Fall 2011.

**Graduate Student Research Conference 2011**

In April each year, University of Waterloo holds an interdisciplinary conference in which the graduate students campus-wide give oral or poster presentations of their
CooperVision Invests In Clinical Education
– Andrea Carthew

University of Waterloo School of Optometry is pleased to be able to count CooperVision amongst its top supporters. Whether they are investing in capital, student awards, or research, they have continually stepped forward to help advance optometric education in Canada.

A prime example of what makes CooperVision such a strong partner is their 2006 gift of $250,000 to our expansion and renovation campaign. “CooperVision believes strongly in giving back and is excited about the School’s bold plans to expand the optometry program and enhance the clinical learning environment for students,” says Tom Konstantas, General Manager, CooperVision Canada. “The addition has already had a significant impact and we can’t wait to be part of the upcoming clinic renovation.”

UWSO is truly grateful to have CooperVision stand behind us during this time of unprecedented growth and we look forward to recognizing their generosity in our new clinic. This project comes at a critical time, as we need to create a more efficient clinical environment that will allow our program to evolve with the profession.

Of course, CooperVision’s involvement reaches even further. Most recently, they made a $15,000 gift to the Desmond Fonn Contact Lens Research Award. Combined with the support of others, this graduate student award is now the largest one offered at UWSO. CooperVision also funds an annual award for students graduating from the OD program and invests significantly in research at the Centre for Contact Lens Research.

“The need for corporate and alumni support has never been greater and so we are lucky to have partners such as CooperVision who are always ready and willing to step up and help,” says Marlee Spafford, Interim School Director. “Such generosity allows us to create the optimal learning environment for Optometry students.”

We wish to thank CooperVision for their enthusiastic and generous support of our program and our students. Their investment in optometric education today and in the future will allow us to move forward with our ambitious $8 million clinic renovation project and will help reshape how we deliver clinical training for decades to come.

Summer Research Students
In the Spring term, there are opportunities for students in the OD program to get involved in research at UWSO. It’s an excellent opportunity for them to gain experience in research methods, learn new techniques, or apply methods that they have learned in the program. In addition, their work in this initiative may lead to presentations at scientific conferences. This year, 23 students took part and we had a very productive summer.

Vision Science Seminar Series
We re-launched the Vision Science Seminar Series program this year. The seminars, which generally take place on the last Friday of each month between September and May, cover an eclectic range of vision science topics. The seminars are eligible for 1 hour of CE credit for licensed optometrists, so if you happen to be in the vicinity please come along! You can review our program for the current year at optometry.uwaterloo.ca/research/vision-science-research-seminar-series.
NHS Evidence: An International Evidence-Based Source Of Clinically Relevant Information
– Kathy MacDonald, MLIS (Manager, Witer Learning Resource Centre)

NHS Evidence (www.evidence.nhs.uk) is a web-based portal that contains free evidence-based information from the United Kingdom and several other international sources. Managed by the National Institute for Health and Clinical Excellence (NICE), this service primarily targets clinicians (GPs, nurses, allied health professionals, and pharmacists), public health professionals, and those in social care. Patients are also welcome to search NHS Evidence to educate themselves about their conditions, thereby supporting patient-clinician dialogue through the availability of credible, clinically relevant health information.

New clinical topic areas are being developed regularly by research teams that include clinicians. Existing topics are updated regularly. NHS Evidence has also developed an Evidence Accreditation Scheme, which assesses how an organization produces its published guidelines, recommendations, and summaries in order to ensure it is using an evidence-based approach. Organizations can apply to have their materials and processes reviewed to obtain accreditation.

The sources of content for NHS Evidence include professional associations and colleges, professional and consumer societies, research organizations (such as the Cochrane Collaboration), evidence-based clinical knowledge producers (such as the NHS itself, through its Clinical Summaries), and clinical trial registries.

The search interface is straightforward to use. Just like Google, the NHS search engine automatically puts AND between your search words. It also supports Boolean logic – AND, OR, NOT – if you require a more complex search strategy. If you are looking for a concept that has alternate terms or synonyms, then the best approach is to type OR between keywords and inside parentheses. An example would be: (eye OR ocular OR vision).

Phrase searching is also possible and is useful in situations such as “Age Related Macular Degeneration”. Without the phrase searching, the search engine would find ARMD but it would also break those words apart and find articles with one or more of the individual words. The results of your search would include articles that discuss any conditions in which either age or degeneration is an aspect.

The search results page also lets you easily refine your search with the options on the left side of the screen. A simple search for a condition can be narrowed according to area of interest (clinical, drugs, education), the type of information you are seeking (evidence summaries, guidelines, care pathways), or clinical query type (etiology, therapy, diagnosis, prognosis). Results are also ranked in such a way that clinical practice guidelines appear first in the results ahead of individual articles. You are presented with pre-appraised, clinically relevant results first. Results with the accreditation mark will also be listed in the top results.

You may find NHS Evidence effective if other sources, such as the TRIP database or PubMed’s Clinical Queries (both of which are described in previous articles), are not providing results, or if you just want a broader range of information. Your patients may also find this service useful as a consumer health database to complement the U.S. National Library of Medicine’s Medline Plus.

Stay Current through the Wiler Learning Resource Centre (WLRC)

The WLRC offers FREE research services to CAO members and UWSO alumni through a Canadian Optometric Education Trust Fund grant:

1. Access to vision science research through Reference Sight* and VisionCite
2. Free online access to e-Therapeutics+ (includes e-CPS)
3. Free access to Wills Eye Manual (online version)
4. Literature search support at your request**

5. In-person library borrowing privileges at University of Waterloo, Wilfrid Laurier University, and University of Guelph

For more information please email at optlib@uwaterloo.ca.

* Research article database provided by the Centre for Contact Lens Research and the WLRC
**Limitations apply – see full details at optometry.uwaterloo.ca/wlrc/alumnicao.html
(Services contingent upon continued funding)
A PROUD SUPPORTER OF CANADIAN OPTOMETRY
On Saturday, June 4 2011, UWSO hosted another successful Reunion Dinner for our alumni and friends. We are grateful to our guest speaker for the evening, Dr. Murray Turnour, who has a long history with uw. During the evening he reflected on the significance of his education here and on how staying involved was just one way he felt he could give back.

After graduating in 1975, Dr. Turnour went on to complete a Masters degree in 1979, studying with Dr. Emerson Woodruff. Optometry is a bit of a family affair for Murray, as his father Nick graduated from the College of Optometry of Ontario in the “post-war boom” of 1950. Upon graduation, Murray joined his father’s practice in Cambridge and remained there until 2009. He was also a Clinical Instructor here from 1975-1984 and continues today as an adjunct professor in our clinical program.

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 the School and hope that you feel it is of value. I know we enjoy having you here – especially those who come from out of town, as well or those who graduated from the old College, such as Dr. Donald Rumball (OD ‘50) and Dr. Bill Bryant.

We would also like to take this opportunity to thank INNOVA Medical, who has generously supported all seven reunion dinners. Their contribution of over $35,000 over these years has helped make each evening possible. This year we were fortunate enough to have a new jazz duo entertain us! With INNOVA’s support we look forward to continuing to host this event in honour of our alumni.

Are you celebrating an anniversary year in 2012? 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 2012 newsletter and at www.optometry.uwaterloo.ca/alumni.