Continuing Education—TPA 2001 Advanced Ocular Disease & Therapeutics

Approximately 100 optometrists from across Canada, the United States and Europe attended the Didactic and Refresher portions of TPA 2001 for 7 days this past February. An incredibly ambitious schedule of 60 hours of lectures was enthusiastically received. While weary, attendees commented on the value and quality of the course and speakers. This despite the rather glum news announced but a few days prior to the start of the programme that TPAs had been rejected in Ontario. Ontario practitioners attending the course were quite understandably disappointed but by the end of the first week most felt the course offered a substantial rejuvenation of skills and knowledge and a much better understanding of the practical implications of the current scope of practice in Ontario albeit without therapeutics.

Highlights from the didactic programme included: basic to clinical pharmacology and microbiology, early diagnosis and treatment of glaucoma, management of red eye and anterior segment disease, ocular manifestations of systemic disease, a retinal update, and neuro-ophthalmic disease. Speakers from the United States and Canada included Dr. Carl Spear, Dr. Bruce Onofrey, Dr. Philip Hooper, Dr. Anthony Litwak, Dr. Patricia Modica, Dr. Bruce Muchnick, Dr. Michelle Senchyna, Dr. Lyndon Jones, and Dr. John Flanagan. A particular delight was the inclusion of the prestigious Bobier Lecture in the programme presented by the School’s own Dr. John Flanagan. Dr. Flanagan spoke about neuro-protection in glaucoma and his associated research, research so current that Dr. Flanagan was handed results from initial data analysis just prior to the lecture!

Attendees were treated to a special command performance by the Lost Faculties midway through the programme. This (locally) world renowned rock and roll band regaled the tired but enthusiastic audience with traditional favourites. The group formed in response to

As a member of the Lost Faculties Dr. Ken Hadley played saxophone to the CE crowd.

Dr. John Flanagan with Mrs. Lois Bobier
New Husband & Wife Team

Among the latest recruits to the School are Lyndon Jones, Associate Professor at the School and the Associate Director of the Centre for Contact Lenses and his wife Debbie, who is Associate Clinic Director and Head of Pediatrics. They joined the School from London, England, where they had run their own private practice for almost 10 years. The practice won 3 National Awards for clinical excellence in the areas of contact lenses and general optometry. While working at the practice they were both very active lecturing and undertaking in-practice clinical trials, while Lyndon undertook his PhD on biomaterials part-time in the Chemical Engineering Department at Aston University, UK. Upon completing that, they decided they needed a new challenge and moved to Canada in October 1998.

Since coming to Waterloo they have published a new textbook Common Contact Lens Complications, by Butterworth-Heinemann, and Lyndon has been awarded the Peter Abel Contact Lens Award from the German Contact Lens Society and the Dallos Award from the British Contact Lens Association.

Award Excellence

Chris Hudson, Associate Professor in the School of Optometry, has been awarded research grants totalling approximately $1,000,000 within the last 4 months. This remarkable level of funding comes in the form of a Premier’s Research Excellence Award, a Canada Foundation for Innovation (New Opportunities) infrastructure grant, a Canadian Institutes of Health Research (CIHR) operating grant (co-applicant Prof John Flanagan) and a CIHR New Scientist Award. Chris Hudson joined UW Faculty in March 2000. He previously held the post of Reader in Clinical Vision Science at the School of Biomedical Sciences, University of Ulster, Northern Ireland, where he still manages an active research laboratory.

Chris Hudson’s research aims to improve the clinical monitoring of retinal disease, particularly macular edema, a sight-threatening complication of diabetes. Macular edema, characterised by the leaking of blood vessels at the back of the eye, is the most common cause of visual impairment and blindness in people with diabetes. The research will be undertaken within the Multi-Disciplinary Laboratory for the Research of Sight-Threatening Diabetic Retinopathy based at the Toronto Western Hospital and in the School of Optometry. It is anticipated that the research will lead to a new classification of early macular edema in people with diabetes and an improved understanding of the natural history of early sight-threatening diabetic retinopathy. This information will be utilised to assess new treatments to preserve the vision of people with diabetes.
Eye Care in Mexico

by Donna Chow

Officially, Reading Week for most university students is meant to provide students with a break from lectures, and allow them time to prepare for upcoming midterms. However, for myself and a group of fifteen other University of Waterloo optometry students, Reading Week was spent learning much that cannot be acquired from a textbook. Armed with 8000 pairs of donated glasses, we worked with volunteers from the non-profit organization I Care International and examined 2000 patients in Huatulco, Mexico.

Once the temporary clinic was set up, the students rotated through the various examining stations. Even for those who did not speak much Spanish, certain key optometry phrases were quickly picked up while taking case histories. In Ocular Health, it was evident that the patients had little access to eye care. Many patients presented with diseases which are treated promptly in Canada, but in Mexico were left to progress to advanced, vision-threatening stages.

Our knowledge of pathology was tested as we differentially diagnosed diseases we had only read about in textbooks. We learned to improvise with the basic equipment we brought with us. Among the entangled extension cords and piles of equipment cases, we were reminded of the contrast between our efficient clinic back home and the simple conditions in which we found ourselves. Patients were tested in examining bays separated by bed sheets, and they received suitable glasses at our make-shift dispensary located under a palm-leaf roof.

In Lyon, France

Dr Tony Cullen was recently at the World Health Organization International Agency for Research on Cancer in Lyon, France as a member of the ACGIH Worldwide Physical Agents Threshold Limit Values Committee. The Committee examines data related to mutagenicity, cancer, adverse reproductive effects and other health effects of ionizing and non-ionizing radiation, electric and magnetic fields, heat and cold, sound and other potential non-chemical hazards. The Committee then develops guidelines (not standards) for industrial and environmental exposure.

OPTOMETRY UV WEBSITE

The School has established a website with the aim of providing on-line real-time access to the UV Index level obtained from a meter mounted on the roof of the Optometry Building. Although primarily valuable in allowing local residents to make informed decisions relating to sun exposure, answers are also found to frequently asked questions related to exposure to sunlight effects on the eyes, skin and health. Advice on how to select the right sunglasses has been especially popular.

http://optnt1.uwaterloo.ca/uv.asp
Greetings from Germany

In April 2000, Marc Schulze, a student at the University of Applied Sciences in Aalen, Germany chose to complete his studies by writing his diploma thesis at the University of Waterloo. The decision to study at the University of Waterloo was easily made, stating “[I knew the] idea would be perfect for me: improving my pretty dusty School-English... and working on the thesis in a new environment.”

Marc explained that “optometry in Germany is different than in Canada, America, Britain and Scandinavian countries.” In Germany, the optometric profession doesn’t exist.* In Germany, there are two professions: the ophthalmologist and the ophthalmic optician. I was part of the second group whose duties are restricted due to diagnostic limitations which are the responsibility of the ophthalmologist. My studies involved four years and six terms of theoretical studies (with practical parts during these terms), two practical terms, one is covered by the apprenticeship to become an ophthalmic optician, the basic requirement to start the studies) and the final diploma thesis. For six months, each student is required to work on a project outside the field of optics and write down the methods, results and discussion of his work as a thesis. The completion of this thesis was the last requirement to receive the diploma in “Ophthalmic Optics.”

In addition to his thesis work supervised by Dr. Debbie Jones, Marc’s involvement in the May and June World Congress for the IACLE and AOCLE held at the University also kept him busy. Having been allowed to be involved in the organisation, assistance and performing of workshops during the congress made Mark feel “accepted as part of the CCLR” and ended up being one of the best weeks during his stay.

Since his return to Germany, Marc Schulze’s thesis was nominated and eventually won the “Da Vinci Award” offered by the BCLA (British Contact Lens Association).

* Ed. Many German augeroptiken (ophthalmic opticians) are defacto optometrists either having trained outside of Germany or taken advanced training in diagnostic areas. The German Central Association has modified its name to include optometry and the Federal Constitution Court has ruled “optometrists” can legally measure visual fields and interocular pressure (previously restricted to medically qualified persons).

CIE-Divisional Meetings

TORONTO, SEPTEMBER 3-8, 2000

The CIE (Commission Internationale de l’Éclairage) is an international society established ca. 1906 that has assumed responsibility to develop standards for Light and Vision. It developed the basis of Photometry by defining the standard observer V (I), Colorimetry and Lighting for all applications based on the physiology of the eye.

The CIE consists of 8 Divisions that meet annually. For the first time in history their annual meeting was held in Canada, organized and chaired by Dr. Werner Adrian, Professor Emeritus of Optometry.

The topics of Division 4 (Listing and Signalling in Traffic) and Division 5 (Outdoor Lighting Applications) were the following:

1. Systems for measurement of photometric qualities of road lighting installations
2. Requirements for retro-reflective traffic signs
3. Crime and lighting
4. Road lighting and accidents
5. Colour vision standards for transport
6. Surface colours for traffic signs
7. Discomfort glare in road lighting
8. Visibility design for roadway lighting
9. Roadway lighting in developing countries
10. Daytime requirements for roadway signs

A symposium on “Visibility and Luminance in Roadway Lighting” was incorporated in the meeting.
OPTOMETRY LEARNING RESOURCE CENTRE

This past year the Optometry Learning Resource Centre (OLRC) has gone through a number of changes. After 22 years of dedicated service, Su Morton retired in August from her position as Supervisor of the OLRC. In the fall, the School and University Library discussed how best to deliver Library services to the School and the community beyond. The University Library hired a liaison librarian who will have a significant role in the daily operation and provision of information services in the OLRC. The new Liaison Librarian, Jim Winterbottom started on March 19th. Jim comes from Northeastern State University, Oklahoma, where he was resource coordinator for the College of Optometry for the past 5 years. In addition, a new library assistant, Tim Ireland, was hired in February. Patti Metzger, who has been working in the OLRC for almost 7 years, and Tim will assist Jim in the provision of service in the OLRC. This next year will be an exciting time for the OLRC with opportunities to develop new services to meet the information needs of our patrons.

If you are looking for optometry-related information, check out our Website http://www.lib.uwaterloo.ca/discipline/opt. On this Website, there is a link to Medline/PubMed which is a free service for journal article searching. Trellis, the Tri-Universities (UW, WLU and UG) library catalogue is also a link on this page along with various other interesting links. Explore and have fun!

CLOSER to HOME

September 3-8, 2000
Dr. Werner Adrian (Chairman)
Divisional Meeting of the CIE, Toronto

February 1, 2001
Dr. T.D. Williams
“The Aging Eye: Not all Bad News”
Grand River Hospital, Kitchener

February 1, 2001
Dr. W.M. Lyle
“The Aging Eye”
Fairview Mennonite Home, Cambridge

February 28, 2001
Dr. W.M. Lyle
“Eyecare in the Elderly”
Forest Heights Longterm Care Facility, Kitchener

April 7, 2001
Dr. W.M. Lyle
“The History of Optometry”
Annual Symposium of the OAO, Hamilton

How about Graduate Studies?

Need a break from practice?
How about a “sabbatical” to do graduate work at the School of Optometry?

We have recently had tremendous growth in our research infrastructure and capability and are always on the lookout for graduate students to take advantage of these new developments. Novel topics include ophthalmic imaging, ocular cell culture and molecular biology, effects of ocular and systemic diseases such as glaucoma and diabetes and eye movements.

Of course, if your interests are in areas in which our expertise has been established over a slightly longer period, you are also encouraged to consider graduate work at the School. Some of these areas include optics, ocular effects of radiation, contact lenses, low vision, ocular and particular ametropia development and comparative ocular anatomy.

There are various sources of funding available including the possibility of working in the School Eye Care Centre.

If you have any questions, please see the graduate page on the school web site http://quark/graduate/index.html or contact the Graduate Secretary at sdahmer@sciborg.uwaterloo.ca

Submitted by Trefford Simpson

NEWSLETTER SUGGESTIONS?

Please send your comments and submission ideas to Lauren Walker
UW School of Optometry
University of Waterloo
200 University Avenue
Waterloo, Ontario N2L 3G1
or e-mail to eyemuse@quark.uwaterloo.ca
The Centre for Contact Lens Research has had an exciting year, with one of the highlights being the World Congress on Contact Lens Education in June. The congress was attended by over 130 members of the International Association of Contact Lens Educators and the Association of Optometric Contact Lens Educators from 31 countries and was described as the "United Nations of Contact Lens Educators". The attendees spent the week engaged in over 40 hours of lectures and workshops, all directed toward the use of higher technologies in contact lens teaching.

This year saw some significant changes in personnel at the CCLR. Although there are a few faces missing, we’ve gained a few new ones. Nicola Pritchard, a long-time research associate with the CCLR moved to the UK and accepted a position at Visioncare Research Ltd. Most recently, Renee duToit accepted the position of Manager of Clinical Research at the Cornea and Contact Lens Research Unit at the University of New South Wales in Sydney, Australia. Doris Richter left the CCLR to pursue full-time motherhood after her second child was born in July.

Simone Bayer from Germany, and Nancy MacDougall, a new graduate from Waterloo, joined the CCLR as researchers. Marina Simpson and Julia Bandura, who both worked in the CCLR for a number of years on a part-time basis, accepted permanent positions. Jay Wang earned his MSc at Waterloo and also joined as a Research Associate as he continues his PhD studies on a part-time basis. Bonnie Boshart returned to the school to assist during Diane Bandura’s maternity leave, and has remained in the CCLR in a part-time capacity while working for the International Association of Contact Lens Educators. Currently, five graduate students are supported through CCLR funding.

The CCLR initiated 12 new studies during 2000, targeting research in the areas of presbyopia, continuous wear of high dK Silicone Hydrogels, and ocular discomfort. In conjunction with TLC, the CCLR is conducting a FDA study for the approval of a custom Lasik procedure. Funding for CCLR research projects in 2000 exceeded $1,000,000.

Researchers in the CCLR have been particularly active with an impressive number of publications, abstracts, books/chapters and technical reports. They continue to be invited to present lectures and posters at numerous scientific conferences and workshops on a global level. In 2000, the CCLR research staff published or presented the following:

- Published Articles: 16
- Accepted for Publication: 6
- Abstracts: 30
- Books/Chapters: 8
- Technical Reports: 10
- Invited Lectures: 18
- Continuing Education Papers Delivered: 28
- Posters: 20

We look forward to an exciting year in the Centre for Contact Lens Research as many new and exciting studies and projects are unfolding. It will be a busy year ahead. Professor Desmond Fonn, Director of the CCLR, said “Contact lens research is alive and growing at Waterloo and our international presence has been well established”. For more information about the Centre for Contact Lens Research, please visit our website at http://quark.uwaterloo.ca/~cclr/.

Look out for the upcoming release of Lifelearn Eyecare’s new title, Essentials of Client Service. This CD-ROM is designed to assist in career development of your office reception staff. The CD identifies the essential components of exceptional client service by presenting a series of scenarios and uses video clips to illustrate ‘poor’, ‘indifferent’, ‘good’ and ‘exceptional’ levels of client service. Essentials of Client Service also features a quiz that the staff member completes before and after viewing the material that allows comprehension of the material to be evaluated. The material covers greeting clients, obtaining client details, handling technical client queries and effective client follow-up. Dr. Deborah Jones acts as a mentor on the CD-ROM and features in video clips that appear throughout the material, which provide explanation and context for the key components of client services that are covered. Dr. Jones (Assistant Clinic Director) has significant experience in implementing exceptional client service, being a partner in an award winning optometry practice in the United Kingdom before joining the School.

If you would like to obtain more information this CD-ROM or any other about Lifelearn Eyecare product, please visit our website http://lifeye.uwaterloo.ca/, call us (Toll Free) 1-877-242-3622 or send e-mail to info@lifeye.uwaterloo.ca.

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During the Winter Break I had the opportunity to escape the freezing Canadian winter for the sunny beaches of Tel Aviv! Aside from the warm weather, Israel offers the traveller an incredible journey through time. You can visit the three thousand-year-old city of Jerusalem (which served as King David's capital in biblical times) and be dancing it up at a trendy night club in the evening. While the country is tiny, the geography is very diverse because it sits at the crossroads between Europe, Africa and Asia. Hebrew is the official language along with Arabic but English is widely spoken.

As I was walking on Ben-Yehuda Street in Jerusalem I purchased this “eye in hand” plaque. The symbol of the eye in hand or “Hamsa” is very popular in Israel and the entire Middle East for that matter. The eye is supposed to ward off the “evil eye” and bring the owner good luck. The roots of this tradition can be traced to Turkey and Greece. According to the Kabbalah (the Jewish book of Mysticism) this eye constitutes a protective element and layer from evil. Combining the imagery of Greek and Turkish blue all-seeing eye charms with the downward-facing Israeli and Arab hamsa hand, the eye-in-hand is a frequently encountered protective charm in India and the southern Mediterranean region. The hamsa hand (Arabic) or hamesh hand (Hebrew) is an old and still popular amulet for magical protection from the evil eye. The words hamsa and hamesh mean “five” and refer to the digits on the hand. An alternative Jewish name for it is the hand of Miriam, while the Islamic name for this charm is the hand of Fatima, in reference to the daughter of Mohammed. Although most hamsa hands are amulets, modern Israeli hamesh hands like this one are made in the form wall plaques.

Class of 2000 Donation to the Eye Care Centre

by Patricia Hrynchak

The Class of 2000 has generously donated artwork to the Eye Care Centre as their parting gift to the School. During the renovations to the Eye Care Centre a few years ago the Primary Care examination rooms on the first floor were converted into modules. There are now only 3 doors to enter these modules instead of the direct access to the rooms that previously existed. This left the main waiting room with great expanses of institutionally white walls. The Class of 2000 recognized the need to brighten the space and chose three lovely colourful prints that have been beautifully framed. They are now hanging in the waiting room area and serve to make the space more warm and inviting for the patients and interns, doctors and staff members who work in the Eye Care Centre. Many thanks to Dr. Shaw n Moore and his wife Janet for choosing the artwork and presenting it to the School.

The presentation from left to right:
Dr. P. Hrynchak,
Dr. D. Jones,
Dr. S. Moore,
Dr. M. Spafford,
and Dr. G. Strong