



## Director's Message

— Paul Murphy, FCOptom, PhD, FAAO, FBCLA, FEA00

### Spring, the sweet spring

It has indeed been a real Canadian winter in Waterloo, and for the School the early signs of spring are welcome, as I expect they are for you, too. As we have trudged through the snow and shoveled each new dumping, the School has continued to busy itself with the daily round of teaching, clinical care, and research, and our students have worked hard to develop their knowledge and skills. For the Class of 2014, the approach of full professional optometry life is on the horizon, and we wish them well as they move into a new phase of their lives.

We can also look back on the success of the 8th Biennial Canadian Optometry Schools Research Conference, which was held in December in Waterloo in partnership with our colleagues from l'Université de Montréal. This was a great celebration of Canadian academic optometry with over 80 presentations made — a sure sign of the strength of our two academic institutions, and something that all Canadian optometrists can be proud of. Merci à nos collègues pour venir visiter!

Springtime also brings new beginnings. We welcome Dr. Ben Thompson from the University of Auckland to the School in May. Dr. Thompson previously worked at McGill University and is a leading researcher in amblyopia — you may have heard of his research using computer games as part of the treatment. His arrival will strengthen our binocular vision research group at the School.

We must also say good-bye to Dr. John Flanagan and Dr. Kathy Dumbleton as they make the leap cross-continent to the University of California, Berkeley — we wish them well and thank them for the many ways in which they have helped the School.

Moving into spring and toward summer, we met alumni and friends at the Ontario Association of Optometrists Annual Meeting in Niagara Falls in April, where we paid tribute to The Lost Faculties. The band, which is disbanding upon the retirement of Bruce Irvine and the departure of John Flanagan, performed for the last time at our event.

Next, we host our annual CE weekend June 6-8, celebrate the Convocation of our Class of 2014, and prepare for our new Reunion Event on September 27. We hope to see many of you at these events!

I leave you with a lovely short poem that expresses that feeling of newness that this time of year brings to us all, and wish you the very best for 2014!

*Spring, the sweet spring, is the year's pleasant king,  
Then blooms each thing, then maids dance in a ring,  
Cold doth not sting, the pretty birds do sing:  
Cuckoo, jug-jug, pu-we, to-witta-woo!*

*The palm and may make country houses gay,  
Lambs frisk and play, the shepherds pipe all day,  
And we hear aye birds tune this merry lay:  
Cuckoo, jug-jug, pu-we, to-witta-woo!*

*The fields breathe sweet, the daisies kiss our feet,  
Young lovers meet, old wives a-sunning sit,  
In every street these tunes our ears do greet:  
Cuckoo, jug-jug, pu-we, to witta-woo!  
Spring, the sweet spring!*

“Spring, the sweet spring” Thomas Nashe (1567-1601)



SCHOOL OF  
**Optometry  
& Vision Science**  
NEWSLETTER | UNIVERSITY OF WATERLOO

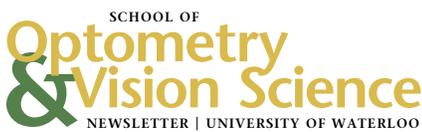


UNIVERSITY OF  
**WATERLOO**



## International Optometric Bridging Program

The International Optometric Bridging Program will be running a Bridging One and Bridging Two program in 2014. We are looking for externship sites that will offer our students a valuable Canadian primary care experience. If you are interested in hosting IOBP students at your office please contact [iobp@uwaterloo.ca](mailto:iobp@uwaterloo.ca).



### **Editori Emeriti**

Dr. W.M. Lyle  
Dr. A.P. Cullen

### **Editor**

Paul Lofthouse

### **Proof Readers**

Dr. J. Freddo, E. Reidt

### **Production**

Creative Services  
University of Waterloo

Special thanks to all those who contributed items for the newsletter.

## Stay Connected

Moving or retiring and want to stay in touch?

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

You can also email us at [alumni@ovs.uwaterloo.ca](mailto:alumni@ovs.uwaterloo.ca) or call Andrea Carthew at 519-888-4567, ext. 36319.

Thank you for staying connected!

# REUNION 2014

revisit. reunite. relive. SEPTEMBER 27

Save the Date!! The School of Optometry and Vision Science is pleased to invite alumni to come back to Waterloo to enjoy our reunion events, celebrate your class anniversary or reconnect with your fellow alumni through a variety of fun events for you and your family.

## Join us for one or all of the following events:

---

### OPTOMETRY ALUMNI EVENTS:

- 10:00 to 11:00      **Exclusive Optometry Alumni Tours** — Let the students show you around.
- 11:00 to 12:30      **Optometry Lectures**  
» Topics will be of special interest to a wide audience. Speakers TBA  
» 1.5 hours CE credits
- 5:30                      **Optometry Alumni Dinner**  
» Join your classmates, connect with alumni and bring your families!
- 

### UNIVERSITY WIDE EVENTS:

- 9:00 to 11:00      **AHS Fun Run** — 2.5km or 5km race  
Join Dr. Murphy on the Optometry team!
- 11:00 to 1:00      **Campus Open Houses/Tours** — all faculties are participating  
Optometry and Vision Science — family friendly  
Earth Sciences Museum — dinosaurs, minerals and a mining tunnel!
- 11:00 to 4:00      **Warrior Football VIP Alumni Tent** — Join fellow alumni for the game  
Enjoy good food, drinks and live entertainment
- 1:00                      **Warrior Football Game** — kickoff
- 3:00                      **Campus Wide Lecture** — speaker TBA — check back for more details
- 1:00 to 4:30      **St. Jerome's Family Carnival**
- 11:00 to 2:30      **East Asian Festival**
- 10:00 to 5:00      **St. Paul's Pow Wow**
- 

Stay tuned for more details by checking our website or look for your invitation in the mail.

**Saturday, September 27th** — Want to start planning now?

Contact Andrea at [acarthew@uwaterloo.ca](mailto:acarthew@uwaterloo.ca) or 519-888-4567, ext. 36319

We have now launched our ambitious clinic renovation project, through which we plan to completely rebuild and reorganize our clinical facilities. This \$8 million initiative comes at a critical time of transformation in both the profession and our program as we contend with the introduction of TPAs in Ontario, expanded class sizes, and an evolving curriculum in an aging building. Our clinic is at the heart of our program and we hope you will consider making a donation to this important project.



University of Waterloo - Optometry Clinic Renovation

rdh Architects

## Gift/Pledge Form

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

Name \_\_\_\_\_ Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_

Gift/Pledge Amount \_\_\_\_\_ Pledge Period \_\_\_\_\_ Years Start Date \_\_\_\_\_

**Project: School of Optometry and Vision Science – 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: School of Optometry and Vision Science**)

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 \_\_\_\_\_ CVV \_\_\_\_\_ 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, Advancement**  
School of Optometry and Vision Science, University of Waterloo  
200 University Ave. West, Waterloo, Ontario N2L 3G1



# New Faces – Andrea Carthew

If you come back to visit Waterloo and take the time to walk around the School of Optometry and Vision Science, you will notice a lot of new faces. Over the last few years, the School has seen many retirements of faculty and staff who have been with us for decades and have helped to shape and expand our optometric program. These individuals have had a significant impact and have touched most of our alumni across the country. There is no doubt that these retirements will bring much change.

It is an exciting time as we look to the future. New faculty and staff will play a critical role in the School's ongoing institutional transformation. We have already brought much new talent in recent years and are looking to add more people as we fill vacancies and create new positions. We are pleased to share with you the addition of the following individuals. Please join us in welcoming them to their new roles here at the School!

## **Dr. Nadine Furtado – Assistant Clinical Professor**



Dr. Nadine Furtado completed her undergraduate studies at McGill University. She then earned a Doctor of Optometry and a Master of Science in Vision Science from the State University of New York (SUNY) College of Optometry simultaneously in 2010. Following graduation, she

completed a residency in Ocular Disease and Primary Care at the Veterans Affairs (VA) Hudson Valley Healthcare System. She then returned to Canada and began working in private practice in Toronto while teaching as a Clinical Instructor at the University of Waterloo School of Optometry and Vision Science. She is a Fellow of the American Academy of Optometry and has recently joined our faculty full-time as an Assistant Clinical Professor.

## **Dr. Ernest Lucchetti – Staff Optometrist**



Dr. Lucchetti grew up in Sault Ste. Marie, Ontario, and completed his undergraduate studies at University of Waterloo before moving on to our OD program, which he completed in 2009. Upon graduation, he immediately stepped into a Clinical Supervisor role at

the School while practising as an associate in a general ophthalmology office in Newmarket. Dr. Lucchetti became a full-time Staff Optometrist on a temporary basis in 2011 and was recently appointed to the position permanently. He enjoys pediatric and ocular health optometry and is looking forward to contributing further in several different clinics and labs.

## **Dr. Sandip Randhawa – Staff Optometrist**



Dr. Randhawa grew up in Woodbridge, Ontario, and completed her undergraduate studies in Life Sciences at McMaster University. From there, she went on to the State University of New York (SUNY) College of Optometry. After completing her Optometry degree there in 2011, she moved

to Philadelphia to join the Pennsylvania College of Optometry as a Primary Care/Ocular Disease resident. Dr. Randhawa then returned to Canada to join the Waterloo School of Optometry and Vision Science as a permanent Staff Optometrist. In her new role, she works in the Ocular Health clinic, running optic nerve imaging with the OCT and HRT instruments, and spends at least one day at week at the School's Health Sciences Clinic in Kitchener. 

# The Watson Brothers Generously Invest in Our Future – Andrea Carthew

When discussing the School of Optometry and Vision Science's \$8 million clinic renovation project with brothers and alumni Ernie and Gary Watson, we could feel their excitement.

"It's because the project is about more than moving walls, new carpet and paint; it's about transforming the School's clinical program," says Ernie.

Ernie (Class of 1977) and Gary (Class of 1979) were amongst the first to do their studies in the "new" Optometry building, which had opened in 1974. At the time, the clinic was considered state-of-the-art, a model for optometric education.

"It makes sense for us as alumni to support the School's efforts. The profession stepped up when we were students to build the School at Waterloo; it's time for us to do the same, and help the program evolve for the benefit of the next generation," says Gary.

And step up they have. Drs. Ernie and Gary Watson have made a generous \$50,000 gift, for which a new exam room will be named after them.

Since their time here as students, the clinic has seen a few minor renovations. But when Ernie's daughter Juliane graduated from the program in 2013, she learned in virtually the same clinic that her father and uncle had over 35 years before. While the equipment is new (thanks to the generous support of our corporate partners), the layout is now limiting the School's ability to develop the clinical program any further.

The clinic is at the heart of our program, since it is the place where students hone their skills to become practitioners. By gutting and rebuilding our 33,000 square-foot space, the School will amalgamate spaces, add more clinic pods, and create a new diagnostic and imaging service, setting a model for teaching and patient care that better mirrors private practice.

When completed, the School will implement new clinical education initiatives and make operational changes that will have the largest impact on the Optometry program since the building opened in 1974.



Ernie Watson



Gary Watson

"The School needs the backing of the profession to succeed with this project. We are truly grateful to the Watson brothers for coming together to support this grand undertaking," says School Director Dr. Paul Murphy. "Hopefully, they will inspire others to follow suit."

To date, the School has raised almost \$1.5 million toward the campaign through the generosity of alumni, corporate partners, and friends. In the absence of government funding, we hope others will join us and help make our vision for the future a reality.

"My hope is that other alumni will take a moment to reflect on their lives and be thankful for all that the profession of optometry has given them," says Ernie. "Having this opportunity to donate to the future of optometry should not require a second thought."

Upon graduation, Ernie practised in Ontario and then New Brunswick before heading west to Whitecourt, Alberta, while Gary moved directly to Hinton, Alberta, to practise. They have regularly hosted externs from the School and have continually been outstanding supporters of the program. Gary and Ernie are originally from Kitchener, Ontario. Thank you to the Watson Family for stepping up and supporting the School during this time of need! 

## Contact Lens Compendium

Contact Lenses & Solutions Available in Canada

Visit our website at

[www.ContactLensCompendium.com](http://www.ContactLensCompendium.com)

to search an up-to-date database of information contained within Contact Lens Compendium.



# Contact Lens Update: an Open Access Resource for Optometrists



At the Witer Learning Resource Centre (WLRC), we are always looking for new open access resources to support our alumni and practising optometrists in Canada. Quality research resources can be hard to find, as anyone who does not have academic subscription-based access to research is aware, so we were particularly interested to hear of a new free resource maintained by the Centre for Contact Lens Research (CCLR). Funding is provided by Alcon through an educational grant.

This website ([www.contactlensupdate.com](http://www.contactlensupdate.com)) provides clinical insights through the interpretation of research findings. Each themed issue includes an editorial, a review of a recent article from a refereed journal, a clinical insight, and a recent conference highlight. In addition, the website includes professional resources such as patient handouts and videos demonstrating clinical techniques.

*Contact Lens Journal* (now re-named *Contact Lens Compendium*), which has been the go-to resource since 1974 for information on contact lens solutions available in Canada, has been digitized and is now available through [www.contactlensupdate.com](http://www.contactlensupdate.com). This resource began as a compilation of case reports, fitting techniques, abstracts, review papers and listing of new lens materials, curated and edited by and for Optometry students and published multiple times annually. In time, it became clear that the compendium was proving useful for not just students but new graduates and even experienced practitioners. *Contact Lens Compendium* now provides a searchable online database with a variety of search options and the opportunity for manufacturers to update product information directly.

For a list of other free resources available to practising optometrists, please see our advertisement below. 👁

## Stay Current Through the Witer Learning Resource Centre!

The Witer Learning Resource Centre at Waterloo School of Optometry and Vision Science provides a range of free information services and resources for CAO members and our alumni (OD) due in part to a COETF grant:

1. Free access to the following online resources:
  - a) Wills Eye Manual
  - b) eTherapeutics+ (includes e-CPS)

- c) Ocular Manual of Diagnosis and Therapy
  - d) Optometry and Vision Science (e-journal)
2. Literature search support at your request
  3. In-person library borrowing privileges at University of Waterloo, Wilfrid Laurier University, and University of Guelph

Email us for full details ([optlib@uwaterloo.ca](mailto:optlib@uwaterloo.ca))

Resources and services contingent upon continued funding. Limitations apply — see full details at: [uwaterloo.ca/witer-learning-resource-centre/practising-optometrists](http://uwaterloo.ca/witer-learning-resource-centre/practising-optometrists).

## 2014 CONTINUING EDUCATION

# Primary Care Optometry

June 6-8

Waterloo School of Optometry and Vision Science is pleased to present our annual Continuing Education program **June 6-8 2014**.

This year the focus will once again be on primary care optometry. Many aspects of primary care will be covered, including:

- » ocular emergencies
- » corneal degenerations and dystrophies
- » imaging interpretation
- » grand rounds
- » gonioscopy
- » dry eye disease
- » electrodiagnostics
- » low vision
- » patients with developmental disabilities

This year's speakers will be Blair Lonsberry, Susan Leat, Marilyn Smith, Nadine Furtado, Richard Maharaj, Marlee Spafford, Michelle Steenbakkers, Dennis Ruskin, C. Lisa Prokopich, and Hugh Jellie.

Again this year, we feature the **Distinguished Dr. Clair Bobier** and **Dr. Emerson Woodruff Lectures**. The Bobier Lecture this year will be presented by **Dr. Graham E. Trope** and is called "Socioeconomics of Vision Loss in Canada: Implications for Glaucoma Treatment"; the Woodruff Lecture will be presented by **Dr. Jeffrey W. Jutai** and is called "Assistive Devices: Reimagining Outcomes Research."

### Trade Show

The Trade Show and lunch continues to be very well received by participants and exhibitors alike. This event, held in the Commons, will feature a variety of exhibitors highlighting various educational materials and equipment items on Saturday from noon to 1:30.

### Registration Information

Registration fees for CE 2014 are as follows:

OD Full Program (3 days) \$675

OD Partial Program (2 days) \$475

OD Per day Program \$325

OA Lectures \$120

OA Workshop \$120

The CE Committee is happy to offer an online registration process. Please visit our website at [uwaterloo.ca/optometry](http://uwaterloo.ca/optometry) and follow the links to register yourself, colleagues, and staff for this year's CE.

### Optometric Assistants and Staff

We are pleased to welcome back Optometric Assistants and Staff with their own 1½ day program, which includes a full day of informative lectures on Saturday, starting with ophthalmic expert Yvan Bertrand, RO, presenting a SWOT Analysis for the Optometric Office. Dr. Marlee Spafford will follow with an interesting discussion for your tobacco using patients with "Smoke Gets in Your Eyes". Dr. Michelle Steenbakkers wraps up the morning with a "closer" look at myopia and how to best understand the needs of the myopic patient. The afternoon lectures begin with what's new and exciting in laser surgeries with Dr. Lisa Willms highlighting new procedures and the kamra technique. Dr. Lacey Haines then illustrates the intricacies of fitting the keratonconic patient, and Marilyn Smith, RO, ends the OA lectures with a discussion of patient retention in the era of online spectacle purchasing.

Sunday's workshops will be facilitated by Marilyn Smith, RO. By request, a "back to basics" lensometry session will start the day, featuring a review of basic lensometry and measurement skills in both the manual and automated lensometer for single vision and line multi-focals. Hours 2 and 3 will afford hands-on experience with the rapidly evolving technologies in "invisible" lens design. New digital progressive lenses, computer lenses, and low add pre-presbyopic lens designs will be included in this workshop. Be sure to bring your questions!

Please sign up for the OA lectures and workshops online at: [uwaterloo.ca/optometry-vision-science/alumni-and-friends/continuing-education](http://uwaterloo.ca/optometry-vision-science/alumni-and-friends/continuing-education).

If you require any further information, please contact Marilyn Smith at [masmith@uwaterloo.ca](mailto:masmith@uwaterloo.ca). ☞

# Optometry Lions Club Donates Again to Canadian Lions Foundation

– Marilyn Smith, RO, Lions Faculty Liaison

Congratulations to the Optometry Campus Lions Club on making a second donation of \$6000 on March 14 2014 to the Lions Foundation of Canada for the support and teaching of a vision guide dog. The first donation was made in March of 2012. Raising these funds while involved with a demanding academic program shows our students' dedication to helping the visually impaired.

Guide dogs are matched with those in need at no charge to the new owner. The dogs are trained for needs in vision, hearing, physical impairment (quadriplegic or paraplegic), autism, and more. Various fundraising events such as UW Optometry Mugs, Karmic Yoga Nights, and a fabulous Optometry Talent Night (3rd Annual!) went towards the cause.

The Optometry Lions Club thanks everyone who has supported these fundraisers over the past two years. The club would also like to thank their local sponsoring club, the KW Community Spirit Lions Club, for their ongoing support and dedication to our student club. New events are planned for fall 2014 and the 4th Annual Optometry Talent night will be held in early 2015. Way to go, Lions!!



Marilyn Smith, Lions Faculty Liaison; Denis Viennette, District A-15 Lions Governor; Charlene Teasdale, Canadian Lions Foundation; Kelsey Snow, President, Optometry Lions Club 2013-14; Janet Dawson-Brock, President, KW Community Spirit Lions Club; Nevan the vision guide dog and her new owner.

# Remembering Dr. David McKenna – Andrea Carthew

This March, the optometric community lost a gem with the sudden passing of alumnus Dr. David McKenna, PEI optometrist and profession advocate, community leader, and beloved family man.

Dr. McKenna graduated from the Optometry program in 1982 and went on to open his own practice in Charlottetown, PEI. The practice grew substantially over the years, covering a catchment area that encompasses the entire province.

He was very active in the profession both provincially and nationally. In PEI, he served as President of the PEI Association of Optometrists, Registrar and Chairman of the College of Optometry, and PEI Representative to the CAO; he also sat on the Steering Committee for provincial TPAs.

On a national level, David was PEI representative to the Canadian Examiners of Optometry and served on the Executive. He was also a Trustee of the Canadian Optometric Education Trust Fund, Chair of the 1993 CAO Congress, and Co-Chair of the 2009 CAO Congress. In addition to these many positions, Dr. McKenna was a TLC Board Member and President of the CNIB Advisory Board, PEI Division.



David was a very active member of his community of Stratford, PEI, most recently serving as chair of the QEH Foundation Board of Directors. He was also an active fundraiser for many charitable groups in his community. Dr. McKenna was a dedicated PC Party member, serving as MLA for the district of Glen Stewart-Bellevue Cove from 2003 to 2007, as well as a member on various committees in support of his party.

In 2009, the School of Optometry and Vision Science recognized Dr. McKenna for his outstanding contributions to the profession and the community by presenting him with one of the first Biennial Alumni of Honour Awards. Recipients are nominated by their peers. This presentation occurred in front of his colleagues and friends during the CAO Congress in Charlottetown. David was co-chair of the conference and it was a well-deserved honour bestowed upon a wonderful individual.

Our sincerest sympathies go to Dr. McKenna's wife Ann, daughters Monica, Emily, and Bridget, and the extended family. He will be truly missed. ☹

## The Centre for Contact Lens Research Would Like to Congratulate ...



Graduate student **Brad Hall** for being awarded the Murchison Callender Young Investigator Award at the 8th Canadian Optometry Schools Research Conference in Waterloo.



Graduate student **Alex Hui** for being this year's recipient of the British Contact Lens Association (BCLA) Da Vinci Award for his work on antibiotic-delivering contact lenses. This award will be presented at the BCLA's 2014 meeting.



**Lyndon Jones**, CCLR Director, for being the recipient of:

- » The Donald R. Korb Award by the American Optometry Association's Contact Lens and Cornea Section, in recognition of innovation and leadership in the field of contact lenses. The award will be presented in Philadelphia in June 2014.
- » The American Academy of Optometry (AAO) Max Schapero Memorial Lecture Award for his significant contributions to the field of cornea and contact lens research. The award was presented at the 2013 meeting of the AAO in Seattle.

# CCLR Contributes to the Contact Lens Discomfort Workshop Report and Produces Top Read Articles – Dr. Kathy Dumbleton

The Tear Film and Ocular Surface Society (TFOS) has conducted two international, consensus building workshops in the past, the Dry Eye WorkShop (DEWS) and the Meibomian Gland Dysfunction Workshop (MGD).

In November 2012, TFOS initiated the process of conducting a similar workshop to investigate the issue of contact lens discomfort (CLD), an important issue for both patients and practitioners. This workshop included 79 experts in the field, each participating in one or more topical subcommittees with the goal of developing an evidence-based approach to CLD.

Several current and former members of the CCLR were involved in the workshop:

- » **Dr. Lyndon Jones** – Workshop Steering Committee member and Chair of the Contact Lens Materials, Design, and Care Subcommittee
- » **Dr. Kathy Dumbleton** – Chair, Epidemiology Subcommittee
- » **Dr. Desmond Fonn** – Definition and Classification Subcommittee member
- » **Dr. Lakshman Subbaraman** – Contact Lens Materials, Design, and Care Subcommittee member
- » **Dr. Ulli Stahl** – Contact Lens Interactions with the Tear Film Subcommittee member

» **Dr. Trefford Simpson, Nancy Keir, and Craig Woods** – Clinical Trial Design and Outcomes Subcommittee members

» **Dr. Sruthi Srinivasan** – Management and Therapy Subcommittee member

This report is published in the November 2013 Special Edition of *Investigative Ophthalmology and Vision Science (IOVS)* and can be accessed online at <http://www.iovs.org/content/54/11.toc>.

Subsequent to the TFOS workshop, three of the ten most highly read articles of 2013 in *IOVS* were papers authored by current and former members of the CCLR and Waterloo School of Optometry and Vision Science.

*IOVS* is a peer-reviewed academic journal of the Association for Research in Vision and Ophthalmology (ARVO), and is rated by Thomson Reuters' Journal Impact Factor as one of the top five most important journals in the field of vision science for 2012. The picture shows the subcommittee members who presented the results of the TFOS workshop in Taormina, Sicily, in September 2013. 



**Back row:** Jennifer Craig (New Zealand), Kathy Dumbleton (Canada), Kelly Nichols (USA), Fiona Stapleton (Australia), Desmond Fonn (Canada);  
**Front row:** Eric Papas (Australia), Nathan Efron (Australia), Lyndon Jones (Canada), Jason Nichols (USA)

# Sports Vision Finds a Home in Waterloo – Dr. Kristine Dalton

In most sports, vision provides information that is critical for success. Yet, approximately 25% of athletes at all levels of competition have never had an eye exam. Sports vision clinical practice fills this need by providing sport-specific refractive corrections and vision training programs, as well as recommendations regarding ocular injury prevention and management. Sports vision clinical practice also involves the assessment and rehabilitation of traumatic brain injury patients.

In January 2014, Optometry students founded the UW Sports Vision Club, which has grown to 68 members in just a few short months. Since its inception, members of the club have been working closely with Dr. Kristine Dalton and the Vision and Motor Performance (VAMP) lab to build the foundations for a sports vision program at the School. The club has participated in two large vision screening programs, one at the Canadian Air Gun Grand Prix in Toronto and one in the Optometry building for Waterloo Warriors Athletics.

At the Canadian Air Gun Grand Prix, students conducted shooting-specific vision screenings on 45 athletes, from junior cadets to Olympians, and identified 9 in need of full eye exams and 15 in need of a sport-specific assessment. Over 80 athletes were seen in the Waterloo Warriors Athletics program screenings, the results of which are still being analyzed.

The club also recently held their inaugural sports vision seminar, at which Dr. Khizer Khaderi (UC Davis Sports Vision Centre) spoke about innovations in diagnosis, monitoring, and treatment of sports vision patients. Innovations include the use of tablet-based programs to assess visual acuity, contrast sensitivity, and colour vision in order to diagnose and monitor recovery from traumatic brain injury and to train and improve batting performance.

Furthermore, starting in May, the School will be opening its own dedicated sports vision clinic, which will be incorporated into the students' clinical rotations over the upcoming school year. The aim of the clinic will be to focus on the assessment and training of sport-specific visual function with the aim of improving athletic performance. In time, the clinic will also offer assessment and rehabilitation services for traumatic brain injury patients. All of those involved in the development of this clinic are very excited to see it open its doors to the public this spring. For more information about the clinic, or to refer athletes for assessment, please contact Dr. Dalton ([kristine.dalton@uwaterloo.ca](mailto:kristine.dalton@uwaterloo.ca)). 



**UW sports vision club members Morgan Welburn, Dr. Khizer Khaderi, Kayla Beattie, Tyler Brown, Alexis Keeling, Bridget Valsamis, Mindy Blumberg, Dr. Kristine Dalton**

# Opportunity for an Online Diploma/ MSc in Optometry – Dr. Sue Leat and Dr. Kristine Dalton

At the School of Optometry and Vision Science, we have become aware that many optometrists wish to develop more expertise in certain areas of optometric practice and that this expertise should be recognized in some official way. One way of developing specific expertise is through a Residency program, but unfortunately this is not an option for everyone, particularly those who are already established in an office or have their own practice. Therefore, the School is looking to develop an advanced professional program that will allow optometrists to develop new skills by studying to obtain a Diploma or MSc in Clinical Optometry.

In the proposed program, optometrists choose to complete individual modules, which may be undertaken one at a time or several at a time. These would be offered online in conjunction with short 'hands-on' components (e.g., a weekend or week of intensive practical or clinical experience) to develop expertise. The modules could be taken over a number of years (although there would be a maximum time period for completion) and count towards either the Diploma or MSc qualification.

To determine interest in the program, the School has opened an online survey. To date, 217 optometrists from across the country have responded.

Approximately 96% indicate that they are interested in such a program. While some respondents were not sure if they would prefer the Diploma or MSc program (16%), there was a significant number interested in either the MSc program (35%) or the opportunity to start in the Diploma program and transfer to the MSc program later if desired (43%).

The main reasons respondents were interested in the program appear to be:

1. to hone their clinical skills
2. to develop their practice in a new area of clinical management
3. to improve standards of clinical management in areas that they already offer
4. to learn about the newest development/technology in a field of interest

We will be analyzing the data in more detail in order to make a decision on how to proceed. The survey is still open, so please participate by visiting [uwaterloo.ca/optometry-vision-science/news/diploma-msc-clinical-optometry-survey](http://uwaterloo.ca/optometry-vision-science/news/diploma-msc-clinical-optometry-survey). Thank you very much to all who have taken the time to respond so far – your input is greatly appreciated! 

## What's Hot in Optometry? Find Out!

A couple of years ago, the editors of three top international optometry journals (*Optometry & Vision Science*, *Ophthalmic & Physiological Optics*, and *Clinical and Experimental Optometry*) agreed that potential readers and colleagues around the world would benefit if some of the journals' recent articles were open access.

To reach “**Hot Topics in Optometry**” from the three journals, visit [www.whatshotoptometry.org](http://www.whatshotoptometry.org).

Articles by Waterloo faculty include:

- » “Does Peripheral Retinal Input Explain the Promising Myopia Control Effects of Corneal Reshaping Therapy (CRT or Ortho-K) & Multifocal Soft Contact Lenses?” By: Earl L Smith III, Melanie CW Campbell and Elizabeth Irving, *Ophthalmic and Physiological Optics* 2013, 33(3): 379-384.



- » “The Cause(s) of Myopia and the Efforts That Have Been Made To Prevent It” By: Jacob Sivak, *Clinical and Experimental Optometry* 2012, 95(6): 572-582.
- » “The Relation Between Blinking and Conjunctival Folds and Dry Eye Symptoms” By: Heiko Pult, Britta H Riede-Pult and Paul J Murphy, *Optometry & Vision Science* 2013, 90(10): 1034-1039.

Access to one of these journals, *Optometry and Vision Science*, is provided to Canadian Association of Optometrists members and School alumni through the Witer Learning Resource Centre at Waterloo School of Optometry and Vision Science.

Please contact [wlrca@uwaterloo.ca](mailto:wlrca@uwaterloo.ca) for further details.

# White Coat Ceremony – Dr. Debbie Jones



On November 18, 2013, Waterloo School of Optometry and Vision Science held its annual White Coat Ceremony. On this occasion the first year students are presented with their clinic coats in preparation for patient care in the clinic. This event also symbolizes the passage of the students from purely didactic education into a patient-centered health care profession.

A capacity crowd filled the Jake and Barb Sivak lecture theatre and heard speeches from Dr. Paul Murphy (School Director), Dr. Geoff McBoyle (Vice President, Academic and Provost, University of Waterloo), Dr. Paula Garshowitz (Registrar, College of Optometrists of Ontario), Dr. Terry McMahon (Dean of Science, University of Waterloo), Errin Pfeiffer (Class of 2014, Waterloo School of Optometry and Vision Science) and Dr. Paul Geneau (President, Canadian Association of Optometrists).

Once the formal speeches were over, the MC of the evening, Dr. Debbie Jones (Interim Associate Director, Academics and Research), read the names

of the students in groups of 5 for the official coating ceremony. The presenters were:

- » Dr. Marta Witer (Class of 1979 and member of uWaterloo Board of Governors)
- » Dr. Murray Turnour (Director, International Optometric Bridging Program)
- » Dr. Dan Hayhoe (Class of 1974 and recipient of the 2013 Alumni of Honor award)
- » Dr. Paul Geneau (Class of 1981 and President, Canadian Association of Optometrists)
- » Dr. Farooq Khan (President, Ontario Association of Optometrists)
- » Dr. Lisa Christian (Interim Associate Director, Clinical Programs)
- » Debbie Clermont (Clinic Administrator)
- » Dr. Michelle Steenbakkers (Class of 1984, School faculty member and Undergraduate Officer)
- » Steven Cheung (Graduate Student, Waterloo School of Optometry and Vision Science)

After receiving their coats, the first year students were led in a recitation of the Code of Ethics, adapted from the Canadian Association of Optometrists, signifying their understanding of their responsibility to pursue excellence in the vision and health care provided to their patients.

The Canadian Association of Optometrists once again generously supported the ceremony through the purchase of the white coats, which are embroidered with the logos of the CAO and the School in order to signify the strength of the relationship. 





# A PROUD SUPPORTER OF CANADIAN OPTOMETRY



 **INNOVA**

Canada-wide: 800.461.1200 | @: [info@innovamed.com](mailto:info@innovamed.com) | Web: [www.innovamed.com](http://www.innovamed.com) | Follow us: 

OPTOMETRY AND VISION SCIENCE

*...is offering our fourth*  
**ce on  
the sea**

JANUARY 10-17, 2015

12 HOURS OF CE  
*COPE approval pending*

January 10-17, 2015

The School of Optometry and Vision Science is pleased to announce its 4th CE on the Sea cruise! Join us on Celebrity Cruise Lines ship *Reflection* January 10-17 2015 for a week of sun, fun, relaxation, and learning in the Caribbean. The adventure begins in Miami and we sail to ports in Puerto Rico, St. Thomas, and St. Maarten before returning to Miami.

So escape the post-holiday blahs! Lectures are held on the mornings of the sea days for a total of 12 hours of CE, leaving days in port completely free to enjoy the many shore excursions, the shopping, or the chance to just relax.

The registration fee for the continuing education program is \$800. Please register separately for the CE by going to the School's website at [optometry.uwaterloo.ca](http://optometry.uwaterloo.ca) and follow the links. The deadline for registration is **August 29 2014**.

**For cruise information and bookings:**

**Ms. Fran McKay, VIP Travel American Express**  
285 Weber Street North  
Waterloo, Ontario N2J 3H8  
519-747-1282 or 800-561-1282  
[fran@viptravelgroup.com](mailto:fran@viptravelgroup.com)

**For CE information:**

**Ms. Elizabeth Reidt, Professional Services Coordinator**  
Waterloo, School of Optometry and Vision Science  
Waterloo, Ontario N2L 3G1  
519-888-4567, ext. 33177  
[ejreidt@uwaterloo.ca](mailto:ejreidt@uwaterloo.ca)

SCHOOL OF  
**Optometry  
& Vision Science**  
NEWSLETTER | UNIVERSITY OF WATERLOO  
[uwaterloo.ca/optometry](http://uwaterloo.ca/optometry)

RETURN UNDELIVERABLE  
CANADIAN ADDRESSES TO  
School of Optometry and Vision Science  
University of Waterloo  
200 University Avenue West  
Waterloo, ON, Canada N2L 3G1

Publication # 40065122