

# Assistant's View Vol. 5 No. 1 March 2010



## Apology & Congratulations!

Our deepest apologies to Natasha Sehl, CCOA, Nicole Zruna, CCOA, and Andrea Mehlenbacher, CCOA, three 2009 course grads, whose names were inadvertently left off the list of graduates in the December 2009 issue. And also to Michelle Nickerson, CCOA, who was mistakenly given an incorrect name. Natasha is with Dr. Amanda Spielman in Ottawa, ON, Nicole is with Dr. Stephanie Millar in St. Thomas, ON, Andrea is with Dr. Leslie Fitzgerald in Whitby, ON, and Michelle is with Dr. Christine Chatten in Kimberley, BC. Congratulations, Natasha, Nicole, Andrea, and Michelle!

## Thank You

We would like to extend our thanks to Hoya Vision Care Canada for agreeing to sponsor this newsletter for a third year. Hoya Vision has been incredibly supportive of CCOA's and potential CCOA's. Not only do they support this newsletter with their great articles and sponsorship, but they have also "loaned" Joyce VanRooyen, their Professional Education Co-Ordinator to our Optometric Assistant Course workshops for another year. Please remember to show your appreciation to the Hoya rep who visits your practice. We extend a very big "Thank you" to Hoya, whose support is priceless!

## Technical Tidbits

*GP Poster* — Javier González-Cavada from Madrid, Spain has produced a 70-picture GP chart with all kinds of different GP lens fits. It's a fantastic resource for teaching and training that covers everything from lens fits (flatter - steeper) to post-surgical fitting, orthokeratology and different complications. Go to [www.oculargonzalezcavada.es](http://www.oculargonzalezcavada.es) to download the poster in a PDF format. The actual poster can be ordered for free (only shipping costs apply). The poster text is in Spanish, but as we all know, a picture speaks a thousand words.

– From *I-Site Newsletter*, October 2009

*LASIK vs. Long-Term Contact Lens Wear* — Researchers at the Oregon Health & Science University, Portland, Oregon, have completed a study comparing the risk for vision loss from laser in situ keratomileusis (LASIK) versus long-term contact lens wear. Rigid gas-permeable lenses were safer than LASIK in every analysis. The safety of LASIK exceeded that for daily-wear soft lenses only when assumptions were most favorable to LASIK, whereas the safety of LASIK always exceeded that for extended-wear lenses except when assumptions were least favorable to LASIK. This decision analysis found that the risk for vision loss associated with LASIK and with long-term contact lens wear might be closer than generally assumed.

– From *Contact Lenses Today*, November 15, 2009

*Old Design is News Again* — At the Global Specialty Lens Symposium in Las Vegas in early February the hot topic was scleral contact lenses. You may remember that they were mentioned in your course workshop as being one of the very first contact lens designs – they fit the entire sclera, not simply the cornea. Well, they’re back. And, this very prestigious meeting focused attention on the discussion of lens design, scleral lens fitting and scleral lens shape. Be prepared to learn more in your practices about the re-emergence of this contact lens modality.

– From *I-Site Newsletter*, February 2010

## OAC & CE News

*Warning* — We have recently become aware that a number of optical companies are issuing look-alike CE forms for non-approved programs. While imitation in most cases is a compliment, in this situation it could cause a problem for you. We are in communication with the offenders, but it is very important that you look carefully at the forms you receive. Unless it looks **exactly** like the illustration below, you cannot be assured that the course you attend is pre-approved. It should have the course title followed by a course number, the CE hours, the sponsoring organization, and the instructor’s name typed in. If any of the previous information is handwritten, chances are it isn’t valid. Unfortunately a couple of CCOAs who were renewing in 2009 didn’t get the full number of CEs they were expecting, because they had look-alike forms.



VERIFICATION OF CONTINUING EDUCATION – OPTOMETRIC ASSISTANT  
Canadian Association of Optometrists

Course Title: Contact Lenses Today UCL0111 CE credits: 1.0 hour  
Sponsoring Organization: Universal CL Ltd. Instructor: I. Noitall  
Course Date: \_\_\_\_\_ Course Location: \_\_\_\_\_  
Participant Name: \_\_\_\_\_ Year Certified: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Submit this copy  
to the CAO for  
recertification.

(Invalid without proper signature or stamp of sponsoring organization)

*Important Reminder* — Be sure to advise CAO whenever your contact information changes, especially your mailing and email addresses. This will ensure that you don't miss an important renewal notice or other communication about your certification. Send all changes to Terry Theiss at [terry@opto.ca](mailto:terry@opto.ca).

*More Web-Based CE Available* — The Joint Commission on Allied Health Personnel in Ophthalmology (JCAHPO) and the Association of Technical Personnel in Ophthalmology (ATPO) began co-hosting monthly continuing education Webinars on current topics and treatments innovations in eyecare. The new series targets ophthalmic and health personnel. Successful completion of a post-Webinar quiz earns participants one JCAHPO credit, which CAO accepts. Topics over the next year will include optical/dispensing, coding, contact lenses and other eyecare issues. You will need to create an on-line account. Currently the fee to participate is \$18US per webinar. Visit [www.jcahpo.org/education/webinars.aspx](http://www.jcahpo.org/education/webinars.aspx) for more information.

## News from the Provinces

*Alberta* — Join us on May 27-30, 2010 for the first ever joint conference with our BC colleagues. The Vision Rocks Conference will be held at the Banff Springs Hotel in Banff, Alberta! We have a great line up of speakers including Dr. Michelle Steenbakkers, Mary E. Schmidt, Dr. Giovanni Cinel and Drs. Andrew Gurwood and Marc Myers! We have a great Western BBQ social event planned on the Friday evening sponsored by Alcon and Nikon. Don't miss out on this year's conference at the Castle in the Rockies! Register online at [www.optometrists.ab.ca](http://www.optometrists.ab.ca). We look forward to seeing you there!

## Practice Management Pearls

*Save the Earth* — Does your practice recycle? Think about all the cardboard boxes that arrive from suppliers. And all the bottles and cans used in your staff room. Do you give your plastic

peanuts and bubble wrap to a local shipping store for re-use? Do you hound your contact lens suppliers to use plastic cases and bottles with a recycling symbol on them? And what about the reams of paper and newspaper used every day? (And, we thought going “paperless” meant less paper!) Are you still offering customers plastic bags for their purchases or have you switched to re-usable bags? Make your recycling program work for you by letting it be visible in the office – concerned patients will be happy to see that you have a “green” business, and might even tell their friends.

## 100 Percent Certification

In 2009 and early 2010 we sent certificates to the following offices, because they can boast that all of their staff members are CCOAs and/or are currently taking the Course:

British Columbia: Shaughnessy Optometry – Port Coquitlam; Drs. Ebata & Ebata – Kamloops; Kimberley Vision Care - Kimberley;

Alberta: For Sight Vision Centre – Brooks; Millwoods Vision Care – Edmonton; Drs. Kanters & Long – Airdrie & Innisfail;

Saskatchewan: Dr. Grunert – Yorton;

Ontario: Clapp Optometric – Delhi; Norfolk Family Eyecare – Port Dover & Simcoe; Ottawa Train Yards Optometry - Ottawa; Dr. Sebestyen – Oakville; Lidkea Optometry Services – Fort Frances; Drs. Marchand, Cooper & Kwiat – Lindsay ;

New Brunswick: Dr. Elaine Landry – Beresford.

Congratulations to all of the above for supporting excellence in service to patients by having well-trained, professional optometric assistants. If you believe your office qualifies to receive a 100 Percent Certified Certificate, please visit [www.opto.ca/asistants](http://www.opto.ca/asistants), and select the menu item called “OD Info”, where you can find details of the requirements, as well as a downloadable application for faxing to CAO. Please direct your questions to Terry Theiss at [terry@opto.ca](mailto:terry@opto.ca) or 1-888-263-4676, ext. 218.

## Notes from the Lensometer

### *Polarized Lenses – In the Winter* Sponsored by HOYA Vision Care, Canada

Yes! In our ever-changing Canadian climate, we need all the advantages we can get! Think about all the glare coming off wet roads after a rain storm. Or the sharp glaring light reflected off a fresh layer of snow. Not to mention those of us who commute into the sun in the morning AND on the way home. Polarized lenses make working and playing in any season so much more comfortable.

A polarized lens is made by laminating a polarized filter between two clear lenses. This filter eliminates any sharp white light – glare - from horizontal surfaces like roads, car hoods, windshields, and water. It is this filter which provides the colour of the lens as well, usually grey or brown. Because the filter is underneath a lens, it does not fade or change color over time like a tinted lens. Colours appear more saturated and truer when viewed through a polarized lens as well.

Hoya offers polarized lenses in both 1.50 and 1.60 index and in four colours – light brown, dark brown, grey and grey-green. It is available in both single vision and progressive lens designs. AR is important on any lens so Hoya offers their PolAR Package on all polarized lenses – Super HiVision on the back side and Clarity Shield and View Protect on the front. Listen to your patient's lifestyle needs and tell them about polarized lenses!

– Joyce VanRooyen, CCOA, Professional Education Co-Ordinator, Hoya Vision Care Canada,  
[jvanrooyen@hoyavision.com](mailto:jvanrooyen@hoyavision.com)