

NEW ZEALAND ASSOCIATION
OF OPTOMETRISTS INC

NZAO

*90th Annual
Conference*

2021



CORNEAL LENS CORPORATION

New Zealand's largest contact lens manufacturer based in Christchurch, specialising in contact lenses since 1972.

CORNEAL LENS CORPORATION NEW ZEALAND

Corneal Lens Corporation is New Zealand's largest contact lens manufacturer who are based in Christchurch, specialising in custom made RGP's, Sclerals, soft and Ortho-K lenses. We supply to practitioners throughout New Zealand, Australia, South Africa, Hong Kong and Singapore. The laboratory is a humidity and temperature-controlled environment that has state of the art facilities including the latest DAC ALM lathes with every lens being laser engraved for tracking purposes.

Not only is Corneal Lens Corporation a contact lens manufacturer, but also a distributor for dry eye products, contact lens solution, disposable contact lenses and Ortho-K lenses. Some of the brands Corneal Lens works with are EyeSpace, VTI (NaturalVue), Brighten Optix, Akorn (TheraTears), and Menicon

The sMap 3D, a fluorescence based structured light topographer is another big part of the Corneal Lens Corporation. It is a precision surface mapping system that can obtain detailed maps of the cornea and sclera, much like a fingerprint where no two are the same. Patients who have a complex cornea can now get an optimal fit with a freeform design and we now are able to resolve those who have advanced keratoconus and post corneal grafts.



DRY EYE PRODUCTS

Corneal Lens Corporation supplies dry eye products including the TheraTears Range, Lumecare 0.5% and 1% along with the Evolve preservative multidose range to Optometrists throughout New Zealand.

Our contact lens solutions include Cleadew GP and Soft, Menicon range and the Lobob range for RGP and soft lenses. We also supply Macushield in 30 and 90 packs which is a unique formula, combining powerful antioxidants that help shield the macula against potential free radical and blue damage.

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Although we specialise in manufacturing contact lenses, we also distribute disposable lenses including Menicon Miru daily and monthly lenses and NaturalVue Multifocal Lenses. The NaturalVue multifocal lenses are great for patients suffering from presbyopia or myopia.

We are also the distributors for EyeSpace lenses, an easy to use software program for rigid contact lens design including Ortho-K and simulation for practitioners. It imports data from your corneal topographer and uses that information to design a rigid contact lens.

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sMap 3D is a fluorescence based structured light topographer with more than 22mm range and 360 degree scleral coverage. It is a precision surface mapping system that has exceptional accuracy with 10-micron precision and up to 1 million measure points. The sMap 3D can obtain detailed maps of the cornea and sclera, much like a fingerprint where no two are the same.

The system provides a guide of all the parameters which can be modified to provide a lens that conforms optimally to the corneal and scleral surface.

CHRISTCHURCH HEAD OFFICE

If you would like more information about the Corneal Lens Corporation and services we provide, please use the contact form to get in touch with us at and a member of our team will be in touch with you soon.



Office Hours

Mon - Fri: 8:30am till 5:00pm



Address

2 Ballarat Way, Wigram, Christchurch 8042



Phone

03 366 6247



Sales & Product Enquiries

whitney@corneal-lens.co.nz

Welcome to the NZAO 90th Annual Conference



Dear colleagues and speakers, on behalf of the New Zealand Association of Optometrists, it is my pleasure to welcome you to your 2021 Annual Conference here at the Beehive in Wellington.

With the current Covid-19 situation we have created a composite program of both virtual and in-person lectures to ensure we can have an event which is accessible to all and provide a valuable variety of topics. This year's conference covers some great diagnostic topics and will keep you up to date with the latest research findings out of the School of Vision Science.

Taking into consideration the effects of the stress we have all be dealing with over the last two years, we have also included lectures which will discuss some of the more challenging aspects of patient management, conflict and protecting your mental health.

Thank you to the staff, participants, session chairs and speakers for helping us provide this conference program.

I hope that, despite the circumstances, you find the next two days rewarding and educational.

Rochelle van Eysden
NZAO President

Conference Venue

All events, with exception of the Annual Dinner, will be held in the Banquet Hall that is within the Beehive of Parliament Buildings.



General Information

NZAO Staff Contacts

Peter Anderson: 021 2229 448

Grant Firth: 021 422 698

Shaun Anderson: 021 869 043

Name Tags

Delegates and partners are asked to please wear name tags to ALL events, lectures and meals.

Parliament Venues

Banquet Hall
Beehive
Pipitea, Wellington 6011

Email: venues@tepapa.govt.nz

After Hours Medical Care

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17 Adelaide Road
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Phone: 04 385 5999

Conference Bags

Contained in your name tag pouch is a bag tag that clips between the dome on your conference bag to ensure you do not lose it amongst everyone elses.

Meetings & Events

Annual General Meeting

Saturday 30th October
9.30 am- 10.30 am
Banquet Hall

Annual Dinner

Saturday 30th October
7.30 pm- 11.00 pm
Bellamys Venue, Parliament

Join the NZAO to celebrate another successful year of professional association together, even in the face of difficulties presented by the pandemic. Enjoy a relaxed meal and indulge in collegial dinner conversation.

Speakers



Associate Professor Jacqueline Ramke

Jacqui is an eye health services researcher with a background in optometry, international development, epidemiology and evidence synthesis. In 2020, Jacqui returned to New Zealand following a two-year Commonwealth Rutherford Fellowship at the London School of Hygiene and Tropical Medicine, where she continues to hold an appointment as Associate Professor of Global Eye Health. Jacqui's appointment at the University of Auckland is funded by the Buchanan Charitable Foundation, New Zealand. At the University of Auckland, Jacqui is establishing a research programme focused on developing and testing strategies to improve access to eye care and reduce inequality.



Associate Professor Maria Stubbe

Maria is an Associate Professor and Co-Director of the Applied Research on Communication in Health Group in the Department of Primary Health Care and General Practice at the University of Otago, Wellington. She is a social scientist and discourse analyst by training and has published widely in the fields of professional and health communication. Her current research interests include health communication and primary health services evaluation. She is the New Zealand National Representative for EACH, the International Association for Communication in Healthcare.



Dr. Phil Turnbull

Phil Turnbull is the Professional Standards Advisor to the Optometrists and Dispensing Opticians Board (ODOB), and a Senior Lecturer in the School of Optometry and Vision Science at the University of Auckland. He has also acted as an Expert Witness in several criminal cases, and is the optometric advisor to the Civil Aviation Authority. His research interests include adapting technology to assess visual function, including virtual reality, infrared eyetracking, arterial spin labelling magnetic resonance imaging (ASL-MRI), and multifocal electroretinograms (mf-ERG) to create more objective measures of visual function and ocular physiology.



Professor Michael Kalloniatis

Michael completed his optometry degree at the University of Melbourne after completing his master's degree at the same institute then undertook PhD studies at the University of Houston, Texas. After post-doctoral training at the University of Texas, he returned to Melbourne where he was an academic staff member in the optometry department before moving to the University of Auckland where he was the Robert G Leitl professor of optometry and vision science. In 2009, he took up the position of Centre Director and Professor at the Centre for Eye Health, UNSW. His expertise is in retinal neurobiology, visual psychophysics (as it applies to clinical testing) with a keen interest in glaucoma and retinal disease diagnosis. He is an active researcher publishing in a wide topic area and he also presents at both local and international meetings.

Eleisha Dudson

Eleisha is an Optometrist working in private practice at McClellan Grimmer Edgar Optometrists. She specialises in contact lens fitting including OrthoK, Scleral lenses, and custom contact lenses.

With her experience in OrthoK, Eleisha was part of the first Australasian group to obtain their Fellowship for the International Academy of Orthokeratology and Myopia Control. She is passionate about myopia management, having spoken previously at an NZAO conference on the topic. She is a self-professed contact lens geek and has been part of pre market trials for new lenses, trying to keep on top of the new science and understanding of how contact lenses can be more comfortable and the emerging research on how the eye maintains a healthy ocular surface.



Stacy Wilson

Stacy is the CEO of the National Advocacy Trust who have been contracted to provide the Nationwide Health and Disability Advocacy Service since 2007. Originally a nurse, then a manager within a hospital setting, Stacy joined the advocacy service in 1997 as Manager/advocate for Advocacy Network Services Trust, one of the original 10 providers of the service. In 1999 the number of providers was reduced to three and Stacy took over the management of the service from Waikato to Wellington.

In 2005, she and her husband decided it was time to move to the UK. During her time in the UK, she worked on a casual basis in a children's nursery and upon deciding it was time to find a more permanent position approached a recruitment agency and due her prior experience found herself managing the agency while the owners took their first break in 20 years. Upon her return to NZ in August 2006 she worked as a contractor until her passion for the work of the health and disability advocacy service lured her back.



Wilson Sue

Wilson is an optometrist owner of Bentley and Sue Optometrists, a long-established community optometry practice in Upper Hutt, north of Wellington. Graduated Bachelor of Optometry 1991 from The University of Auckland, was in the first NZ trained cohort of optometrist therapeutic prescribers 2004, credentialed for diabetic retinal screening for his local DHB service 2008, was a member of the Implementation Group for the Ministry of Health Diabetic Retinal Screening Grading Monitoring Guidance 2016, and is a NZ Optometrists Board approved independent prescriber of glaucoma medicines since 2017. He was elected to NZAO Council in 2006, NZAO President 2009-2011, is a trustee of the NZAO charitable trusts that support NZ education and research related to eyes and vision, has represented NZAO on various university, regulatory and government groups, and has helped to organise the education programme of the NZAO Annual Conference for the last 15 years.



Dr. Lize Angelo

Dr Lize Angelo is currently a Junior Ophthalmology Research Fellow in Auckland and is doing her PhD in Ophthalmology under the supervision of Dr Akilesh Gokul, Dr Mohammed Ziaei and Professor Charles McGhee. When completed, she will apply for the RANZCO training programme. Her PhD aims to assess health disparities and inequities spanning from referral, diagnosis, and treatment, including crosslinking, of subjects with keratoconus. She is currently working on a project that is investigating low attendance to keratoconus and crosslinking clinics in Auckland.



Speakers

Dr. Ian de Terte



Dr. Ian de Terte is a Senior Lecturer in clinical psychology. He completed his clinical training at the University of Canterbury. Dr de Terte has held clinical positions at Anxiety Disorders, Forensics, Department of Corrections, Pain Management Service, Private Practice, and the Psychology Clinic at Massey University. He holds the designation of Specialist Assessor under the Intellectual Disability Compulsory Care and Rehabilitation Act. Dr de Terte is a former detective with the New Zealand Police and currently a reservist with the New Zealand Army where he holds the rank of Major and specialist role as clinical psychologist. At the moment, Dr de Terte is based at the Wellington Campus of the School of Psychology, Massey University, New Zealand and involved in the Clinical Psychology training programme. Dr. de Terte's philosophy is that clinical practice and teaching should be evidence based and focuses his research on applied matters. His overarching research theme is how clinical psychology adds to the area of high-risk or first responder occupations.

Dr. Joevy Lim



Dr Joevy Lim is a qualified medical practitioner pursuing a career in Ophthalmology. She completed both a medical degree and a Bachelor of Medical Science (1st Class Honours) qualifying in 2018. She has published several papers on ocular disease and is currently undertaking PhD doctoral studies in ocular melanoma in Aotearoa/New Zealand. These comprise two large studies: a 20-year retrospective study of the incidence, presentation, and treatment of ocular melanoma in NZ; and a nationwide prospective study on ocular melanocytic lesions. These studies will provide local data on ocular melanoma, improve and streamline the current referral process for concerning ocular melanocytic lesions, and explore the utility of telemedicine in patient management.

Andrew Sangster



At some stage in his optometric career, Andrew became a "Senior Optometrist". This came as a surprise and he is still in somewhere between the stages of denial and acceptance. He spent a large proportion of his career serving on the NZAO Council and enjoyed this immensely. He has been fitting OrthoK lenses since around 2002, before myopia control was a "thing" and has been inspired by the outcomes he has with long-term mitigation of myopic progression. In 2018 he attained a fellowship with International Academy of Orthokeratology. He uses all modalities of myopia control in practice and is keen to encourage all optometrists to take up this rewarding area of practise.

Dr. Samantha Simkin



Dr Samantha Simkin, is a therapeutically qualified optometrist who graduated with first class honours and completed her PhD in childhood visual impairment at the University of Auckland. Samantha continues her research as the Stevenson post-doctoral research fellow at the University of Auckland. She also has clinical appointments at BLENNZ and in private practice. Samantha's areas of interest include newborn ocular screening including retinopathy of prematurity, causes of visual impairment in children and management of children with low vision. She has multiple peer-reviewed publications and regularly speaks at both national and international conferences on her areas of expertise.

Zaria Bradley

Zaria is an optometrist who graduated from the University of Auckland in 2013 with first class honours. She worked in the community at both corporate and private optometrists throughout Auckland for a number of years, before moving to her current position as clinical supervisor of undergraduate optometry students at the University of Auckland. Zaria is passionate about paediatric optometric care, spending time regularly at school vision screenings and teaching in the paediatric clinic. She has led a number of undergraduate research projects since 2019, with a primary focus on myopia management.



Dr. Ben O'Keeffe

Director and co-founder of oDocs Eye Care with Dr Hong Sheng Chiong in 2014. oDocs Eye Care is a social enterprise which aims to create eye care technology and devices which makes eye health more accessible and affordable to people within New Zealand and globally. Currently working as a locum non-training registrar in ophthalmology in Wellington and the Nelson and Marlborough DHBs. He also has a background refereeing rugby representing New Zealand on both the national and international stages.



Dr. Ehsan Vaghefi

Ehsan is a bioengineer who has been working on Medical Imaging and Artificial Intelligence in Optometry and Ophthalmology. He is the co-founder / CEO of Toku Eyes (www.tokueyes.com) and a senior lecturer at the School of Optometry and Vision Science, The University of Auckland.

In his academic life, he is leading the curriculum development group for Masters of Artificial Intelligence (health specialization) and Postgraduate Diploma in Health Sciences in Digital Health at The University of Auckland. Meanwhile he has supervised more than 7 PhD students and 4 Masters students to completion. So far, he has published 45 peer-reviewed journal articles, 41 refereed conference abstracts, and 3 patents, gaining an h-index of 12.

In his entrepreneurial life, Ehsan has successfully led Toku Eyes to New Zealand's highest seed round fundraising, making Toku Eyes to one of the most valuable MedTech companies of its stage. Backed by Australia and New Zealand VC and supportive clinicians, he is now leading Toku Eyes through its FDA and CE regulatory processes, eminently entering the international markets.



Alan Benjamin

Alan graduated as an Optometrist at The School of Optometry in 1987. Following a 2-year period at St. John's Eye Hospital, he established two practices where he focussed on Paediatric Optometry and Contact lenses. Since immigrating to New Zealand in 1997, he has consulted in both private practice and Corporate Optometry. Currently, he is a technical consultant at CLC, which involves supporting Practitioners with specialty lens fittings, including RGP's, soft lenses, sclerals and Ortho-K. He has lectured in Paediatric Optometry at Witwatersrand Technicon, and held seminars and workshops in Australia and New Zealand covering different contact lenses and fitting principles.



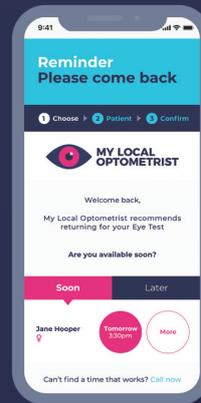
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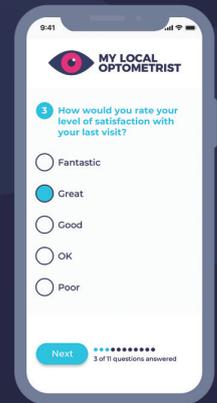
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Speakers



Charl Laas

Charl recently immigrated to New Zealand and works as a technical lens consultant at Corneal Lens Corporation. In South Africa, he was the founder and director of a large independent specialty lens practice focussing on specialty lenses and myopia management. He is a founder and director of InnoCon SA, providing distribution, training and support for speciality contact lenses to Southern Africa. Currently, he is the clinical director of Innovatus Technology, based in Australia, which develops the EyeSpace software, manufacture technology, and lens designs for specialty contact lens fitting.



Graeme Curtis

Since 2001, Graeme Curtis has been the owner and director of the Corneal Lens Corporation NZ, New Zealand's largest contact lens manufacturer. CLC is based in Christchurch and specialises in custom made RGP's Clerals, soft and Ortho-K lenses and supplies to practitioners throughout New Zealand, Australia, South Africa, Hong Kong and Singapore.

Workshop Speakers



Renee Edgar

Renee Edgar is an Optometrist at McClellan Grimmer Edgar Optometrist in Wellington. An avid sports player (back in the day) and now coach and supporter saw her pursue an interest in sports vision. Working with athletes made her realise that concussion was to become part of the care she would need to deliver and saw her dive into the area of post-concussion visual rehab. Many conferences overseas to soak up the information available saw her post-concussion special interest blossom into a significant part of her practice, both assessment and the vision therapy. It is rewarding work and she enjoys the difference she can make to people's lives.

Richard Shanks



Richard Shanks works at Barry and Sargent Optometrists in Wellington. He trained as an optometrist in New Zealand before travelling to the US, where he studied and worked with leading practitioners in the developmental optometry field, attended combined OT/OD symposiums and worked with optometrists who specialised in working with the visual sequelae from head injury. Upon returning to New Zealand, he joined the Australasian College of Behavioural Optometry, continuing to work in both developmental optometry and head injury, and was instrumental in inviting leading optometric practitioners with special interest in head injury to both Australia and New Zealand. Richard has spent the last 30 years working in both primary practice and behavioural optometry, including working with head injury clients with associated vision problems. He provides a broad range of optometric solutions to these clients including lenses, prisms, filters, optometric vision therapy and light therapy combined with judicious referral to other health professionals.

Quiz Masters

Rochelle van Eysden

Rochelle is an optometrist, and is an honorary teaching fellow in optometry and vision science. She is the current president of NZAO and runs her own practice in Christchurch. Rochelle spent four years achieving two degrees in psychology before completing her BOptom(Hons) in 1998.



Richard Johnson

Richard Johnson graduated from the School of Optometry at the University of Auckland in 1993. He worked in the UK, Australia and Austria for a number of years as both an optometrist and contact lens fitter and since 2003 has been the principal optometrist at the Ophthalmology Department at Greenlane Hospital, where he works in the Acute Eye Service as well as paediatric, glaucoma and medical retinal clinics.

He is a past president of the Cornea and Contact Lens Society of NZ and was also a trustee of the Eye Bank of NZ. He has been the chairman of VOSO, the charitable trust of optometrists and ophthalmologists providing eye care throughout the Pacific from 2006 to 2016 and is still a trustee and active volunteer with them.



Friday Schedule

8.30 am - 8.45 am **NZAO President Rochelle van Eysden**
Official Conference Opening and Welcome

8.45 am - 9.30 am **Associate Professor Jacqueline Ramke**
Community Eye Health Research in Aotearoa New Zealand: Mapping a path forward

Good eye health is not accessible to all New Zealanders. There has been very little research that quantifies the range and extent of eye conditions or vision impairment in Aotearoa, nor on strategies to improve access of eye health services for under-served population groups. A new team has formed at the School of Optometry and Vision Science to address this evidence gap. We aim to identify ways to deliver more accessible and equitable eye health services and improve eye health in Aotearoa, particularly for under-served communities. We have several projects that aim to improve understanding of eye health, including population-based surveys, engagement with people using eye health services as well as those disconnected from care, use of DHB service data and collation of previous studies. We also have projects aiming to improve access to eye health services, with an initial focus on diabetes eye care, school vision screening and refractive error correction. This talk will provide an overview of some of these projects, and ways optometrists can get involved.

9.30 am - 10.15 am **Associate Professor Maria Stubbe**
Improving Communication Between Patients and Health Practitioners:
What can international research tell us?

Current 'best practice' advice for health professionals on improving communication with their patients is based mainly on reported perceptions and attitudes. Such advice tends to be rather general in nature and may be difficult for practitioners to implement, because it does not take account of the complex, dynamic nature of interactions in real-life consultations. This presentation takes a 'close-up' look at how patients and health professionals actually talk with one another in a range of primary care settings using examples from a New Zealand collection of 500 video-recorded health interactions. The focus will be on specific communicative strategies that health professionals can use to engage in ways that are responsive to patient agendas and preferences as they discuss treatment plans and other recommendations, and the ways patients may align with or subtly resist the practitioner's advice.

10.15 am - 10.45 am **Morning Tea**

10.45 am - 11.15 am **Dr Phil Turnbull**
Therapeutic Prescribing Habits of New Zealand Optometrists

Following the Medicines Amendment Act 2013 and Misuse of Drugs Amendment Regulations 2014, New Zealand optometrists became authorised prescribers, giving them the ability to prescribe all medicines appropriate to their scope of practice. This was a big step up, enabling access to a much wider range of drugs, rather than restricting prescribing rights to a list of medicines specified in slow-moving regulation. However, the professional is cautious in nature, and despite these newfound privileges being available, optometrists have used their rights appropriately, with no adverse events encountered. To increase awareness of what is happening in the profession, I will detail the prescribing habits of optometrists, including how expansion of prescribing rights into oral medications, and independent glaucoma management, have impacted the profession.

11.15 am - 12.00 pm **Professor Michael Kalloniatis**
Advances in Perimetry - How to improve your diagnosis and management of glaucoma

Visual field testing is critical in the diagnosis and management of glaucoma and many other ocular diseases. In this lecture recent advances in visual field testing focusing on three aspects: new protocols, new testing grids and the number of tests per session and frequency of testing.

12.00 pm - 12.30 pm **Eleisha Dudson**
Supporting Tear Film Stability

The tear film can be impacted by many factors including contact lens wear, dry eye disease, ocular surgery and modern lifestyles. What does the literature, such as CLEAR and TFOS DEWS II tell optometrists about supporting tear film stability in a range of different scenarios? Patient management strategies, the roles of lubricating eye drops and the role of contact lens technologies will be discussed.

12.30 pm - 1.30 pm **Lunch**

1.30 pm - 2.15 pm **Stacy Wilson**
The Code of Health and Disability Services Consumers' Rights:
What action to take if a consumer alleges you have breached their rights

This year we celebrate 25 year of Advocacy, the Health and Disability Commissioner and the Code of Health and Disability Services Consumers' Rights (the Code). In the 25 years since the Code came into effect there has been very little change to the 10 Rights despite the Act providing for revision of the Code at intervals of not more than three years. The Code is clear on the rights of consumers and the duties of providers. The major focus of the advocacy service is to promote awareness of the Code and to provide support for consumers who want to raise concerns about a Health or Disability Service they have received or are receiving. How difficult is it to meet the requirements of the Code and what action should you take if a consumer alleges you have breached their rights?

2.15 pm - 2.15 pm **Wilson Sue**
Test Yourself on Ethical Scenarios from Optometric Practice

Standards of Ethical Conduct for optometrists were reviewed and revised by the NZ Optometrists Board in 2020 using the four principles of: autonomy- respecting individual choices and decisions; beneficence- doing good; non-maleficence- avoiding harm; justice- striving for fairness and equity. Ethical scenarios from practice will be presented with feedback invited from delegates and Stacy Wilson, CEO National Advocacy Trust.

1. Certificates and reports for third parties. An employer refers an employee for an eye exam. The employee's best corrected vision does not meet the standard required for their work tasks. The employee insists they do not have any vision problems. How does the optometrist tell the truth and write the report in the best interest of the patient?
2. Parental consent for treatment of a child. Oranga Tamariki staff member makes an appointment for a child to have an eye exam. The social worker takes the child to the appointment. The child is fitted with prescription glasses. OT pays for the exam and glasses. The child's parent then calls the optometrist and is very grumpy with them for treating the child without parental consent. Was the optometrist in the wrong?
3. Health screening. A DHB contracts an optometry practice to provide diabetic retinal screening. Incidental to the retinal screening, a patient is found to be a glaucoma suspect. They require additional tests (intraocular pressure and visual fields) to meet the criteria for DHB glaucoma referral, but these additional tests are not funded by the DHB. What does the employed optometrist do if the patient is not willing or able to pay for the additional tests?

2.45 pm - 3.30 pm **Dr Ian de Terte**
Strategies that Health Practitioners can Use to Reduce Stress and Look after Their Own Wellbeing

In the current environment, there are number of demands on all of us. These demands include information technology (e.g., smart phones), the busy nature of our work, and the constant demand on our time. This pressure has a huge impact on our stress levels and how we cope with this stress. Some of the common psychological consequences of stress (e.g., burnout, low mood, and increased anxiety) will be discussed. In addition, this presentation will present some prevention models to cope with this pressure and discuss the strategies highlighted within these models. The first prevention model is the Conversation of Resources model, and the second prevention model is the Three-Part Model of Psychological Resilience. These models illustrate methods that people can use to prevent any psychological consequences of the demands on our life. Both models are based on scientific evidence and have an extremely practical application. Finally, there will be some discussion about some possible scenarios that individuals may encounter and how some of the techniques discussed can be utilised.

3.30 pm - 4.00 pm **Afternoon Tea**

4.00 pm - 4.15 pm **Dr Lize Angelo**
UoA Clinical Research #1: Referral Patterns of Optometrists in Aotearoa NZ. A Keratoconus Perspective

This talk will cover the aims of a prospective study assessing the current practice and referral patterns of optometrists regarding patients with keratoconus via an optometrist survey. We will discuss the results of a similar Australian study and how we will apply this to New Zealand. The ultimate purpose of this study is to evaluate the complexities of managing patients with keratoconus and provide a better understanding of the diagnostic and referral patterns of optometrists. This valuable information can be used to optimise patient referral and secondary care pathways and allow for better training and education of optometry students and improve co-management opportunities. This survey will represent the first investigation of the management of keratoconus at the primary eye-care level in Aotearoa.

4.15 pm - 5.30 pm **Rochelle van Eysden**
Survivor Wellington 2021: Post-COVID Apocalypse Optometry Quiz Edition

This presentation is in the form of a pub-style quiz with a range of questions, both eye related and general knowledge.

Saturday Schedule

7.15 am - 8.15 am **My Health 1st: Premier Sponsor Breakfast**

8.30 am - 8.45 am **Dr Joevy Lim**
UoA Clinical Research #2: Prospective Study on Pigmented Lesions

This presentation will cover the aims and methods of the first prospective study on pigmented eye lesions conducted in Aotearoa/New Zealand. The study invites the participation of all nationwide practicing optometrists and will commence in early 2022 over a 12-month period. The aims of this prospective study are to: 1) investigate the utility of telemedicine in the diagnosis and management of pigmented eye lesions in the conjunctiva and uvea (iris, ciliary body and choroid), and 2) improve the current standards of referral for concerning pigmented eye lesions. Concerning pigmented eye lesions are frequently diagnosed initially by optometrists, who then refer the patient for a specialist ophthalmologist review. Utility of telemedicine could facilitate a more timely review of patients whilst the patient is still under the care of local optometrists, and reduce unnecessary travel time and fiscal costs incurred by the patient. During this presentation, preliminary results of a large retrospective study on the incidence of ocular melanoma in Aotearoa/New Zealand will also be presented and discussed.

8.45 am - 9.30 am **Eleisha Dudson, Andrew Sangster, Dr Samantha Simkin**
Myopia Management Part #1: Why Too Much Choice is Stressing Us Out

Myopia management is an exploding field with a multitude of options on how to assess, measure, prescribe and manage. There are contact lenses, drops, spectacle lenses and binocular vision exercises you could prescribe. Axial length, keratometry, refraction, cycloplegia, lags and phorias can be measured and considered. Age, ethnicity, lifestyle, parents, education, and sports all play a role. So how, with all these options, do you decide the best course of action for the child sitting in front of you? This two-part lecture series will discuss real life cases of myopia management. It will delve into the theory and practical considerations around each management decision. These lectures aim to highlight the many options for managing myopia, the considerations and clinical decision-making processes, and that although there are some wrong options for these patients, there is often more than one right option, so do not let the range of choices stress you out!

9.30 am - 10.30 am **Annual General Meeting**

10.30 am - 11.00 am **Morning Tea**

11.00 am - 11.15 am **Zaria Bradley**
UoA Clinical Research #3:
Results from the NZ Management of Myopia Progression Survey 2020

The evidence on effective myopia control treatments is ever-expanding. In recent years we have seen treatment recommendations change rapidly, particularly with regards to atropine dosage, assessing patient risk-factors, and best-practice monitoring strategies. In 2020, we conducted the first survey on the management of patients with progressing myopia by New Zealand optometrists, to assess the current trends in treatment and monitoring. We also identified common barriers that may be preventing patients from receiving effective myopia control treatments. These results will be discussed, alongside a brief summary of some of the latest in evidence-based practice.

11.15 am - 12.00 pm **Associate Professor Jacqueline Ramke**
Opening Our Eyes to Global Eye Health

Global eye health considers the eye health of populations in the worldwide context; it places a priority on improving eye health and achieving equity for everyone, everywhere. There is much to be done—in 2020 there were an estimated 1.1 billion people living with distance or near vision impairment globally, and 90% of these lived in low- or middle-income countries. This talk will provide a snapshot of the current situation in global eye health, drawing on recent reports from the World Health Organization and the Lancet Global Health Commission on Global Eye Health. Recent advances for eye health on global agenda—and why these matter—will be discussed, including activity at the World Health Assembly, the United Nations (UN) Resolution on Vision and the push to get eye health included in the UN's Sustainable Development Goals. Key opportunities and challenges for the future will be highlighted, including their relevance for Aotearoa and the Pacific region.

12.00 pm - 12.30 pm **Dr Ben O'Keeffe**
The Social Enterprise of Low Cost Technology to Improve Ophthalmic Care in the 21st Century

oDocs Eye Care was founded by Dr. Sheng Chiong Hong and Dr. Ben O'Keeffe to address the problems pertaining to equitable access to eye care, especially in Africa and Central Asia. This sparked in them the aspiration to build an affordable and accessible eye care system. Establishing the enterprise in 2014, oDocs launched the world's first open-source smartphone-based retinal imaging device in 2015; widely downloaded with more than 60,000 downloads globally and inspired the creation of a novel mHealth (mobile health) market in eye care. Since then, oDocs Eye Care has successfully designed and launched many low-cost and affordable eye care diagnostic equipment, including a smartphone-based ophthalmoscope and a portable non-mydratic smartphone-based fundus camera.

In the presentation, Dr. Ben O'Keeffe will be discussing the journey of oDocs till now, their future plans and will also cover a few research projects on which oDocs Eye Care has been working on for the last few years, especially a telemedicine tool specific to ophthalmology specialization and a red-reflex-based myopia detection algorithm.

12.30 pm - 1.30 pm **Lunch**

1.30 pm - 2.00 pm **Dr Ehsan Vaghefi**
Optometry and Artificial Intelligence

Currently, there are more than 250 million people who are visually impaired worldwide. Unfortunately, more than 85% of vision impairment is caused by preventable conditions. Unequitable access to primary eyecare is the main contributor to this high rate of preventable blindness. We believe that providing access to affordable primary eye health check through community-based providers is the solution to drastically reduce the incidences of preventable blindness. While the advent of tele-health is a significant step towards this goal, it has proven to be expensive, difficult to scale and suffers from similar equity issues. We aim to change the model of care via an AI-enabled network of community-based eye health check providers, ensuring affordable, equitable and accessible service across the country.

2.00 pm - 2.20 pm **Alan Benjamin**
The Extended Depth of Focus Soft Contact Lens

Looking at ways to resolve the issues when fitting Soft Multifocal lenses by explaining the concept of extended depth of focus, looking at the unique design of the NaturalVue Multifocal lens, using the NaturalVue fitting software, describing the procedure recommended for optimising fitting success, and demonstrating the calculation and fitting the correct NaturalVue lens.

2.20 pm - 2.45 pm **Charl Laas**
Optimizing Orthokeratology Lenses

Modern orthokeratology offers an exciting alternative for both ametropic correction and myopia management. Modern technology available to Eye Care Practitioners offers greater scope optimizing orthokeratology lenses to patient specific needs.

2.45 pm - 3.30 pm **Richard Johnson**
Richard's Before-Tiffin-Gluten-Free-Vegan-Clinical Optometry Quiz

This talk will discuss the presentation of various acute cases of ocular conditions and then discuss their workup, diagnosis, differential diagnoses and managements, including therapeutic treatments, in an interactive manner with input from the audience. Audience input, interjection and heckling are all accepted and strongly encouraged.

3.30 pm - 4.00 pm **Afternoon Tea**

4.00 pm - 4.45 pm **Graeme Curtis, Alan Benjamin**
Contact Lenses: Fitting the challenging cornea

This presentation covers the working of the sMap 3D Corneo-Scleral Topographer, and how the data captured from this instrument is used in conjunction with 'The Composer' to design both Scleral and Corneal lenses.

There will be a practical demonstration using the software programme as to what parameters can be modified to design a free-form Corneal and Scleral lens.

4.45 pm - 5.30 pm **Eleisha Dudson, Andrew Sangster, Dr Samantha Simkin**
Myopia Management Part #2: Why Too Much Choice is Stressing Us Out

See abstract under Part #1.

4.00 pm - 5.30 pm **Renee Edgar, Richard Shanks**
What to do for a Concussion Patient when the Eyes Appear to be "Normal"

What to do for a concussion patient when the eyes appear to be "normal"?

This course will explore a comprehensive visual assessment for those who have suffered a head injury and have symptoms of visual discomfort. We will demonstrate different tools that are used in treatment including prisms, tints, and concepts behind vision therapy. Simple clinical pearls will be provided that are easily implemented into your day-to-day practice.

5.30 pm - 5.45 pm **NZAO President Rochelle van Eysden**
Prize Draw and Conference Close

7.30 pm - 11.00 pm **Annual Dinner:** Held at the Bellamys venue in Parliament Buildings

NZAO Conference 2021 Education Programme

TIME		SPEAKER	DURATION	PRESENTATION TOPIC / TITLE
Friday 29 October				
8.30	OPENING	NZAO President	15	Welcome
8.45		Assoc Prof Jacqueline Ramke #1	45	Population Eye Health Research in Aotearoa NZ - mapping a path forward
9.30		Assoc Prof Maria Stubbe	45	Improving communication between patients and health practitioners - what can international research teach us?
10.15	Morning Tea		30	
10.45		Dr Phil Turnbull	30	Therapeutic prescribing habits of NZ optometrists
11.15		Prof Michael Kalloniatis	45	Advances in Perimetry: how to improve your diagnosis and management of glaucoma
12.00		Eleisha Dudson	30	Maintaining Tear Film Stability
12.30	Lunch			
13.30		Stacy Wilson	45	The Code of Health and Disability Services Consumers' Rights - what action to take if a consumer alleges you have breached their rights
14.15		Wilson Sue	30	Test yourself on ethical scenarios from optometric practice
14.45		Dr Ian de Terte	45	Strategies that health practitioners can use to reduce stress and look after their own mental health
15.30	Afternoon Tea			
16.00		Dr Lize Angelo	15	UoA Clinical Research #1 Referral patterns of optometrists in Aotearoa: a keratoconus perspective
16.15 to 17.30		Rochelle Van Eysden	75	Survivor Wellington 2021: Post-COVID Apocalypse Optometry Quiz Edition
Saturday 30 October				
7.15 to 8.15	Breakfast	My Health 1st		Premier Sponsor Breakfast
8.30		Dr Jovey Lim	15	UoA Clinical Research #2 Prospective study on pigmented eye lesions in Aotearoa
8.45		Eleisha Dudson, Andrew Sangster, Dr Samantha Simkin	45	Myopia management (Part 1) - why too much choice is stressing us out
9.30	AGM	All members welcome	60	Online attendance available via Zoom
10.30	Morning Tea			
11.00		Zaria Bradley	15	UoA Clinical Research #3 Results from the NZ Management of Myopia Progression Survey 2020
11.15		Assoc Prof Jacqueline Ramke #2	45	Opening Our eyes to Global Eye Health
12.00		Dr Ben O'Keeffe	30	The social enterprise of low cost technology to improve ophthalmic care in the 21st Century
12.30	Lunch		60	
13.30		Dr Ehsan Vaghefi	30	Optometry and Artificial Intelligence
14.00		Alan Benjamin	20	The Extended Depth of Focus Soft Contact Lens
14.20		Charl Laas	25	Optimizing Orthokeratology Lenses
14.45		Richard Johnson	45	Richard's before-tiffin-gluten-free-vegan-clinical optometry quiz
15.30	Afternoon Tea			
16.00	Option 1	Graeme Curtis, Alan Benjamin	45	Contact Lenses - Fitting the Challenging Cornea
16.45 to 17.30	Beehive	Eleisha Dudson, Andrew Sangster, Dr Samantha Simkin	45	Myopia management (Part 2) - why too much choice is stressing us out
16.00 to 17.30	Option 2	Renee Edgar, Richard Shanks	90	What to do for a concussion patient when the eyes appear to be "normal".
17.30	Close	NZAO President	5	Prize Draw and Conference Close
19.30 to 23.00	ANNUAL DINNER			