

In-focus

A quarterly newsletter of the PolyU Optometry Clinic
Department of Optometry and Radiography
The Hong Kong Polytechnic University



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The 1st Hong Kong Optometric Conference

The Hong Kong Polytechnic University, in conjunction with the Trade Development Council and the Hong Kong Optometric Association, launched The 1st Hong Kong Optometric Conference on 6 November 2003. Representatives from the three organizations contributed towards the enormous success of the programme. Leading the team from PolyU was Dr. Carly Lam who co-designed the programme with Mr. Joseph Fung, Vice President of the Hong Kong Optometric Association. The attendance of the conference was indeed oversubscribed. Some four hundred delegates from Hong Kong and other Asian countries attended the one-day programme. Speakers came from Australia, the Philippines, UK, USA and Hong Kong making it a truly International Programme.

Prof. Maurice Yap chaired the morning session. I was the first on deck. My topic was on the role of Optometrists in Primary Eyecare. Although the theme was a familiar one to some optometrists, it was, however, a very new approach to the Part IV Optometrists of the Hong Kong registry. Prof. Marion Edwards then gave an overview on a number of research projects on myopia. She disseminated the results from some of the studies that were headed by her when she was with PolyU. Dr. Simon Barnard rounded off the morning session by presenting some experimental results on eye movements under the cover test. He also introduced to the audience the latest instrumentation on visual field.



The afternoon session was chaired by Mr. Edmund Chiang, a well-known contact lens practitioner in Hong Kong. Dr. Victor Woo, an experienced local eye surgeon in refractive surgery, was the first speaker. He demonstrated various refractive surgical techniques with video recordings. His views on co-management of LASIK cases were warmly embraced by those in attendance. Dr. Antonio Joson spoke on treatment of keratoconus. He drew upon his experience in this specialized area and provided with some solutions to fitting these patients. Mr. John Mountford who has been a frequent visitor to PolyU working on a number of joint clinical research projects presented a vast amount of statistics and clinical cases on Orthokeratology. It was a topic that attracted much attention recently in the local media. Finishing the afternoon session was Mr. Nick Stoyan, who has been a pioneer in the field of contact lens design and manufacturing in the US. He presented his unique RGP lens design with the lens material he selected for Orthokeratology or Corneal Reshaping Therapy.

From the positive feedback received by the organizers, it is likely that The 2nd Optometric Conference will take place next year. For most practitioners, it is a chance to accumulate continuing professional education credits. Although continuing professional education is not yet mandatory, it is our understanding that the policy for compulsory continuing education will be introduced to all health professionals very soon. The organizers, through this conference, have indeed demonstrated that they are capable of mounting successful continuing education programmes.



Prof. George Woo
Dean and Chair Professor of Optometry
Faculty of Health and Social Sciences
The Hong Kong Polytechnic University

Serving the Community

Departmental Charity Project

Vision screening at Tung Chung Integrated Services Centre of The Neighbourhood Advice-Action Council: A Special Report by our Optometry Instructor, Dr. Janica Wong

Working in collaboration with The Neighbourhood Advice-Action Council, The Association of Private Practice Optometrists (APPO) and The Hong Kong Society of Professional Optometrists (HKSP), we organized a charity project at Tung Chung Integrated Service Centre in early December 2003.

More than 150 children from Primary 2 to Primary 6 benefited from the professional eye care services. These children all came from family with financial hardship. They received comprehensive eye examination covering assessment of vision, refractive error, colour vision, binocularity and fundus examination.



It was found that 56 of them required prescription for new spectacles which were provided free-of-charge by donors. A few of them required further follow up because of squint or amblyopia. Some of them had significant refractive error and were only able to see clearly for the first time after receiving professional eye care services.

In some countries, optometric eye examination and prescription glasses for children are either covered by their government or by the insurance companies. However, parents have to pay for these at their own expense in Hong Kong. The rapid change of vision of children requires frequent prescription of new spectacles, and this poses a financial burden to those families with financial difficulties.

This event is organized with the aim of providing free and professional eye care services to those families who cannot afford to pay the costs of eye examination and prescription of spectacles. It is also hoped that the awareness of the importance of primary eye care examination can be raised through this event.

In 2002, we launched our first charity project in Shek Kip Mei and received a lot of positive feedback. This year's event was made possible with the support of Sun Po Limited and those APPO members who had donated children's spectacle frames; while the spectacle lenses were sponsored by Swiss Laboratory Limited.



"Special Olympics Opening Eyes" Program

PolyU-Optometry and "Special Olympics Opening Eyes" programme brings high quality vision care to Hong Kong special athletes: A Special Report by our Staff Optometrist, Miss Rufina Chan

It is estimated that 3% of the world population has mental retardation; many of this population are under-served in vision care. Special Olympics International Opening Eyes (SOIOE) was created in response to the fact that people with developmental disabilities need quality vision care, but often has no access to or is denied treatment.

On 15th November 2003, a team of 20 optometrists from the PolyU and the Hong Kong Society of Professional Optometrists and 40 PolyU optometry students participated in the SOOE program at the Hong Kong Special Olympics at Sha Tin Sports Ground. These optometrists contributed their professional expertise to provide comprehensive vision evaluation to the special athletes. Prescription spectacles, donated by the Safilo Group and Essilor H.K. Ltd, were issued to those athletes who needed visual correction.



At the end of the day, 148 special athletes went through a comprehensive 10-station vision and eye health evaluation. All of them received a pair of protective sunglasses and 58 of them received prescription spectacles.



Participation in Special Olympics Opening Eyes event was an uplifting and rewarding experience, helping athletes with mental retardation see better and live a better quality life.

Our People

Conference Presenter

Dr. Helen Eng

Three residents (Benny Tam, Elsa Lee, Young Shui Ming) and I attended the Academy 2003 conference in Dallas, Texas. The American Academy of Optometry offered 4 days of intensive continuing education with informative lectures, posters and workshops on clinical updates, grand rounds and hand-on practice. Electronic CE tracking with individual remote panels. Innovative equipment such as the Pascal Dynamic Contour Tonometer and computerized subjective phoropters were also available for trial at the exhibit. Our residents were most impressed by the food in Dallas.



(From left) Mr. Benny Tam, Miss Young Shui Ming and Miss Elsa Lee

This Academy was especially memorable because I was inaugurated as a new fellow of the Academy. The experience was challenging but a real motivator for review of basic clinical knowledge and skills.

Honorary Professor's Visit

Dr. Andrew Lam

Ocular Pathology is the first optometric subject which successfully obtained funding from the PolyU to develop Web-enabling and e-Learning teaching materials. Prof. Barry Collin has been teaching Ocular Pathology to our students for many years. With the support from the PolyU, a group of Optometry graduates were recruited and they helped us to convert part of the teaching materials from Prof. Collin to web format. During Prof. Collin's regular visit in November, he provided very useful comments on the arrangement of the content materials and he also brought along his excellent pathology photo collection for the website. The contribution from Prof. Collin is very valuable.



Prof. Barry Collins (Left) and Dr. Andrew Lam

Appointment of Visiting Professor

Prof. Maurice Yap, Chair Professor and Head of Department of Optometry and Radiography, has been appointed Visiting Professor in Sun Yat-sen University (Guangzhou).



Prof. Maurice Yap (right) receiving his letter of appointment from Prof. Wang Jian-ping, Vice President and Dean of Medicine of Sun Yat-sen University

Academic Visitor

Dr. Algis Vingrys, Associate Professor of Department of Optometry and Vision Sciences, The University of Melbourne, visited our clinic on 3 November. During his visit, Prof. Vingrys delivered a lecture on "Age Related Maculopathy - Updates".



Donation

Thank you to our donors for their generous support:

PolyU Optometry staff	HK\$43,375
Johnson & Johnson Vision Care	HK\$250,000
The Hong Kong Association of Private Practice Optometrists	HK\$100,000

News from.....

The Research Lab

Dr. Pauline Cho

Recent years have witnessed tremendous advances in contact lens practice worldwide. Disposable/Frequent replacement soft lenses now dominate the contact lens market, and simplified, multipurpose solutions are the main type of solutions used by most contact lens users. The use of overnight orthokeratology which involves mainly children for myopia reduction and myopia control, and 30 days continuous wear silicone hydrogel lenses are also on the increase. The use of these lens types, solutions and wear modalities necessarily remind practitioners of the need to be vigilant about lens care to maximize



the safety of wear. From our contact lens surveys at PolyU, we have noted large variations in the practice of contact lenses in Hong Kong. Some practitioners no longer asked patients to use daily cleaner and/or rub the lenses during cleaning; some still prescribe protein removal tablets. Some recommended the use of saline for rinsing the lenses while others did not. Without proper or adequate explanation, the difference in advice can serve to confuse contact lens users and may encourage them to be complacent and/or careless in the care of their lenses. Some practitioners have also taken on a complacent view about the need for aftercare visit. Aftercare visits are essential for contact lens wearers and it is the duty of all practitioners to make this very clear to their patients.

In one of our recent studies at the PolyU, our result showed that about 50% of contact lens wearers showed microbial contamination in one or more contact lens items. The most frequently and most heavily contaminated lens item was the lens case. Do you ask your patient to clean the case daily with a brush? Do you ask your patient to disinfect the lens case every week by a 10-minute soak in hot boiling water? Do you ask your patient to change the case at least once every 3 months? Do you remind your patient not to store the lens accessories in the bathroom? If not, perhaps it is time to start. Our webpage contains guidelines on the procedures of lens and lens accessories care:



<http://www.polyu.edu.hk/~or/GoodPG/econtactlens.htm>

Miss Alice Yung (Research student) My study is supported by a Teaching Company Scheme between PolyU and Johnson & Johnson. One objective of this study is to investigate microbial contaminations of contact lenses, lens cases and lens care solutions of contact lens wearers in Hong Kong. Another objective is to investigate the effectiveness of intervention (regular reminders) on compliance among contact lens users. The results of my study help to identify risk factors associated with the contamination of contact lenses and lens care accessories in Hong Kong and allow us to better inform/advise local practitioners on how to improve management protocols for their contact lens patients.



Conferences/Seminars/Workshops

Seminars

Our research personnel conduct regular seminars to let us know their latest findings.

10 February 2004 *Mr. Patrick Chu*

"New approach to detecting retinal ganglion cell activities in normal and glaucoma subjects by multifocal ERG"

24 February 2004 *Mr. Peter Pang*

"The developmental eye movement test and its application to Hong Kong Chinese children"

9 March 2004 *Mr. Thomas Lam*

"Identification of chick retina proteins by MALDI-TOF Mass Spectrometry approach"

Students Corner

Student Projects

Holy Carpenter Church Community Centre

9 Nov - 200 elderly beneficiaries

Vision screening gives us the opportunity to apply what we have learned in the past two years to the real life. In this vision screening, we have learned how to interact with the elderly patients. In addition, during the process of organizing the vision screening, we have learned the importance of good communication skills between the involved parties and the detailed planning of the protocols to make the screening effective and successful. However, the most important of this screening is that it gave us the chance to serve our community.



Yuen Chun Pong, Year 3 Optometry student

(Year 3 students: Yuen Chun Pong, Au Wing Lam, Ho Kai Wing, Kwok Ching Hang, Leung Man Yi, Ng Ka Yin, Tsoi Leong Yuk, Yan Wing Man; **Research helpers:** Sam Cheng, Lam Chin Hang, Rachel Chun, Percy Ng, Lee Man Ho, Ronnie Huang, Patrick Chu)



Holy Carpenter Church Kindergarten
28 Nov - 81 children beneficiaries

The screening gave us a valuable learning experience, especially in the communication with young kids. Since most young kids felt nervous or

shy in front of strangers, we tried to make the environment more friendly and fun to enhance their cooperation. We have learned that verbal praises, cartoon stamps, stickers and smiles were useful in the screening. Moreover, we have learned that the key for a successful vision screening is to be prepared to take prompt action for necessary changes at the site since the actual situation was quite different from what we had anticipated. In general, this screening allowed us to apply our clinical skills and was very useful in preparing us for our clinical rotation in the coming semester.

Dawn Tang, Year 3 Optometry student

(Year 3 students: Dawn Tang, Yanny Chu, Ken Cheung, Lawa Ho, Sarah Ho, Lawrence Hui, Man Lee, Carmen Wong; **Research helpers:** William Kwan, Percy Ng)

Info Day 2003



PolyU Education Day 2003 provided an excellent opportunity to engrave a positive and favourable impression in the minds of secondary school students and the public. For Optometry, we had a podium

exhibition, info seminar and Optometry Clinic guided tour. About 3000 participants visited our podium exhibition. Over 250 joined the info seminar. Over 300 visitors had the tour of our Optometry Clinic.



The Outstanding Student, Faculty of Health and Social Sciences, 2003

Our Year 4 Optometry Student, Miss Angel Ip, was awarded the Faculty's outstanding student in this academic year. Each academic department nominated one candidate to the faculty concerned to compete with candidates from other academic departments of the same faculty. All the candidates were assessed by the following criteria: outstanding academic achievement, strong leadership ability, active involvement in extra-curricular activities, substantial community service experience and exposure, and good personal qualities. "I am glad to be selected as the Outstanding Student of Faculty this year. This honour represents the efforts of all Optometry staff and students. I would like to thank for the support of my lecturers and classmates, especially Prof. Maurice Yap, Dr. Carly Lam and Ms Lili Tan, during the selection process. This award encourages me to do my best in the future," said Angel.



The Ninth Congregation

The 9th Congregation of PolyU was held on 28 November. There were 27 Optometry graduates this year.



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