

# In-focus

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



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## Outlook for 2005

2004 was another fruitful and eventful year for Optometry. Twenty-three undergraduates and 2 Masters students graduated in the November convocation. We published 27 peer-review papers and made 30 conference presentations. We co-organized 3 conferences in Hong Kong with our professional association partners, including the International Vision Rehabilitation Symposium.

Professor George Woo's "Instant Vision Assessment Device" won a gold medal at the 53rd Eureka Exhibition in Belgium. Dr. To Chi-ho and Dr. Carly Lam patented a novel myopia control lens. Our Year 4 student, Tang Ying Yung, won the Faculty's Most Outstanding Student Award.

In 2004, the Optometry Clinic handled over 21,000 cases. The clinic caseload has been increasing every year for the past decade which is a good indication of the public demand for high quality primary eyecare services.

Together with our students and volunteers from the profession, we conducted 14 vision screening programmes in Hong Kong and in the Mainland, benefiting over two thousand children and elderly people. In collaboration with the profession and industry partners, we launched the "Vision Hong Kong" programme which offers sponsored eyecare and eyewear to under-privileged children.

2005 is already proving to be an equally eventful year. In January, we held the 3<sup>rd</sup> Annual Zhongshan Ophthalmic Centre/PolyU-Optometry Joint Research Seminar in Guangzhou. Attended by over 80 scientists and clinicians, this annual seminar is proving to be fertile ground for promoting collaboration between the two research groups.

In September, the Department will be re-structured and the Optometry programme will be hosted by a new School of Optometry. PolyU-Optometry enters a new era in its development and the possibilities are endless.

May the Year of the Rooster bring you good health, happiness and good fortune.



A handwritten signature in black ink, appearing to read 'M. Yap'.

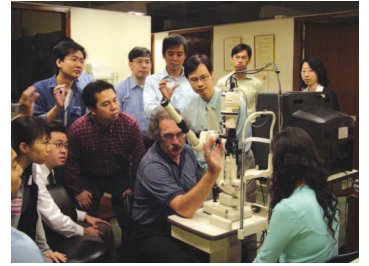
**Prof. Maurice Yap**  
Chair Professor and Head  
Department of Optometry and Radiography  
The Hong Kong Polytechnic University

## What's happening out there?

### The Hong Kong Scene

#### A Rewarding Workshop: By Mr. Philip Lau, Member of The Hong Kong Association of Private Practice Optometrists (HKAPPO)

As an optometrist, I think I have to grasp every chance to improve my clinical skill and knowledge. It was a rewarding experience to join the lecture and workshop "Updates on Clinical Diagnostic Techniques" that covered fundus examination and gonioscopy with various lenses by Prof. Peter Swann from Queensland University & Technology in Australia. Even though I had used BIO and Volk Lens for quite some time, I learnt how to use the Three Mirror Universal Lens to view different areas of fundus and the green filter to examine the nerve fibre defect in glaucoma patients, which I had not learnt during my clinical training programme at PolyU years ago. If there will be another workshop, HKAPPO members, don't miss it.



#### Visual screening in Wong Tai Sin District Fall Prevention Program: By Ms. Sandy Chat, Project Associate, Department of Optometry and Radiography

Our Lady of Maryknoll Hospital (OLMH) has been running a series of events to promote the prevention of fall in the elderly during December 2004 to March 2005. We were invited to provide an eye care screening in their opening ceremony on 4 December 2004.

It was a great opportunity for us to serve our community and also promote the optometry profession. We examined more than a hundred participants in the screening. We carried out a series of tests to check vision and set up a consultation booth to provide counselling and answer inquiries about vision problems. Good vision and normal visual fields are the two essential elements for good mobility in the elderly. However, as we found, most of them did not have good distance visual acuity. The most common causes were uncorrected refractive error and cataract.



Four staff optometrists (Mr. Roger Chiu, Mr. Sam Cheng, Ms. Victoria Law and I) and six final year students (Chris Chan, Jim Chan, Jenny Lung, Dawn Tang, Kenny Toa, Kat Wong) helped out in the screening.

### Elsewhere in the World

#### The 53rd World Eureka Invention Expo 2004

" Brussels Eureka ", the World Exhibition of Innovation, Research and Technology, took place in Brussels, Belgium from 15 - 20 November 2004. Every year, about 500 participants from 30 different countries meet at " Brussels Eureka " and present more than 700 innovations and patent inventions.

Prof. George Woo, Associate Dean of Faculty of Health and Social Sciences and Chair Professor of Optometry, won a Gold Medal and the Prize of Minister Fientje Moerman, Dutch Government, for his invention of Instant Vision Assessment Device.

In using the Instant Vision Assessment Device, a calibrated 2.4X telescope, for subjective refraction, the length of the telescope and the position of the stenopiac slit are adjusted by the examiner while the subject focuses a target on a distance visual acuity chart. The slit's size and position can be changed easily thus enabling the examiner to obtain the refractive error findings easily by changing the length of the telescope. Refractive error can be measured in a few minutes. Since refractive error is subjectively determined, the findings are generally more reliable than those obtained with objective refraction techniques. The device can be used by ancillary personnel after a short period of training.



The device can be used as a pair of full field binoculars without the stenopiac slits or a portable subjective refraction system determining the refractive errors of patients who cannot access the services of an optometrist. It can also be used as a low visual aid for the partially sighted.

## Our People

### Conference Presenters

#### *Dr. Pauline Cho*

The Fourth Symposium of the Orthokeratology Society of Australia was held on 8 - 10 October, 2004 in Queensland (Gold Coast), and was attended by over 100 delegates (up from only 45 the year before). I was



**Dr. Pauline Cho**

honoured to be invited to speak at this symposium. This invitation, following the Global Orthokeratology Symposium held in July 2004 in Toronto, was a sure sign that ortho-k research in Hong Kong has gained international attention and recognition.

At this symposium, our findings on myopia control with ortho-k caused quite a stir. There was an unfortunate association between Hong Kong and microbial keratitis in children undergoing ortho-k. However, after the presentation of our work on microbial contamination of lenses and lens accessories in ortho-k lens wearers, and with input from Kathleen Watt from UNSW, the message that came across was that there have been exaggerated media claims. The consensus was that the risks associated with ortho-k can be minimized by establishing guidelines for minimum clinical standard for all ortho-k practitioners to follow. I was pleased to inform delegates that PolyU has developed such guidelines, and we are also offering a CE course for practitioners who wish to have formal education in ortho-k practice.

Other speakers at the Symposium included well-known researchers, Dr Helen Swarbrick and her team, and Dr Jennifer Choo, and ortho-k architects Mr John Mountford, Dr John Rhinehart, Mr Russell Lowe and Dr Roger Tabb.

There is no doubt that ortho-k practice and research is gaining global interest, and we are one of the top players!

### Optometry Annual Retreat

The Optometry team held its annual retreat in early January in Guangzhou. In addition to reviewing and reflecting on activities of the past year, the team debated and reached consensus on a number of key issues related to clinical governance and Optometry Clinic development. This year, the discussions were enriched with the presence of our Optometry Advisory Committee chairman, Dr. Damien Smith AM and our Honorary Professor, Prof. Barry Collin AM, as well as a number of other Optometry Advisory Committee members.



### The 3<sup>rd</sup> Annual Zhongshan Ophthalmic Centre (ZOC)/PolyU-Optometry Joint Research Seminar

This joint annual research seminar is in its third year of operation and reflects the close collaboration between ZOC and PolyU-Optometry. There were 10 presentations this year with 6 from PolyU-Optometry and 4 from ZOC. Over 80 academics, clinicians and scientists attended this seminar.



### Academic Visitors to PolyU-Optometry



***Mr. Julian Frederick Giltrow-Tyler***  
**Head of Optometry Department**  
**Bristol Eye Hospital, UK**

Date: 1 November 2004

Topic: "Low Vision Assessment and Advice"



***Prof. K. M. Robertson***  
**Head, Binocular Vision/Aniseikonia Clinic**  
**School of Optometry, University of Waterloo**

Date: 2 November 2004

Topic: "Progressive Addition Lenses (PALs) and Binocular Anomalies"



***Prof. William Bobier***  
**Professor and Director**  
**School of Optometry, University of Waterloo**

Date: 5 November 2004

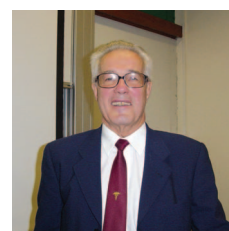
Topic: "The Optometric Record as an Instrument for Quality Assurance"



***Prof. Oscar Candia***  
**Professor of Ophthalmology**  
**Mount Sinai School of Medicine, New York**

Date: 25 November 2004

Topic: "Fluid movement in lens physiology and accommodation"



***Prof. Ernst Goldschmidt***  
**Honorary Professor of Ophthalmology**  
**Department of Surgery,**  
**The University of Hong Kong**

Date: 3 December 2004

Topic: "Myopia and Environment"

## News from.....

### The Clinic - Community Wellness

The Wellness in Action Programme has been organised at PolyU for over 10 years and the programme was expanded into the Community Wellness Project jointly organised by the Student Affairs Office, Faculty of Health and Social Sciences and the Student



Exhibition booth

Union. This was the first time that PolyU held such a large-scale community service project, with the theme on Social Responsibility and Global Outlook 「關懷社會 面向世界」.

The program covered lunch talks, Wellness showcase, Community Service Day and outstanding community service award presentation. Dr Larry Ng provided a lunch talk on Orthokeratology, which attracted a large audience. Almost 1,200 PolyU members visited the Optometry booth where the theme was "Healthy contact lens wear". As a result, 50 new clients visited our contact lens clinic. In the community service day, we conducted a visual screening service for 800 elderly visitors. Lastly, we are delighted that our Vision Project in Huai Ji (reported in May 2004 issue) was selected as one of the three Outstanding Community Services Projects by the Student Affairs Office.

## Conferences/Seminars/Workshops

### Seminars

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

**18 January 2005** *Miss Rachel Chun*

"A study of choroid in myopic chicks using proteomic approach"

**1 February 2005** *Mr. Cheung-sing Law*

"Fluid transport across porcine ciliary body epithelium"

**1 March 2005** *Mr. Forrest Ng*

Time : 12:30pm

Venue : HJ513

"Retinal ischemia study using arterial perfused pig eye"

**15 March 2005** *Mr. Patrick Chu*

Time : 12:30pm

Venue : HJ513

"Detection of glaucomatous damage using mfERG"

### Conference

The 2nd Asia Cornea and Contact Lens Conference will take place on 14-15 April 2005 at The Hong Kong Polytechnic University. The conference is organized by the Hong Kong Society of Professional Optometrists and co-hosted by PolyU-Optometry, The Eye Foundation, The Hong Kong Association of Private Practice Optometrists, and Hong Kong Contact Lens Research Association. For more information, please visit: <http://www.polyu.edu.hk/or>

## Students Corner

### Most Outstanding Student of FHSS

*Dawn Tang, Year 4 Optometry Student*

It is really an honour to be selected as the Outstanding Student of the Faculty of Health and Social Sciences. This award recognizes my achievements in four years of university life. It encourages me to do my best and to be a successful optometrist as well as devoting my services to the community. I wish



(From Left) Ms. Lili Tan and Miss Dawn Tang

to express my sincere thanks to my lecturers in my department for providing me with a valuable learning experience and guiding me to develop my future professional career. I would also like to thank my parents, friends and classmates for their support throughout the years in every single aspect.

University is a place that provides me with a good environment to grow and develop. University helps me to become a mature and responsible person, enabling me to be a caring professional. I cherish every chance of joining various community projects and activities to serve the society with my knowledge and professional skills. I hope that I can do my utmost to contribute to my profession and community in the future.

### Vision Screening

*Wong Wai-yin, Year 3 Optometry Student*

On the 14th November, 2004, there was a School Health Promotion Day held at the Sai Wan Ho Sports Centre. It was a joint programme with the School of Nursing. Our part was to conduct a vision screening programme assessing the visual acuity, color vision and stereopsis of school children.



Ms. Rufina Chan (First from Left) and the Optometry Students

Dr. Camus Choy and Miss Rufina Chan, who were the supervisors, provided us expert advice and support. Our team comprised two Year 2 and eight Year 3 optometry students. Altogether, we were able to screen 165 people. Our findings showed that 47 people failed the vision test and 11 people failed the binocular vision assessments.

In this vision screening, we had the chance to apply the clinical skills learned in the past two years. We learnt the importance of communication and cooperation with each other, as well as with patients. We truly appreciate the opportunity to serve our community.

(Supervisors : Dr. Camus Choy, Ms. Rufina Chan; Year 3 Optometry students : Au Ching-man, Chan Wai-yi, Huang Mei-chu, Lau Kwok-ho, So Pui-shan, Sze Sheung-hong, Wong Wai-yin, Yeung Nga-wun; Year 2 Optometry students : Chiu Yee-lin, Ling Chi-wai)

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