

In-focus

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



Vol.3 Issue 2 June 2005

Successful 2nd Asia Cornea and Contact Lens Conference

The Hong Kong Society of Professional Optometrists hosted the Asia Cornea and Contact Lens Conference along with Hong Kong Association of Private Practice Optometrists, PolyU, the Eye Foundation and Hong Kong Contact Lens Association for the second time in a row. It was held on April 14-15 at one of the excellent facilities at The Hong Kong Polytechnic University. The event was attended by over 200 delegates from 9 countries. The opening ceremonies were attended by Miss Susie Ho, Deputy Secretary (Health) of Health, Welfare and Food Bureau of the Government of Hong Kong and Prof. Thomas Wong, Dean of the Faculty of Health and Social Sciences of PolyU.



The themes of the conference were contact lens materials and corneal response to contact lens wear, recent advances in Orthokeratology and compliance to Ortho-K treatment, and risks and benefits of different refractive error treatment modalities. Keynote speakers were Lyndon Jones from Canada, Pauline Cho from Hong Kong, Helen Swarbrick from Australia and Michael Doughty from the United Kingdom. After each of the keynote speakers' session, there were also a number of presentations under the same theme. Posters were also displayed for the two day event.

The conference was a success due to the rich content of the programme, good industry support, and diligent organizing committee members with the support of the secretariat. Participants were indeed eager to take home knowledge from the laboratory and clinics imparted by the speakers into clinical practice. At the conclusion of the conference, it was announced that the 3rd Asia Cornea and Contact Conference will be held in Kuala Lumpur, Malaysia. It will be hosted by Association of Malaysian Optometrists and supported by the permanent secretariat in Hong Kong.

Prof. George Woo
Chair of Organizing Committee
President of The Hong Kong Society of
Professional Optometrists



What's happening out there?

The Hong Kong Scene

Aviation Vision credentialing course: By Dr. Andrew Siu, Associate Professor, Department of Optometry and Radiography

The aviation industry has some of the most stringent occupational vision standards and for good reason. Safety is the paramount consideration in this industry. For those intending to join the aviation industry, meeting these visual standards is a pre-requisite for employment. For those already in the industry, maintaining good vision is an important element of continued employment.

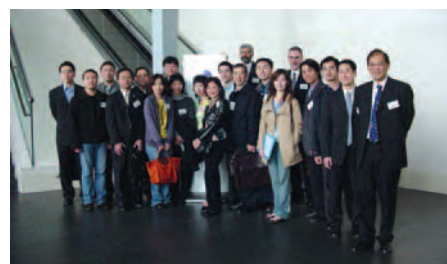
In March 2005, in collaboration with the Civil Aviation Authority of New Zealand (NZCAA) and the University of Auckland, we ran a credentialing course for Hong Kong optometrists to conduct eye examinations for pilots in accordance to NZCAA requirements. Assoc. Prof Robert Jacobs from the University of Auckland and Dr Pooshan Navathe, senior medical examiner at the NZCAA lectured and conducted practical assessments.

Over 70 optometrists participated in the course and some went on to challenge themselves by taking the practical assessment component. The standard of practice required was "advanced level".

Cathay Pacific and Dragonair kindly opened the flight simulation training facilities to participants to help them appreciate the cockpit environment in commercial airliners and the demands on the pilot's vision.

Course participant, Dr. Helen Eng said, "This CAA course is an eye-opener. I have learnt a lot about vision, aviation and optometry. It has definitely broadened my optometric perspective, knowledge and skills"

This course was co-sponsored by Hong Kong Association of Private Practice Optometrists and the Hong Kong Society of Professional Optometrists.



Visit to Cathay Pacific City

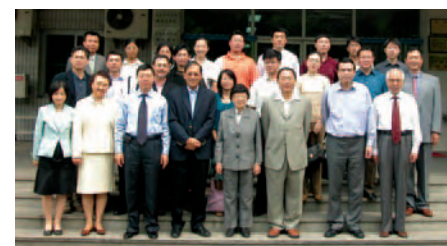
Elsewhere in the World

China Study Tour

Seven Optometry staff members visited Beijing, Tianjin and Hangzhou in May 2005 to exchange views with Mainland experts on Optometry education and research. In Beijing, the team visited Beijing Hospital, Dept of Ophthalmology (Prof Dai Hung) where our students attend clinical rotations; Tongren Hospital, Capitol University where we renewed our friendship with an old friend, Prof. Jing Xiu Yin, a famous ophthalmology professor. At Tongren, we toured the refraction centre which was very large and impressively equipped. The team also visited the TCM Eye Hospital of the China Academy of Traditional Chinese Medicine where we met up with Prof. Tang Youzhi, our honorary professor and Prof Mark Hu, President of the Eye Hospital. In Tianjin, we presented talks at a research seminar co-hosted by Tianjin Medical University (Prof Li Xiao Rong) and PolyU along with participants from other Mainland universities including Sun Yat Sen University (Prof Ge Jian, Prof Liu Quan, Prof Liu Zuguo), Sichuan University (Prof Liu Longjian) and Wenzhou Medical College (Dr. Chen Hao and Miss Cao Min). The following day, a panel of Optometry education leaders exchanged views about the future direction of optometry education in China. An agreement was signed to promote optometric education and collaboration. We also visited the newly opened and very impressive Tianjin Eye Hospital where the vice-president of TMU, Prof. Zhao Kanxing, received us. After Tianjin, our team moved on to Hangzhou where we presented a research symposium at Zhejiang University. We renewed our friendship with Prof Wang Jing and Prof. Lee Yumin.



Hangzhou



Tianjin



Prof. Jing Xiu Yin (second from right)



TCM hospital

Vision in the Mountains ... Continued By Dr. Pauline Cho, Associate Professor, Department of Optometry and Radiography and Dr. Maureen Boost, Principal Lecturer, School of Nursing

Outreach activities in the mountainous region of Duan resumed in January 2005 (10-13) in Guangxi which was near to freezing at this time of the year (...and of course, there was no indoor heating, no heater and minimal water supply!)

A team of three Optometry staff (Ms. Rufina Chan, Dr. Camus Choy and I), four Optometry students (Chris, Dawn, Winnie and Darren), Dr. Maureen Boost from School of Nursing, and our staunch volunteers, Linda, Dora and Colman, braved the cold and set off to Duan with many bags of new, attractive face towels (kindly sponsored by Alcon) and 43 pairs of new, gleaming spectacles (thanks to a Rotarian for the frames and HOYA for the lenses). The team was joined by another volunteer, Dr. Li Nian, a physician-optometrist from the Zhongshan Ophthalmic Centre, Sun Yat-sen University. The Rotary Club of Kowloon North donated many packs of Azithromycin (a medication for trachoma).

Forty-three Form 1 students were absolutely delighted to receive their new spectacles. Two hundred and twenty Form 2 students were screened and this time 50% of them were found to be myopic and needed glasses. Most of them were low to moderate myopes, their prescriptions ranged from -1.25D to -3.5D. However a couple of them had prescriptions up to -6.00D, a fairly high amount of myopia even when compared to Hong Kong 13 year-old students.

After the middle school screening, we huddled around a basin of smoky charcoal in the evening, ... not because we were so depressed ... but just trying in vain to defrost our fingers and toes! Rufina had to go hunting ... for duck (feather) in a new coat.

Medication was dispensed to the students and staff of the primary school we visited in October 2004 where 29% of students had been found to be infected with trachoma. The medication was also distributed to all family members. "New for old" - Aladdin in China - Children were asked to bring their old towels (see photo) in exchange for a new set, one towel for each family member. This was to help prevent the spread of trachoma through sharing of towels.

We continued to a second primary school and screened 100 students for trachoma. Eight percent of the students in this school were positive for trachoma by PCR (DNA analysis). The lower level may be because facilities were rather better (closer to town) and the children were not boarding and therefore have less chance of cross infection through sharing of contaminated items such as face and hand towels.

Although participating in a service project gave us a warm feeling, we were nevertheless all happy to get back to Hong Kong to warm up and to start planning for the next trip. Care to join us next time?



Our People

Conference Presenter

Mr. Dennis Tse, Research Student



The annual meeting of the Association of Research in Vision and Ophthalmology (ARVO) attracted about 9000 delegates in Fort Lauderdale during early May. This year 12 PolyU-Optometry researchers participated in this prestigious conference. Miss Rufina Chan, Dr. Camus Choy, Mr. Marco Kong, Mr. Thomas Lam, Dr. Carly Lam, Mr. Sing Law, Mr. KK Li, Mr. Forrest Ng, Dr. Mohammad Shahidullah, Dr. Andrew Siu, Dr. Chi-Ho To and I presented altogether 9 research reports:

"Allopurinol and Hypothermia Can Revive Ischemic Pig Eye for mfERG Study"

"Ascorbate Concentration and Total Antioxidant Capacity in Porcine Cornea and Crystalline Lens"

"Competing Defocus Introduced by Concentric Bifocal Lenses Results in Summated Emmetropization Response in Chicks"

"Differential Protein Expressions in the Emmetropization of Chick Retina by a Proteomic Approach"



"Fluid Transport Across Porcine Ciliary Body Epithelium"

"Glutamate Induced Retinal Lipid Peroxidation in vitro: Protective Effects of Pinoline and N-acetylserotonin"

"Regulation of Nitric Oxide (NO) On the Chloride (Cl-) Secretion Across the Porcine Ciliary Body Epithelium (CBE) via Both Cgmp-Dependent and -Independent Pathway"

"Relationship Between Ciliary Body Perfusion Rate and Aqueous Humour Inflow"

"The Correlations of Binocular Visual Functions, Eye Movements, and Reading Ability of Children With Low Reading Achievements"



One of our presentations won the "Sek-Jin Chew" travel fellowship. It is an encouraging reinforcement for our myopia research team.

We also took advantage of the five day lectures and presentations to update our knowledge as well as to network with international scientists. This year we organize a re-union with our alumni, Dr. Allen Cheong, Dr. Tony Do, Dr. Jacky Kwong, Dr. Chea-Su Kee, Dr. Ivan Leung, Miss Toco Chui, Miss Caren Sheng and her chubby baby girl, Irina. It was wonderful to meet senior graduates who are enjoying their research careers in the USA.

World Council of Optometry meeting in Accra, Ghana, Africa



Prof. George Woo

Professor George Woo presented a paper on "A simple optometer for the developing country" at the recent World Council of Optometry General Delegates meeting in Ghana. The meeting in April was attended by delegates from around the world. Two important policies were adopted during the meeting. The first was a statement on the case for optometry and the second was a comprehensive categorization of optometry based on a competency model. A Chinese translation of these two definitive documents is underway. [Pix from George]

PhD Graduation



Dr. Patrick Ting

Patrick Ting has finished his PhD with a dissertation on instrument myopia and myopia progression in Hong Kong microscopists. He was supervised by Dr. Katrina L. Schmid (Queensland University of Technology) and co-supervised by Dr. Carly Lam (PolyU) and Dr. Marion Edwards.

Funding from the Professional Services Development Assistance Scheme

Optometry team has also received of over HK\$700,000 under the Professional Services Development Assistance Scheme from the Commerce and Industry Branch of the Bureau for Commerce, Industry and Technology. The project proposal, developed by Dr. Pauline Cho, is to support continuing professional development in the area of contact lens practice.

Academic Visitors to PolyU-Optometry



Dr. Cheng Wing Fung, William

President of the Medical Practitioner Association and Standing Director Ophthalmologic Association, R.O.C.
Date: 7 February 2005



Dr. Terri L. Young

Assoc. Professor of Ophthalmology and Pediatrics
University of Pennsylvania
Date: 21 February 2005
Topic: "Ophthalmic Genetics: An Update"



Prof. Gerald E. Lowther

Dean, School of Optometry
Indiana University
Date: 9-13 March 2005



Assoc. Prof. Robert Jacobs

Department of Optometry and Vision Science, The University of Auckland
Date: 21-24 March 2005
Topic: "Aviation Vision"



Dr. Pooshan Navathe

Senior Medical Officer
Civil Aviation Authority, New Zealand
Date: 21-24 March 2005
Topic: "Aviation Vision"



Dr. Debbie Jones

Clinic Director and Head of Pediatric and Special Needs Clinic
School of Optometry, University of Waterloo
Date: 11 April 2005
Topic: "Pediatric Eye Examination"

Donations

The Rotary Club of Kowloon North donated \$100,000 to PolyU-Optometry to support eyecare for children with special needs in Hong Kong.



The President of The Rotary Club of Kowloon North, Mr. Ian Petersen, presenting the cheque to Prof. Maurice Yap

"Our experience shows that many of these children can see better with glasses but they are not well served by our current healthcare system. With the Rotary Club of Kowloon North's support, we will make a difference in some of these children's lives." said Prof. Maurice Yap.

Thank you to our other donors for their generous support of optometric education: (in alphabetical order)

The Hong Kong Association of Private Practice Optometrists	HK\$20,000
The Hong Kong Society of Professional Optometrists	HK\$20,000

Students Corner

Optometry Students' Society (OPTSS)

Lam Man Hoi, President of 12th OPTSS



Optometry is an important profession in our society. All those involved in this profession, optometrists, academic staff and students, see this not just as a profession, but also a vocation. Promoting optometry to the world is our common goal.

All members of the Optometry Students' Society (OPTSS) understand this very well, and all of us have this sense of belonging to the Optometry profession.

As an optometry student, it is my great honour to be the president of the 12th OPTSS.

In the coming year, I, as well as my cabinet members, will do our best to work to improve the welfare of our members. We also intend to produce a set of souvenirs to commemorate the establishment of the School of Optometry.

As usual, the orientation day, orientation camp and orientation night will be held this year. These are aimed at assisting Year One students get used to university life.

We will also carry out activities to promote better communication amongst students and staff.

My committee is new and we are learning to do things better. With your support and co-operation, we will surely overcome all challenges.

Vision Screening

Au Ching-man, Year 3 Optometry Student



The elderly is a high risk group for ocular health problems. However, many elderly people may not be aware of eye problems until they become serious.

In March 2005, we conducted a vision screening at St. Thomas Apostle Church. Under the supervision of Dr. Janica Wong, our

team comprised four optometry staff and seven optometry students. We were able to screen 60 elderly people within a two-hour session. We assessed the visual acuity, IOP and internal ocular health. About 80% of the elderly had unsatisfactory visual acuity and more than 75% have cataract. Advice was given to those requiring further follow up care.

We all treasure this opportunity to serve the community. By raising the awareness of ocular health problems, we hope that the elderly would go for regular eye examinations.

(Supervisor: Dr. Janica Wong, Optometry staff: Ms. Carol Wong, Mr. Forrest Ng, Ms. Victoria Law and Mr. Marco Kong, Year 3 Optometry students: Au Ching-man, Chan Wai-yip, Chau Chin-chung, Chow Kwan-yin, Wong Man-kiu, Yeung Nga-wun, Student helpers: Huang Mei-chu and Nancy)

Exchange Students from Zhong-shan Ophthalmic Centre, Sun Yat-sen University

I think PolyU is a wonderful university. The campus is beautiful and the facilities, especially the library, is excellent. Teachers are kind-hearted and helpful. Ms. Lili Tan and Dr. Janica Wong were the teachers taking care of us during our stay. They were both very skillful and have guided us a lot. Other teachers were very kind and warm-hearted too. The Optometry students were intelligent and passionate about their profession. They gave us help in both study and everyday life. The student hall was beautiful and comfortable. I had an enjoyable stay in Hong Kong and had gained a lot.

Yao Wei-lan

I had a good time in the PolyU during the three and a half months period of my clinical attachment. It was such a wonderful experience that I could not wait to share with all of my friends back home. First of all, the education and development level of optometry in Hong Kong is higher than that in the Mainland. We still have to work harder and harder to catch up. But the most touching thing I have seen was how good the rapport between the clinicians and the patients could be in Hong Kong. I could see that both of the clinician and patient were satisfied with the process of eye examination. I think they even enjoyed it. I think this is a basic requirement of being an optometrist, enjoying helping people. I will remind myself as well as my friends to remember this basic requirement. There are many things that I want to mention. The teachers in PolyU are very nice and the classmates are very friendly and the teaching and learning activities are excellent. I will never forget all the teachers and classmates in the school and the memorable experience in PolyU.

Lai Xin-jie

As an exchange student, I faced various difficulties and challenges at the beginning. I must consider myself as very lucky as I have met a group of kind hearted and friendly teachers and students whom had helped me a lot. With their sincere help, I was able to complete my exchange programme without any problem. The clinical skills, analytical skills and management skills demonstrated by the teachers were very helpful to my learning. The experience as an exchange student in the Hong Kong Polytechnic University is indeed precious and memorable!

Wu Yi

During the three-month exchange study in PolyU, I had a wonderful time and enriched my knowledge. The beauty and prosperity of Hong Kong left a deep impression on me. PolyU is an outstanding university. The teachers here were really nice and helped me a lot with my study and daily life. The students were also warm-hearted and easy-going, so we got on well with each other and became good friends. In addition, the first-class teaching facilities and faculty provided me with an excellent environment to study. I want to express my gratitude to all of you for giving me such an unforgettable experience.

Chan Chun-chung

Exchange Students from Sichuan University

First of all, I would like to thank Ms. Lili Tan and Dr. Janica Wong for their outstanding teaching during my training period at PolyU. The days during my training in the Polyu impressed me deeply. I have learned new and interesting things in the classes, and practised on some advanced instruments that I have never been used before. I learned a lot in the clinic and I believe I am more skillful and professional than before. I would like to thank all the staff and students who have been so kind and helpful to me. Those were the memorable days in my life which I will never forget.

Wang Chun-yue

During my 3-months stay in PolyU, I have learned a lot of clinical procedures and clinical skills, particularly in the PCC and PVT clinic. I was impressed with the kind attitude of the clinicians in the clinic, especially to young children patients. They were patient and tried hard to play with the children to gain cooperation, which I think is something lacking and neglected in the Mainland. In addition, I have also learned new ways of assessing and treating binocular vision problems which I found very useful. In summary, I had a good time in PolyU and would like to send my appreciation to all the warmhearted teachers and students. Thanks for your help.

Zeng Heng-yong

It was indeed a very tough but rewarding experience in the PolyU. I have learned a lot of new techniques that I did not have a chance to learn before. The 2nd Asia Cornea and Contact Lens conference have broadened my horizon in the professional field. What impressed me the most was the attitude of the clinic supervisors and student clinicians towards their job and patients. They were so caring, considerate, serious and professional, which have helped me, for the first time, realized that the job as an optometrist is a wonderful and sincere one. I have decided to try my best to be a good and caring optometrist. It was tough for me because of the language barrier with Hong Kong people. I was so grateful to have a teacher like Ms. Lili Tan who can speak good Putonghua and had helped me a lot. I will try to learn Cantonese for my future trip to Hong Kong.

Xiao Jing-ru



Ms. Li Li Tan (centre) and exchange students

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