

## **Oregon's Meeting**

**April 4 - 7, 2024 at Salishan Coastal Lodge**

### **Course Summaries**

#### **OCT Interpretation and Advanced Techniques, by Chris Putnam, OD, PhD, FAAO**

The eye is a complex structure of highly-metabolic tissue extending from the central nervous system and receives its blood supply from tributaries originating at the internal carotid artery. Optical coherence tomography (OCT) imaging is a noninvasive, in vivo technique that can reach resolutions of 3-5 $\mu$ m and can be applied as a population-level screening technique. These imaging capabilities are critical due to the subclinical vascular and neurologic changes that can present months to years before a patient will experience symptoms.

SD-OCT has become an important part of routine primary care clinics. What was once only the domain of retinal specialists, emerging technology and training has allowed better access to care, definitive diagnoses and more effective healthcare delivery. As SS-OCT devices begin to replace SD-OCT in the primary care setting, the axiom, "You tend to find what you are looking for" is more evident now than before. Axial and lateral resolution, size of scanned area and refined normative databases will make a fundamental understanding of the capabilities and limitations of OCT technology more important than ever before.

In this presentation, we will discuss the OCT layers, band and zones in detail, review the most common clinical presentations of several retinopathies and create a structured algorithm for what to watch and what to refer.

#### **Clinical Peals: Low Tech to High Tech and Everything In-Between, by Chris Putnam, OD, PhD, FAAO**

Primary care optometry is well-positioned to recognize and diagnose systemic disease that manifests in ophthalmic signs and symptoms. Low-cost, clinically relevant, confirmatory testing begins when you greet the patient, becomes focused during case history and entrance testing, and continues throughout the exam. This course will describe emerging evidence from peer-reviewed publications that encompasses clinically validated screening questionnaires, correlations between entrance testing and ocular disease, ancillary testing support of advance clinical imaging and cutting-edge analysis of advanced imaging routinely used in primary care optometry. Also discussed are evidence-based in-office treatments, management strategies and smartphone-based applications that will enhance both clinical care and patient outcomes. The capstone of this course will include targeted Primary Care Preferred Practice Pattern algorithms that are derived from existing literature, on-going NIH/NEI research and corroborated pilot studies. Simple, effective testing accompanied by the nuanced understanding of disease-specific pathophysiology offered by this course will enhance the clinical practice of each attendee on their very next patient.

#### **Advances in Diagnosis and Treatment of Atrophic AMD, by Chris Putnam, OD, PhD, FAAO**

Age-related macular degeneration (AMD) is one of the leading causes of blindness in developed nations. Non-proliferative maculopathy comprises a substantial percentage of total AMD cases and recent advances in detection, diagnosis, treatment and management have placed a spotlight on the crucial role that optometry

must play in primary care healthcare delivery. Evolving techniques allow widespread screening techniques that allow subclinical detection of retinal changes and visual performance that can precede conventional AMD diagnosis by 3-5 years. A review of emerging and existing imaging capabilities paired with more recent developments in disease-specific screening will be presented along with an analysis of current medical and oral supplementation. A detailed discussion of nutraceutical strategies used in atrophic age-related maculopathy will be discussed as well as the developing role of genetic testing as it related to tailored supplementation strategies

**Diabetes and its Ocular Manifestations, by Blair Lonsberry, MS, OD, MEd, FAAO**

Diabetic retinopathy is a leading cause of blindness and a well-known complication of diabetes. Diabetes has other influences and affects on the ocular system, and this presentation will utilize the latest in interactive technology to review the numerous ocular complications associated with diabetes. Current diabetes diagnosis, treatment and management will also be discussed.

**Diagnosing and Managing Ocular Emergencies, by Blair Lonsberry, MS, OD, MEd, FAAO**

Ocular emergencies are inherently unpredictable requiring the clinician to be able to think on their feet, while triaging and managing the patient. Utilizing the latest in interactive technology, this course will review the various presentations of ocular urgencies and emergencies; focusing on triaging, case history and key points in diagnosing various emergent conditions. Up to date treatment and management plans will be discussed in detail, focusing on current therapeutic/surgical intervention from an optometry and ophthalmology perspective.

**Laser Procedures in Optometric Practice, by Blair Lonsberry, MS, OD, MEd, FAAO**

The ever-expanding scope of practice for optometrists is seeing the use of lasers in optometric practice becoming more commonplace. The following interactive course will explore the various use of lasers in optometric practice including YAG capsulotomies, ALT/SLT, laser peripheral iridotomy and the newest laser procedure vitreous floater vitreolysis.

**Primary Care O.D.'s Guide to Low Vision, by Maggie Man Ki Ho, OD MS, FAAO**

Discuss the implementation of basic support for visually impaired individuals in a primary care clinic setting.

**Common and Uncommon Cases in Low Vision Rehabilitation, by Maggie Man Ki Ho, OD MS, FAAO**

Demonstrate the methods to assess and diagnose common and uncommon cases in a low vision rehabilitation clinic setting. Review available rehabilitation services, support, and resources for visually impaired individuals in a low vision rehabilitation clinic setting.

**Cultural Competency, by Drs. Bob Mans & Doug Walker**

Cultural competency education for optometry clinics provides guidance on essential culture-related issues and helps to establish processes to assess the cultural beliefs and practices of your patients to create the most appropriate approach to their care.

**Current Role of MIGS (Minimally invasive glaucoma surgery) in Glaucoma management, by Oswald Rondón, MD**

This course will review the current glaucoma treatment paradigm with an emphasis on where MIGS plays its

most effective role. Will also go into further detail the MIGS options that are presently FDA approved and those which are pending FDA approval and importantly relevant.

### **Beyond the Pressure: Alternative Treatments in Glaucoma, by Gleb Sukhovolskiy, OD, FAAO**

Despite the known multifactorial complexity of glaucomatous optic neuropathy, all current treatments are aimed at adjusting one risk factor - intraocular pressure. In the current age of easily accessible information, patients are often utilizing alternative glaucoma treatments often without discussion with their doctor. This course provides an overview of other potential factors involved in glaucoma progression, as well as lifestyle habits, dietary intake, nutraceuticals and recreational drug use that may affect those risk factors positively or negatively.

### **Unnerving Optic Nerve, by Gleb Sukhovolskiy, OD, FAAO**

This course provides an overview of common optic neuropathies. The goal of the course is to help optometrists differentiate between different causes of optic neuropathies using clinical examination, history, as well as laboratory and imaging tests. This course also provides multiple cases from a clinical setting to demonstrate practical application.

## **Paraoptometric Course Summaries – Saturday**

### **Who helped you with those glasses? by Linda Cole, ABO, NCLE, CPOT**

This one hour CE is designed to review the basics of custom frame styling based on face shape. We will then discuss proper measurements taken by hand and digitally and the importance of accuracy. Frame adjustments to improve fit and vision will be covered. Rounding out this discussion will be troubleshooting and avoiding remakes by coaching the patient toward frame fit and proper prescription evaluation.

### **Put me in coach! Becoming the best CL patient trainer around by Linda Cole, ABO, NCLE, CPOT**

Contact Lens Patient training tips and tricks for all types of contact lens wearers is an important topic for management of staff time. This 1 hour NCLE provides practical tips to help patients gain the appropriate skills to insert remove and care properly for all types of contact lenses including specialty designs. The nuances associated with lens type and suggestions based on many years of experience will be shared. Appropriate cleaning patient scheduling and troubleshooting will round out the discussion.

### **Myopia Management vs Orthokeratology? by Linda Cole, ABO, NCLE, CPOT**

The attendee of this 1 hour NCLE will gain an understanding of what myopia management entails and how orthokeratology is just one method used to fight myopia progression. The theories of why it is important will be discussed. Different methods used to treat myopia will be covered along with the latest technologies. A general discussion on the role of Paraoptometric staff in fitting, data collection, patient instruction and scheduling will conclude the hour.

### **From Great to Industry Best Customer Service is not Enough, by Brandy Yeach, CPOA**

In the typical office flow from check-in to check-out, a seamless process, is crucial for efficient operations. Employees should greet visitors professionally during check-in, ensuring a positive first impression. Phone etiquette plays a pivotal role, emphasizing clear communication, active listening, and the use of scripted responses for consistency. Well-defined scripts help maintain a professional tone and convey accurate information. In the clinic, transitioning authority from doctors to paraprofessionals involves a structured handover, ensuring a smooth transfer of responsibilities. This shift requires clear communication channels, established protocols, and ongoing training to empower paras with the necessary skills. Overall, an integrated approach to these key points fosters a cohesive and effective office environment for industry leading customer service.

### **Unlocking Office Harmony: Keys to Productivity, Success & Happiness, by Brandy Yeach, CPOA**

Embark on a transformative journey with this course, designed to empower Paraoptometrics in creating a workplace that's not just productive but downright enjoyable. Picture this: seamless communication and collaboration forming the bedrock of a team that feels like family. Let's delve into the art of adaptability, teaching strategies to turn change into an exciting opportunity for growth. Our mentorship and leadership modules? They're your secret sauce for building a close-knit team that thrives on shared success. And who wouldn't want to be a part of a workplace where recognition and rewards are more than just routine – they're the heartbeat of a culture that celebrates every achievement, big or small. Join in on this adventure, and let's redefine what a truly fun and rewarding team environment looks like!

### **Elevating Frame Board Management Excellence, by Brandy Yeach, CPOA**

Welcome to a course that transcends the ordinary – "Elevating Frame Board Management Excellence." Imagine transforming your optical space into a dynamic showcase where every frame tells a story and boosts your bottom line. We'll unravel the mysteries of inventory and turn rates, ensuring your frames aren't just sitting idly but are active contributors to your success. Dive into the art of crafting an unparalleled customer experience, where choosing eyewear becomes a journey of joy, not a chore. Stay ahead of trends and arm yourself with profound product knowledge, turning your frames into conversation pieces with stories that resonate. Witness the seamless transition of authority from doctors to opticians, ensuring a smooth and knowledgeable process that elevates the entire eyewear experience. This course isn't just about managing frames; it's about igniting a spark that turns each frame into a beacon of style and profitability. Are you ready to revolutionize your optical world?