abdo COLLEGE

Re·View

Keeping excellence in your sights | June 2010 | Issue 4

A bridge to far horizons

A profile feature of the new bridging role of Academic Link Tutor

Transitions sponsor student prize

The 2008/09 prize for Best 1st year student on the Foundation Degree in Ophthalmic Dispensing course

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For further information on ABDO College sponsorship opportunities contact Michael R Potter FBDO on 01227 733 913 or email: mpotter@abdo.org.uk

Building bridges

I am pleased to once more welcome you to the latest edition of our College newsletter. I hope you feel that our regular communications are now helping you feel more 'in touch' with the College through a greater awareness of our aims, aspirations and other activities that are going on within the organisation.

The theme of this newsletter is 'building bridges' and I cannot help but feel that theme is what our newsletters are all about! We are trying to ensure we develop a stronger link between you, the members of our profession, and the College. We are not here for our own good, but to produce highly trained, qualified dispensing opticians to work within our profession and to illustrate how dispensing is as important a procedure as any part of the eye examination.

I have always believed the patient is the best judge of the worth of a DO and there is no doubt that the practices that utilise the skills of qualified dispensing opticians are among the most successful practices in the country.

It is very heartening to see the number of DO qualified members of ABDO is steadily increasing each year. We also see the number of DOs in the opticians register increasing year-on-year; although unfortunately there are a few who do not see the benefit in continuing their registration and regretably no longer bother. I believe one of our great strengths is in the fact that we voluntarily register, thereby demonstrating that having reached a certain standard in our education, we go on to practise to those standards.

ABDO College has sucessfully instigated Employer Group meetings to, once more, build bridges and 'listen' to some of our most important stakeholders. We need to constantly change and adapt to the ever moving vista of optics, to ensure our students are the best trained and prepared and that we listen to our stakeholders in all areas. It is very rewarding to see some of the major multiples investing in the training of dispensing opticians. They obviously see the benefit in the improved service to the patient that is given by a fully trained and qualified DO.

As also seen in this newsletter the College is privileged and pleased to accept the sponsorship, both new and existing, from our partners in industry. This is another example of our bridge building and the partnership that is so important to both facets. This importance many of our friends in industry obviously recognise by helping to support our work through their sponsorship. We are very fortunate to have a range of the most up to date and sophisticated equipment at our disposal on which to train and educate our students. It may be that many of them will be unaware of the superb equipment we have before their visit to Godmersham, but will, I am sure, go back to their practices and talk about the virtues of what they have seen and experienced first hand!

We always welcome your feedback and whilst I know Jo Underwood and her team would be pleased to hear from you, so would I – so please feel free to contact me by email at c.lee349@btinternet.com.

Colin Lee FBDO, Chairman, ABDO College Board of Trustees

Rodenstock pledge continued support

Re:view is pleased to report that Rodenstock has renewed it's longstanding sponsorship agreement. Back in December 2003, with the generous sponsorship support of Rodenstock, ABDO College officially opened **The Rodenstock Technology Library** which contained a completely new IT suite.

Rodenstock's Dietmar Rathbauer delighted to renew College sponsorship

The concept was to provide IT in an elegant setting – on-line lecture facilities housed the traditional backdrop of the formal library at Godmersham. Since it's instigation it has provided ABDO College students with the opportunity to view all of the College's lecture, laboratory and practical session handouts and access, at their own pace, numerous interactive video tutorials and PowerPoint presentations. In addition, students have many useful and informative DVDs and CDs available from other sources to enhance their individual learning experience.

Over the past six years the library has evolved considerably and this has been assisted by suggestions from students as to things they would like to see added. Ever since it was originally made available student response has continued to be very enthusiastic and it is regularly voted as one of the most popular facilities provided at the College.

Commenting on his company's continued support of the College, Dietmar Rathbauer, managing director of Rodenstock (UK) Ltd, said 'It's great to know that students make full use of the library and especially the IT suite, hence we are delighted to renew our sponsorship. As Rodenstock UK is based near to the College in Kent we are also looking forward to conducting laboratory tours and thereby providing ABDO College students with a greater insight into the latest lens production technologies. We feel privileged to be working closely with the College and actively assisting the progress of the next generation of opticians'.

The development of the library represents an ongoing project for the College and further exciting innovations are planned for the near future.

First ever former student's reunion

If you attended ABDO College as a student, would you like meet up with your former class mates, renew friendships and find out what everybody has been up to? If so we are organising a reunion at this years ABDO conference at 4.00pm on Saturday 9 October at the Marriot Bristol City Centre.

For more information and to confirm your attendance at the first ever ABDO College former student's reunion, email Gillian Twyning FBDO at gilliantwyning@gmail.com or Matt Trusty FBDO at matt_trusty@yahoo.co.uk.

A bridge to far horizons

As the dispensing qualification aligns academically with other health professions, Clive Witcomb has joined the staff of ABDO College to help steer the transition to degree-level vocation.

Clive Witcomb has joined ABDO College in the new bridging role of Academic Link Tutor. The position, which reflects the College's developing academic status, covers three key areas. As Lecturer at ABDO College, Clive teaches degree and diploma students towards their FBDO qualification. In 2011, he will lead the Evidence Based Practice module, a second year university module.

As Senior Lecturer at Canterbury Christ Church University, Clive's role currently involves observing and marking student presentations in other disciplines within the Allied Health Professions Department, such as Occupational Therapy. From next year he will be delivering one-off teaching sessions to these students in order to provide them with an optical perspective. This could be, for example, looking at the eye ageing process in relation to occupational therapy for the elderly.

Clive explains that, as Academic Link Tutor between both learning institutions, his role could be summarised as being the guardian of University/Higher Education principles at ABDO College while representing and explaining Ophthalmic Dispensing professional interests at Canterbury. He says: "At the moment, my role is in answering student concerns, preparing documentation for programme validations and chairing programme management meetings and exam boards.

"Looking to the future, I see this role as pivotal in helping in the birth of Ophthalmic Dispensing becoming a degree-based qualification in line with other health professions. This involves DOs using research in their practices and increasingly becoming involved in carrying out that research."

Clive brings a rich diversity of background experience to his new position. He graduated in Psychology from Bristol University in 1990 and, three years later, gained an MA in Philosophy from the University of Sheffield. He then worked in a number of roles including that of course tutor to first year philosophy students at Sheffield, before joining Boots Opticians. In 2000, while at Boots, Clive qualified as a dispensing optician through distance learning at Anglia Ruskin University, Cambridge. His responsibilities at Boots Opticians included staff team building and maintaining links with pilot stores in the Cambridge and Chelmsford areas. Clive enjoys a range of interests outside his professional role including composing his own music. He has just finished recording a piece for a promotional film in Chichester.

With degrees in Psychology and Philosophy, what made Clive – who also speaks Japanese and German – choose optics as a career focus? Clive explains: "Well there is a historical connection between philosophy and optics. Benedict Spinoza was an ethicist and a lens grinder and Descartes, whose **Meditations on First Philosophy** is still an undergraduate Philosophy text, set out optical sign convention and calculated refraction angles.

"The reality, however, is a little more prosaic. In common with many in dispensing optics, I rather fell into the occupation. It can be lonely working on doctorate level Philosophy, so I left and worked in several retail jobs before finding my way to Boots Opticians. Seeing how opticians were paid for sitting down and talking all day, I realised I'd found my career!

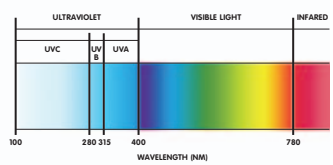
Throughout his career, Clive has successfully balanced study and work in a variety of professional roles. Had he identified any useful lessons to be learned in preparation for balancing three roles in his present professional setting?

"I hear 18 year-olds talking about 'Wasting a year' if they have to defer entry to university, or 30 year-olds remarking it is 'too late' for them to change career path. Everything I have done in the past keeps popping up and proving useful to my current roles. For example, I would not have felt comfortable teaching Optics if I had not previously run Philosophy seminars at Sheffield University for Cognitive Science students. And my training in Counselling has provided new insights into group processes, helping me formulate systems for more effective pastoral support as a tutor. Consequently, I don't see such differences between diverse jobs, nor between working and studying – in all of them I've learned a lot, had my limits tested, and had some fun too."

Sports Vision and Filters

by Sally Bates FBDO, ABDO College Lecturer

Filters and tinted lenses are used to protect the eyes from harmful radiation

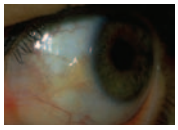


- UVC 100–280nm is generally absorbed by the ozone layer
- UVB 280–315nm is substantially absorbed at the corneal surface – however it can also reach the retina
- UVA 315–400nm penetrates the eye more deeply and can cause prolonged damage to the crystalline lens and the retina
- Visible radiation 400–750nm – the crystalline lens absorbs blue light up to 400nm, however blue light wavelength 400 to 500nm causes retinal damage, this is known as blue light hazard as 435nm is the most dangerous wavelength
- Infra Red 750–500,000nm – this is the most harmful radiation to the eye, it causes heat damage to the retina and choroid, heat cataracts and clouding of the aqueous and vitreous humours

Effects of UV on the eye

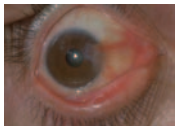
Generally, the effects of excessive UV are an itching sensation around the eyes, excessive lacrimation, photophobia, reduced acuity, swelling of the conjunctiva producing puffiness in the lid region and impaired dark adaptation. However, more serious problems may occur:

Pinguecula



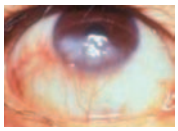
Slightly raised yellowish area on the conjunctiva, caused by excessive UV or living in a hot dry climate

Pterygium



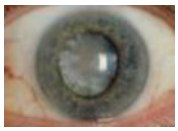
Raised triangular shaped growth on the conjunctiva, pink or yellowish in colour, it invades the epithelium of the cornea at the nasal side and is often bilateral

Photokeratitis



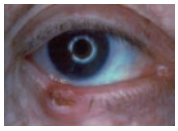
Known as snow blindness; very painful, bloodshot, itchy conjunctiva and temporary loss of vision, may not be noticed until several hours after UV exposure

Age related cataract



Clouding of the crystalline lens caused by UV exposure over a prolonged period

Basel cell carcinoma around the eye area



Small raised nodule with rolled edges, which leaves a central dimple that becomes ulcerated and commonly affects the eyelids near the inner canthus, or the side of the nose

UV protection

Plastics lenses generally absorb up to approximately 350nm, with most hi-index plastics and good quality standard lenses absorbing up to 380nm, however it is advisable when dispensing prescription sun spectacles to recommend a UV absorbing filter, which will absorb wavelengths up to 400nm. For example: Essilor UV 400 which is a colourless filter. Tints protect the eyes when exposed to excessive levels of UV by reducing light transmission, for example sailing, skiing, beach holidays, mountaineering etc.

Short wave UV

Short wave UV is present in sunlight and also at high altitudes, especially where the sun is reflected from the sand, snow or sea. Particular eye problems caused by short wave UV are inflammation of the cornea and conjunctiva, which in turn cause photophobia (i.e. sensitivity to light) and excessive watering of the eyes. For example: photokeratitis (snow blindness). Brown and pink tints offer protection against UV as they absorb light in the middle of the spectrum, however depending upon the patient's colour preference, grey and green are also used to protect against UV.

Visible radiation

Visible radiation is effectively glare, caused by bright sunlight and poorly distributed illumination, for example: fluorescent lighting and VDU screens. Glare results from high levels of luminance, which in turn causes a breakdown of the photosensitive pigments in the cones of the retina. This leads to a reduction in the eye's ability to discriminate object detail, and therefore the patient notices a reduction in acuity. Glare maybe reduced by dispensing an MAR coating or a slight tint (85% light transmission factor (LTF) as a general maximum depth).

Near Infra Red

Near Infra Red (IR) radiation is extremely harmful to the eyes. It is encountered during direct viewing of the sun, for example during a solar eclipse. It is also present in excessive amounts in tropical countries and in industry when welding and furnaces are used. IR is detectable to the patient, as they experience the sensation of warmth to the eye. It is the most harmful of the extra-spectral rays present in sunlight when it reaches the earth.

Problems associated with near IR include clouding of the aqueous and vitreous humours and clouding of the crystalline lens, which results in 'heat cataracts'. Lesions, similar to burns, on the retina and choroids are also a direct of IR radiation. IR protection can only be offered by tints with high iron content, which absorb the dangerous heat radiations. IR absorbing filters tend to be green in colour due to the addition of ferrous oxide into the glass melt. Solid tints offer more protection than any other type of tint as the ferrous oxide is throughout the lens, for example: RayBan G15 lenses or Chance Pilkington SG0, 1, 2, 3, 6, 9.

EN Standards
BS 3521 part 1 / EN 1836 states that any tint less than 80% LTF is unsuitable for night driving and any tint less than 9% LTF is unsuitable for day time driving.

Class	Category	Usage	Trans %	Driving
0	Clear or very light tint	Indoor or overcast	80–100	No limitations
1	Light tint	Low sunlight	44–79	Not suitable at night
2	Medium tint	Medium sunlight	19–43	Not suitable at night
3	Dark tint	Bright sunlight	9–18	Not suitable at night
4	Very dark tint	Very bright sun	3–8	Not suitable for any driving

Sports tinted filters
Tinted lenses which are designed to be contrast filters are generally used for sportswear; they are intended to absorb specific wavelengths of light and increase contrast, therefore providing enhanced visual recognition.

Contrast enhancing filters
Contrast enhancing filters absorb all radiation below 450nm, they are usually yellow in colour to absorb the blue end of the spectrum and enhance the contrast between light and dark.

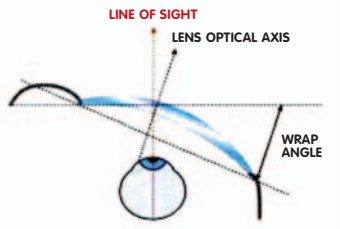
Transitions lenses
Transitions lenses change colour when exposed to UV light, the reaction is inhibited by heat; the lens darkens more intensely and quickly at lower temperatures.

Solid glass tints
Metallic oxides are added to the molten glass during blank production. Cerium oxide creates the pink or brown lens colour and results in UV absorption, for example Zeiss Umbra lenses. Ferrous oxide creates the green colour in the lens and results in IR absorption, such as RayBan G15 lenses. By using other metallic compounds, varying wavelengths can be absorbed (i.e. selective absorption), however this not used very often due to high manufacturing costs. Solid tints produce uneven depths of colour for high powered lenses, as the depth of tint varies with the lens thickness, however this can be overcome by using a bonded equi-tint from Zeiss.

Dip dyed plastic lenses
Lenses are placed in a bath of hot dye for an appropriate length of time. The dye penetrates the lens surface to a depth of approximately 1mm. Good tinting practise is to slightly over tint the lenses and then place them into bleach for a few seconds. This will reduce the tendency for lenses becoming paler with time. Polycarbonate lenses can be supplied by Norville pre-tinted, or polarised green, grey or brown, to a maximum depth of 20% LTF. The majority of hi-index plastics lenses can be tinted to a maximum of 20% LTF, either as a full tint or a graduated tint.

Polarising filters
Absorb visible light and plane polarised light which has been reflected from a horizontal surface, for example: water, road surfaces, and snow. They must be glazed with the polarising axis set vertically, in order to absorb reflected light. The polarised film is created by imbedding iodine crystals randomly into a translucent film base which is then stretched in one direction, causing the crystals to become imbedded in parallel rows.

Wrap style Rx lenses
- Available in a limited power range, recommend up to combined powers of +/- 5.00D
- Take care if dispensing 'wrap style' prescription sunspecs as the lenses are surfaced on a steeper base, the finished lenses will be thicker, therefore increasing spectacle magnification, therefore the patient may complain of distortion and curvature of field
- Usually 8.00D front curve, back surface is individually calculated
- 100% UV protection
- Mirror coating available
- MAR coating applied to both surfaces or back surface only to reduce reflections
- Wide range of tints available
- Available from: Bolle, Essilor, Oakley, Maui Jim, R+H, Rodenstock, Shamir, Sola



Top Tips when recommending sports eyewear:
- Safety – recommend polycarbonate or Trivex lenses, they are 10x more impact resistant than CR39
- Wrap style frames offer more protection from light, wind, water, flying particles etc. and ensure the frames fit close for maximum eye protection
- The colour and darkness of the lenses don't protect against UV, they reduce light transmission, so always recommend a UV filter to give 100% protection
- Recommend polarised lenses for watersports and glare reduction
- Recommend sports filters for colour enhancement

General sportswear
- Ideal for impact sportswear, such as squash, judo, cricket, rugby, lacrosse
- Always dispense Polycarbonate lenses for safety, they are 10x more impact resistant than CR39
- Recommend Trivex lenses as the v-value is approximately 45, hence chromatic aberration is reduced compared to standard polycarbonate lenses
- Recommend polycarbonate Transitions or polycarbonate polarised lenses for outdoor sportswear

Available in a variety of colours and sizes from Inland Optical

Snow Skiing
- Advise wrap mask with Rx insert
- Large slightly wrap spectacle frame for maximum protection
- Mirror tint to reflect UV
- Dark tint approx 15% LTF with UV filter
- BPI Sports tint absorbs UV and blue/violet light from snow or sky to increase contrast
- Essilor Touareg Brown 12% LTF suitable for snow skiing, rock climbing, mountain biking and hiking
- Essilor Sherpa Brown 5% LTF suitable for glacier skiing and mountain climbing. Class 4 tint, therefore not suitable for daytime driving
- Airwear Transitions VI lenses with Scotchgard Forte coating – hydrophobic and smudge repellent MAR

Skiing goggle with glazable insert available from Inland Optical or Norville

Children's skiing goggle to be worn over prescription spectacles

Fishing

- Advise large frame for maximum protection
- Slightly wrap around to protect from wind and rain
- Sports band to prevent frame from slipping
- Polarised lenses to eliminate horizontal surface glare and absorb 100% UV
- Available in Grey or Brown 15% LTF

Inland Optical

Oakley

Golf

- BPI Golf tint green/brown in colour, designed to improve contrast between the ball, grass and sky, by reducing transmission in the blue green region of the spectrum
- Norville 'Golfer blue' or 'green' tint depending upon preference
- Transitions VI and Scotchgard Forte coating – hydrophobic and smudge repellent
- Essilor Master Brown 24% LTF
- Large frame for a wide field of view
- Consider stick on Segments available from Norville, set low to ease marking of the score card. Alternatively dispense one outset segment – if the patient is right handed, outset the right segment; if left handed, outset the left segment

Adidas Golf

Stick on segs

Shooting

- BPI Skeet tint reddish brown in colour, this tint is ideal for woodland shooting – the filter heightens the violet indigo transmission, and suppresses the blue/green making objects stand out against the sky
- Norville 'shooting tint' is a yellow filter to enhance contrast
- Essilor Apache orange 37% LTF
- Polycarbonate or Trivex lenses for safety
- Large frame for maximum protection

Ideal for competition target shooting from Norville

Norville 'Shooter' available with a range of filters for image enhancement for use in various light conditions

Archery

- Essilor Apache orange 37% LTF
- Large frame for maximum protection and a wide field of view
- Dispense non aspheric lenses to maximise the peripheral field of view

Ideal for game shooting and archery

Snooker

- Snooker spec frame from Norville or Inland Optical
- Adjustable pantoscopic/ retroscopic tilt
- Dispense CR39 lenses or Trivex polycarbonate lenses (v-value 45) and MAR to reduce reflections and glare
- Don't dispense aspheric lenses, bifocals or progressives as adjusting the tilt will alter the position of the vertical OC's

Adjustable tilting frame available from Inland Optical or Norville

Tennis

- BPI Tennis tint, bright yellow in colour, this filter absorbs blue light and has a high yellow transmission, therefore enabling the wearer to distinctly see the tennis ball
- Essilor Master Brown 24% LTF
- Airwear Transitions VI and Scotchgard Forte coating – hydrophobic and smudge repellent
- Large frame for protection and increased peripheral vision
- Advise a sports band

Oakley tennis frame

Swimming

- Advise swimming goggles
- Available in sph/cyl Rx range or ' best sphere'
- Polycarbonate with an anti-mist coating for indoor pool use, or polarised lenses to reduce glare and UV protection for outdoor pool usage

Sph/Cyl prescription swimming goggles available from Inland Optical or Norville

Best sphere prescription goggles available in a variety of colours, in adults and children's sizes

Snorkelling

- Recommend diving mask with a glazable insert
- Dispense CR39 low base lenses glazed to the insert, to fit into the mask

Mask available from Inland Optical or Norville

Water Skiing and wind surfing

- Recommend large swimming goggles or swimming mask
- Large slightly wrap sunspec frame for maximum protection from wind, water and light, and a sports band
- Polarised lenses to reduce surface glare and absorb UV

Swimming mask available from Inland Optical

Cycling

- Advise large wrap style frame and sports band
- Recommend polarised lenses to reduce surface glare and absorb UV
- Essilor Inuit polarising yellow 30% LTF for road cycling or Touareg Brown 12% LTF for mountain biking
- Airwear Transitions VI lenses with Scotchgard Forte coating – hydrophobic and smudge repellent

Adidas Evil Eye with glazable Rx insert and adjustable tilt

Glazable insert racing cycling spec from Inland Optical, gives all round eye protection

Cricket

- Advise large wrap style frame and sports band for maximum protection and a wide field of view
- Polycarbonate or Trivex lenses for safety
- Airwear Transitions VI lenses with Scotchgard Forte coating – hydrophobic and smudge repellent

Available in a variety of colours and sizes from Inland Optical

Flying

- Zeiss Skylet sport filter is 10% LTF, brown in colour, suitable for dazzling sunshine and glare, recommended for use in high mountainous areas, glaciers, near water, and flying - Class 4 tint, therefore not suitable for daytime driving
- Skylet fun is orange/brown in colour, 30% LTF, suitable for diffuse weather conditions and hazy visibility, recommend for skiing, gliding, hiking, water sports

Available from Inland Optical

- Rayban G15 – Glass solid tint 15% LTF, thermally tempered glass lenses, contrast filter providing 100% UV and IR

Rayban Aviator large metal G15 lenses

Squash

- Dispense Polycarbonate lenses for safety, they are 10x more impact resistant than CR39
- Recommend Trivex lenses as the v-value is approximately 45, therefore chromatic aberration is reduced
- Upon impact, the lenses will fall forwards from the frame
- The frame is close fitting with a head band, and silicone bumpers on the temples and bridge to absorb impact

Ideal for racket sports, for example: Badminton, Squash, Tennis

Running

- Advise large wrap style frame and sports band for maximum protection and a wide field of view
- Polycarbonate or Trivex lenses for safety
- Airwear Transitions VI lenses with Scotchgard Forte coating – hydrophobic and smudge repellent
- Polycarbonate Polarised lenses to reduce glare, available in Brown or Grey 15% LTF

Adidas Gazelle with Rx insert

Motor sports

- Recommend a large metal frame to provide a wide field of view or driving spectacles available from Inland Optical
- DriveWear lenses combine three significant benefits for car drivers – variable tint, contrast enhancement and polarisation
- Zeiss Skylet road is a brown filter, 20% LTF, suitable for all-round use including driving, motorcycling and cycling

Driving spectacles from Inland Optical with a glazable insert

References

Kanski 'Clinical Ophthalmology'
Mathew W. MacCumber 'Ocular Injuries & Emergencies'
Pipe and Rapley 'Abnormal Ocular Conditions'
Norville Prescription Companion

Sally Bates FBDO

Sally is a self employed dispensing optician and part-time lecturer at the ABDO College in Godmersham, Canterbury. She is the proprietor of 'Identity Optical Training' and frequently organises dispensing courses for professional and support staff, including NVQ courses, revision days, mock exams and CET evenings. Sally has presented her lectures at various events including the Varilux University in Paris, and has articles published in optical journals. She lectures and examines for the Association of British Dispensing Opticians both nationally and internationally.

Lifespan changes

Clive's involvement with other disciplines at Canterbury Christ Church within the Department of Allied Health Professions is still being developed. "Occupational Therapy has a new module for next year where clients are considered in terms of changes through the lifespan. I am involved in preparing a vision-related component of this to meet changing life-cycle scenarios. Many parents ask if their child's myopia will get better as they grow; normally is worsens as the eye grows longer. Early presbyopes, when they find that their previously trouble-free vision is no longer sufficient to read small print, are often surprised that this is an expected progression. Older people have many false beliefs around conditions affecting their vision. I have had many patients who were terrified about a cataract operation because they believed it was to scrape the cloudy skin from the front of their eye! Most patients who use hand magnifiers use them at the wrong working distance while wearing their near glasses instead of their distance glasses.

"So this module will be health promotional, and will also alert OTs to circumstances where visual problems may impact on their work with clients. For example, when selecting a suitably supportive chair for an older person, consideration should be given for the ability for the head to rock back to allow access to the bifocal or progressive reading area in spectacles. A client may seem to be uncooperative with written guidance or instruction, when in fact the instructions are printed in too small a font, or with over-crowded lettering."

Improve standing

How will becoming a degree course benefit future dispensing opticians? Clive replies: "The move towards Ophthalmic Dispensing being a degree-level profession will improve our standing as DOs in our own minds, in the public's perception, and when dealing with public and governmental bodies. However, I think that the question is the wrong way around – it should read: 'How will degree-educated DOs benefit the public?'

'The brave souls are the students currently enrolled on Foundation Degrees and Degrees in Ophthalmic Dispensing. They are at the vanguard fighting for the new generation of dispensing opticians.'

"The academic acknowledgement of DOs' skills and knowledge will enable greater flexibility for us to work collaboratively with other allied health professionals. It will also offer an alternative career path into academic research, which will improve the current best practise of opticians who take care of the public in stores and hospitals. It may also encourage more dynamic involvement in organisations with responsibility for health policy creation, actively promoting ocular health and defending the role of the optician. For example, everyone now knows about the 'five portions of fruit and veg' promotion, but ocular health is rarely promoted. The importance of protecting childrens' eyes from UV (as standard spectacle lenses commonly dispensed to children are not fully UV protective) is not widely discussed. Similarly, the importance of eating wide, dark-green leaves to protect the back of the eye is not promoted."

Can anything be learned from the experiences of, for example, nursing and other health professions which have followed a similar academic route? "Ophthalmic Dispensing is now following a path that has been travelled in the last 10 to 15 years by other allied health professions, such as Occupation Therapy, Radiography and Podiatry. The main lesson that has been learned is that this is a rocky road to travel! Opticians face real challenges including some reluctance to change that still exists in higher education establishments. Similarly, Universities need to realise that dispensing opticians have a long and rich history, and may not be able to be subsumed within generic programmes without significant adaptation. That said, the end result for DOs who actively question policies and procedures that affect them and their patients, and who use formal research in support of their positions to impact on these policies and procedures, has to be worthwhile.

"The really brave souls are students currently enrolled on Foundation Degrees and Degrees in Ophthalmic Dispensing. They will doubtless feel some of the pain of this transition, but will be at the vanguard fighting for the new generation of dispensing opticians."

College library receives donation from local author

Earlier in the year Tim Bowden visited Godmersham and generously donated a variety of interesting and historical optical text books to **The Rodenstock Technology Library** at ABDO College.

Tim Bowden presents Jo Underwood with a signed copy of his book

Having started in optics over 40 years ago, Tim is a contact lens optician who has specialised in contact lens fitting and aftercare for over 30 years. With his wife Lis, he currently runs his own practice in Gillingham Kent, he is also a visiting lecturer for contact lenses at City and Islington College and an ABDO contact lens examiner.

Tim also kindly presented ABDO College principal, Jo Underwood, with a signed copy of his book **Contact Lenses: The Story**, which provides a comprehensive history of the development of contact lenses. Having received great acclaim and reviews from leading figures in optics around the world, Tim's book is surely essential for any CLO or any other opticians who are interested in the history of their profession. It can be ordered by contacting Justin Hall at the ABDO College Bookshop on telephone on 01227 733 904, by email at jhall@abdocollege.org.uk or online by visiting www.abdocollege.org.uk.

Transitions sponsor student prize

Transitions Optical has kindly sponsored the ABDO College 2008/09 prize for **Best 1st year student on the Foundation Degree in Ophthalmic Dispensing course**.

Colin Lee, Katie Memory and Vinni Virdee

The winner is Katie Memory who works at the Memory Opticians practice in Salisbury, which is part of the group of three independent practices headed by identical twin brothers Martin (Katie's husband) and John Memory who are both qualified optometrists.

At a presentation that took place at the College in Godmersham, Katie was handed a cheque for £500 from Vinni Virdee FBDO, who is a product consultant for Transitions and also a probationary distance learning Personal Tutor for ABDO College. In addition, Katie also received a special commemorative certificate presented by Colin Lee, chairman of the ABDO College Board of Trustees. During the presentation Colin Lee said 'Katie has shown complete dedication having achieved a highly impressive module rate of 92.2% and on behalf of the Trustees I wish her continued success. I would also like to sincerely thank Transitions for generously sponsoring the prize'.

On attaining the award Katie said 'I am thrilled at winning the prize, it's really made all the hard work well worthwhile'.

Transitions®
Healthy sight in every light™

Courses

ABDO College provides comprehensive education for dispensing opticians and is currently accepting applications for a range of different courses. Some of the reasons why you should make ABDO College your first choice to either start or further your career in optics are:

- An extensive range of courses to suit your needs
- Dedicated and experienced academic staff
- Friendly and supportive learning environment
- Consistently high theory and practical examination results
- Helpful course tutors
- Vibrant and positive attitude towards students
- Committed to the furtherance of the optical profession

FOUNDATION DEGREE IN OPHTHALMIC DISPENSING (YEAR 1)

ABDO College now offers a two year Foundation Degree in Ophthalmic Dispensing course on the route to attaining BSc (Hons) and FBDO qualifications.

Employer benefits

- Provides a professional career pathway with your practice
- Nurtures additional academic expertise within your business
- An opportunity to stimulate future practice growth and enhanced staff loyalty
- Contributes to the continued growth of the optical profession

Course features

- Combines academic and work-based learning
- 32 weekly distance learning units in each academic year
- Four weeks block release at Godmersham in each academic year
- Access to supplementary web-based interactive tutorial presentations
- Block release accommodation can be provided
- Year 1 courses will commence in September 2010

Entry requirements

- Entry requirements: grade c GCSE in English, mathematics, science and two other subjects, including evidence of recent learning
- Applicants must be working in practice as a trainee dispensing optician for a minimum of 30 hours per week and have the support of their employer

Application deadline: **13 August 2010**

CONTACT LENS CERTIFICATE

Benefits

- An ideal opportunity for opticians to further their career by specialising in contact lenses
- Leads to the higher level Certificate in Contact Lens Practice qualification

Course features

- A one year course commencing in September 2010
- Two separate weeks block release at Godmersham
- Access to supplementary web-based interactive tutorial presentations
- Block release accommodation can be provided

Entry requirements

- Fellowship Diploma and FBDO registration or for existing students a successful pass in the final theory examinations
- Qualified, registered optometrists are also eligible

Application deadline: **27 August 2010**

For further information and application forms for these and other courses please contact DLI at ABDO College on 01227 733 921 or email info@abdocollege.org.uk.

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