March - April 2013
Newsletter ISSUE 12

World Optometry Day Celebrations 2013

This year, World Optometry Day was held on the 23rd of March 2013. Indian Optometry federation celebrated the day by sticking to its goal of increasing awareness of Optometry in India. This was done by creating plates to be put in the clinics of Optometrists.

These plates simply said “Clinic of Optometrist”. The idea was that once it was put in the clinic, patients will be exposed to the word and will understand the difference between an optician, optometrist and ophthalmologist.

On the 9th of March 2013, optometrists were informed through the IOF website that they could ask for the plate free of charge by filling a form and sending to IOF. The response was overwhelming with many optometrists from all over the country sending in their requests. The requests not only included private practitioners but also hospitals and eye care centers. Requests were entertained when received between 15th and 29th of March.

All those who were sent the plates were also requested to send back photos of the plates displayed in their clinics. It was advised that the photos included their visiting card or their degree/diploma around it. This added a level of personalization to the photos received by us. Many optometrists have complied and sent their photos. This newsletter contains a few of these photos.

This was another step by the IOF towards the development of Optometry in India. This small plate in a clinic increases the awareness that general public has about optometry.

IOF acknowledges support of IVI in logistics management.

Dr. S.P. Yadava gets an Award

Dr. S.P. Yadava, President NOA has been awarded professional excellence award in the field of ophthalmology by Rehabilitation council of India and Bihar education project at Rehab 2013 conference held on 11-02-13 at Indian Institute of Health Education & Research Beur, Patna.

Honourable justice Rajendra Prasad of Patna High Court presented this award to Dr. S.P. Yadava. This is a historical landmark in the field of Optometry.
Eye Myths Corrected

Myth: “Squinting a lot damages your vision.”
Truth: Squinting may be a sign that you need glasses, but it isn’t going to make your need for glasses any worse.

Myth: “Sitting too close to the TV or staring at a computer screen is bad for your eyes.”
Truth: Sitting too close to a TV or staring at a computer screen for too long will hurt your eyes – but only temporarily. Much of the problem can come from the screen, because people staring at them for long periods of time tend not to blink.

Myth: “Using glasses for a long period of time will cause your vision to deteriorate”
Truth: Using the correct pair of glasses for you does not make your vision worse.

Myth: “If you wear glasses, not wearing them will cause your vision to deteriorate faster.”
Truth: The immediate side effect of not wearing glasses if you need them is the equivalent of an art gallery tour without bothering to get a ticket. But while trying to focus without glasses may strain your eyes, it will not cause lasting damage. While a person may squint in an attempt to see better, the eye itself will not be affected.

Myth: “Children will outgrow a lazy or crossed eye without intervention.”
Truth: Children with lazy or crossed eyes require intervention, and Believing this myth could create permanent damage.

Myth: “It’s OK. To skip my child’s first eye exam as long as they don’t seem to have any problems with their sight.”
Truth: By age 3, it’s a good idea to have a general eye exam. This can catch many problems like amblyopia and strabismus.

Myth: “People with weak eyes should avoid reading fine print.”
Truth: The concept of the eye as a muscle is incorrect. The eye more closely resembles a camera. A camera will not wear out sooner just because it is used to photograph intricate detail. You can use your eyes without fear of wearing them out.

Myth: “Exercises Can Improve Vision.”
Truth: Eye exercises (also known as vision training) can help to reduce or eliminate eye muscle problems such as strabismus or amblyopia, despite those convincing radio advertisements, there is really no real exercise that can eliminate nearsightedness, farsightedness or astigmatism.
Why optometry should be an independent profession in India

The whole team of IOF has prepared a manuscript of over 50 pages that is now the backbone of representation to various agencies including Government of India. The document is simply called “Why optometry should be an independent profession in India”.

The document talks in details on the following topics:
- Overview
- Health and Development Scenario
- Eye Care Scenario
- What is Optometry?
- Recognition and regulation
- How will the Government and Society benefit?
- National Initiative for the Allied Health Sciences (NIAHS)

Report: A Study to Augment the Capacity and Quality of Allied Health

Professionals in India: “From “Paramedics” to Allied Health

Professionals: Landscaping the Journey and Way Forward

Why is the NIAHS-PHFI-GOI Report unacceptable to the Optometry Community?

The document also contains the following annexure:
- Why Optometry needs an Independent Council?
- Roles and Responsibilities in the National Program for Control of Blindness
- National Level Program Review -Human Resources Status, including District Hospitals, Vision Centres and NGOs in the State, September 2012

Department related Parliamentary Standing Committee Report

Information under RTI Act 2005 from UGC

The document is an “open document” and anyone can use whole or part of it for representing to the government or other agencies.

IOF is sending the same to various influential agencies and offices.

You may download the document at: www.indianoptometryfederation.org/attachments/article/93/why%20optometry%20should%20be%20independent%20profession%20in%20India_by%20IOF.pdf

Optometrists Visiting from the United Kingdom

On Apr.10, 2013, an interactive meeting was held with visiting members of UK Optometric association.

UK Optometry Delegates with David Shannon as leader included Susan Clarkson, Fiona Smith, Nabila Akbarali, Nisha Jiwani, Velly Munchkhof, John, Shivani, Richard, Rajendra Kumar and Frank Pettigrew

Indian Optometry Delegates with Anil Tyagi as leader included Satyavir Singh, Sanjay Mishra, Ashok Shivhare, Subodh Khanduri, Prem Kumar, Joby Samuel

A power point presentation was done by Mr. Prem Kumar on the topic Optometry in India. It highlighted the background of Indian optometry and the present status of Optometry in India. Need for the formation of IOF to bring into one platform. 50% work of eye care is done by Optometrist but they are not being recognised.

On record Optometry is 50 year old profession but yet not recognised as independent professionals.

Another Power Point presentation was done Mr. Anil Tyagi (Secretary-IOF, Vice President –IOA and President -DOA) summarizing the role of IOF and other association in achieving the official recognition of the profession by liaisoning for Optometry Council / Unification of Optometry Education with the government of India.

Dr. David Shannon (Chairman of Association of Optometrists-UK) thanked the Indian Optometrists and specially to Mr. Anil Tyagi for summarising the status of optometry education and optometry and fixing the time scheduling of meeting and welcoming them. He talked about the struggles in formation of national council of Optometry in UK. He stressed on the importance of Optometry in the world eye care and assured all the support to the Indian Optometric profession.

- Report by Optom. Anil.K.Tyagi (Secretary-IOF, Vice President –IOA and President -DOA)

www.indianoptometryfederation.org
Optometrists from all over Tamil Nadu met at the Continuing Optometric Education (COE) in Coimbatore, on February 17, 2013 to attend a one day session to enhance their personal and professional developments. The COE 2013 offered a unique opportunity for all eye-care practitioners (Optometry, Dispensing Opticians and Ophthalmic Assistants). The objective of the session was to discuss the best practice, challenges and changes in Optometry Clinical Practice. The COE began with the welcome address by Mr. Chandrasekaran V, President, OATN Coimbatore Chapter and remembrance to Late Instructor, Prof. N Sukumaran and his contribution to Optometry was made.


Around 200 Eye-Care professionals participated in the session. At the end of the session it was discussed that the next COE will be organised by the OATN team in Cuddalore during April 2013. This will give professionals from India the opportunity to attend several exciting events in one city to network, share and learn from each other. The day came to an end with the vote of thanks by Mr. Venkatachalam K, Organising secretary, COE.

The India Vision Institute (IVI) has launched a major national initiative to assist in development of the necessary human resources to deal with this issue. In this direction, IVI is conducting a capacity building workshop at the Vidyasagar College of Optometry and Vision Science, Kolkata from 4-8 March 2013.

The workshop was led by a team of national and international experts, including Mr Aditya Goyal, Sankara College of Optometry, Bangalore; Ms Mithali Paranjape, Bharati Vidyapeeth, Pune; Mr Kunal Shah, Eye Savers, Hubli; and Ms Helen Dalton & Ms Jodi Martin, Brien Holden Vision Institute, Sydney. The workshop is supported by the Alcon Foundation, Optometry Giving Sight and Brien Holden Vision Institute Foundation.

Mr Debasish Kar, Director of the Vidyasagar College of Optometry & Vision Science said “The first of its kind, the workshop is a small step in the direction of enhancing the capacity of optometry educators in Eastern India. It will focus on a number of specialised areas including dispensing optics; low vision; binocular vision; and teaching and learning methodology.

A Joint Initiative of the LVPEI and the BHVI, the Hyderabad-based IVI plays a catalytic role in achieving socially responsible, high-quality vision care; excellent vision care education; and international leadership in cutting-edge vision care research and development.

For further information about the workshop, please contact Ms. Jissa James on jissa.james@indiavisioninstitute.org or visit www.indiavisioninstitute.org
World Optometry Day Celebration Photos

IOF has received many photos with the “Clinic of Optometrist” plates. Here are a few of them from all parts of India.

Chennai
Rajasthan
Pune

Shankara Eye Hospital, Coimbatore
Kerala
New Delhi

Gurgaon, Ernakulum and Egmore
Bio-inspired Adaptive Material

A new bio-inspired, adaptive material has been developed by Joanna Aizenberg and her team at Harvard. The material has been inspired by tear films. The material is ideal for contact lenses as it is self-adjusting and self-cleaning.

It is a continuous liquid film that coats, and is infused in, an elastic porous substrate. Any deformation of the substrate – such as stretching – changes the size of the pores, which causes the liquid surface to change its shape. To date, the research team has demonstrated the ability to dynamically control two key functions with great precision: transparency and wettability.

For full details please visit:
wyyss.harvard.edu/viewpressrelease/109/cry-me-a-river-of-possibility-scientists-design-new-adaptive-material-inspired-by-tears

Thanks from Vision 2020

Vision 2020 has thanked IOF for the participation of optometry in the following email.

We would like to thank you very much for coordinating the entire track on optometry from design to identifying speakers to conducting the sessions. We would like to thank your entire team and you for doing such a wonderful job. We would like to have your continued support in the next annual meeting.

Membership to IOF is now open. Please visit:
www.indianoptometryfederation.org/attachments/Indian-Optometry-Federation-Membership-Form-V2.pdf

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IOF acknowledges support from

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Eastern India Optometric Association
Graduate Optometrist Association
Government Optometrists Association
Haryana Ophthalmic Assistant’s Association

Ophthalmic Association
Optometric Association of India
Optometrist Society
Optometry Association
Optometry Counsel of India
Punjab Ophthalmic Officer’s Association
West Bengal Association of Optometrists

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