



# Canberra Conference

## Sunday 13th October, 2019

### Kids' Vision 101: Building confidence with children in primary practice

#### Topics

Essential diagnostic skills update  
Practical demonstrations of techniques  
Art Gallery tour over lunch – 'children in art'

#### Location

National Gallery of Australia (Gandel Hall)  
Parkes Place, Parkes, Canberra

#### Parking

FREE on weekends. Underground parking is available via Parkes Place off King Edward Terrace and there is also an above ground car park off Bowen Drive.

#### Pricing

##### OA members

Early bird before 31 August: \$195  
After 31 August: \$235

[Register here](#)

##### Non-OA members

Early bird before 31 August: \$335  
After 31 August: \$375

[Register here](#)

## Introduction

Uncomfortable about seeing a child in your waiting room?  
 Can't tell your AC/A from your MEM?

This year's conference brings a practical focus to diagnosing and managing common binocular vision disorders of the child in the chair. Geared towards optometrists in primary practice interested in honing their paediatric skills, this year's program is packed with clinical pearls and includes practical handout resources.

## Speakers



### Liz Jackson

Liz Jackson graduated from the University of Melbourne in 1995. She has worked in a number of prestigious optometry practices in Melbourne, Adelaide and Sydney and in 2006 she opened her own practice, Visual Potential Optometrists. Liz has been a supervisor at the UNSW School of Optometry paediatric clinic and is a Fellow of the Australasian College of Behavioural Optometrists. Her areas of interest are paediatric optometry, strabismus and visual aspects of learning difficulties.



### Paul Graham

Paul Graham has a private practice that he shares with Meredith Graham on the Gold Coast. He has a keen interest in vision training, contact lenses, orthokeratology and functional vision disorders. He has conducted a number of presentations and workshops on functional vision care and vision training.



### SooJin Nam

SooJin Nam is a behavioural optometrist who has a special interest in children's vision, myopia control and learning difficulties in particular, the impact vision has on learning and concentration. SooJin enjoys learning and improving her clinical skills – she has travelled extensively both nationally and internationally to continue her education. As a mother of two boys, she understands the importance of giving children a nurturing, supportive environment in order for them to achieve their best.

## Program

Time	Presentation	Speaker
8:30am	Registration	
9:00am	Why hone your skills in examining children?	Paul Graham
9:20am	Heart or apples? How to accurately measure VA in kids	SooJin Nam
9:40am	Blueprint of a paediatric exam	Liz Jackson
10:00am	Holding onto the gold - why I don't get others to do pretesting	Paul Graham
10:20am	Focus on accommodation: measurement tips that every optometrist should know	Liz Jackson
10:50am	Morning Tea	
11:20am	What's the instrument beside my ophthalmoscope? MEM retinoscopy workshop	Paul Graham & Liz Jackson
11:50am	The ins and outs of vergence measurement	Liz Jackson
12:30pm	AC/A: exploring the connection between accommodation and convergence	Paul Graham & Liz Jackson
1:10pm	Lunch (including tour of the gallery)	
2:20pm	Diagnosis & treatment of Accommodation/Vergence disorders: interpreting the numbers	Liz Jackson
3:00pm	Spectacle options for BV management	Paul Graham
3:20pm	When are contact lenses appropriate?	SooJin Nam
3:40pm	Myopia progression - where does accommodation convergence dysfunction fit in?	Paul Graham
4:00pm	Finish	

## Topic outlines and learning objectives

---

9:00 AM

### Why hone your skills in examining children?

Paul Graham

Building confidence in examining children improves your practice of optometry in general. This talk will highlight the importance of increasing optometric skills in examining children and the potential cost to the child, practitioner and our profession by not doing so.

**Learning objectives:** To understand the importance of increasing optometric skills in examining children and the potential cost to the child, practitioner and our profession by not doing so.

9:20 AM

### Heart or apples? How to accurately measure VA in kids

SooJin Nam

Clinical pearls will be presented on how to measure visual acuity in young children and understand what is developmentally appropriate. In children, measuring visual acuity gives us far more information than would appear a first glance. SooJin will discuss what VA is measuring in a child and why 'how' a child reads is just as important as what they can read.

**Learning objectives:** To review the most effective visual acuity tests for infants, pre-school and primary school population.

9:40 AM

### Blueprint for a paediatric exam

Liz Jackson

A basic framework of tests and equipment that are ideally suited to examining children will be presented. The importance of free space testing and objective measurements will be explored.

**Learning objectives:** To improve knowledge on which tests are suitable for children of particular ages and the basic areas that should be assessed in a paediatric examination.

10:00 AM

### Holding onto the gold - why I don't get others to do pretesting

Paul Graham

This talk will address the value of what might be seen as basic 'entrance' tests and why these are not tasks that should be delegated. The importance of observing how a child does a test, rather than just thinking about the numbers, will be discussed.

**Learning objectives:** To understand how to perform, observe and interpret preliminary "chair" tests for children.

10:20 AM

### Focus on accommodation: measurement tips that every optometrist should know

Liz Jackson

Liz will present a logical approach to choosing accommodation tests including the practical aspects of measuring and interpreting amplitude, posture and facility.

**Learning objectives:** 1. To familiarise you with the standard accommodation tests suitable for assessing children.  
2. To discuss the expected results for accommodative amplitude, posture and facility tests.

10:50 AM

### Morning tea

---

## Topic outlines and learning objectives

---

11:20 AM

### What's the instrument beside my ophthalmoscope? MEM retinoscopy workshop

Paul Graham &amp; Liz Jackson

Are you using your retinoscope to full effect? This workshop will allow you to practise near retinoscopy techniques at the distance that kids spend most of their time.

**Learning objectives:** 1. Review near retinoscopy techniques to improve diagnosis of accommodation disorders.  
2. To learn how near retinoscopy can give insights into the best lens to prescribe for near tasks.

11:50 AM

### The ins and outs of vergence measurement

Liz Jackson

The three aspects of vergence testing (amplitude, posture and facility) will be discussed in this presentation using a practical approach.

**Learning objectives:** 1. To refamiliarise you with the standard vergence tests suitable for assessing children.  
2. To discuss the expected results for vergence tests (amplitude, posture and facility).

12:30 PM

### AC/A: exploring the connection between accommodation and convergence

Paul Graham &amp; Liz Jackson

It's all about relationships! During this presentation, the speakers will provide a hands-on demonstration of how to measure AC/A, the test that connects accommodation and vergence.

**Learning objectives:** 1. To understand the significance of AC/A ratios and how to measure them.  
2. To improve ability to interpret AC/A ratios for diagnosis and prescribing decisions.

1:10 PM

### Lunch (including tour of the gallery)

---

2:20 PM

### Diagnosis and treatment of Accommodation/Vergence disorders: interpreting the numbers

Liz Jackson

A case based approach will be used to improve your understanding of the diagnosis and management of accommodation/vergence dysfunction, drawing attention to common patterns and profiles in these disorders.

**Learning objectives:** 1. To understand the basis for making a diagnosis in accommodation / convergence dysfunction.  
2. To investigate the various treatment options for accom/convergence dysfunctions.

3:00 PM

### Spectacle options for BV management

Paul Graham

Are all lenses created equal? This presentation will consider the pros and cons of various lens options for prescribing for BV dysfunction.

**Learning objectives:** To revise the practical considerations of various lens types for prescribing for accommodation-vergence dysfunction.

## Topic outlines and learning objectives

---

3:20 PM

### When are contact lenses appropriate?

SooJin Nam

During this presentation, case studies will be used to highlight where contact lenses provide a better visual outcome for the child's prescription such as aniseikonia, high myopia, daily contact lenses for sport, ortho-k or multifocal CL for myopia control and amblyopia.

**Learning objectives:** To understand when and what type of contact lens designs may provide the best visual outcome for children

3:40 PM

### Myopia progression - where does accommodation convergence dysfunction fit in?

Paul Graham

Are "BV" results still important in the apparently asymptomatic myope? Understand how to apply the results of the binocular vision assessment to myopia management.

**Learning objectives:** To understand how to apply the results of the binocular vision assessment to myopia management.

4:00 PM

### Finish

---

