

# ECO Program

This program, developed for the needs of early career optometrists by early career optometrists, is included as an alternative to the afternoon lectures of the main program.

**8th March, 2020**

OA members [register here](#)

Non-OA members [register here](#)

Brought to you by



**Early Career  
Optometrists**

Optometry New South Wales  
and Australian Capital Territory



**SUPER SUNDAY**



**Optometry**  
NEW SOUTH WALES  
AUSTRALIAN CAPITAL TERRITORY

# Schedule

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1:20 PM **Specialty contact lenses for keratoconus – beginner fitting tips for success**  
Alex Koutsokeras

So your patient has keratoconus, and glasses aren't cutting it – what now? This talk will cover how to select and fit contact lenses for keratoconus, as well as common mistakes to avoid.

1:45 PM **Towards early intervention for AMD**  
Peter Heydon

Early phenotyping of patients at risk of both neovascular AMD and geographic atrophy will become increasingly important so that earlier interventions may be offered, before photoreceptor and retinal pigment epithelial loss is irreversible. Our vocabulary and description of early AMD changes must improve.

2:20 PM **Collaborative care in glaucoma**  
Jason Cheng

**Therapeutic  
CPD points  
available**

Under-diagnosis and under-treatment are two major challenges in the management of glaucoma. Optometry and ophthalmology both have key roles in the battle against the number one cause of irreversible blindness in the world.

2:45 PM **A beginner's guide to contact lenses for myopia control**  
Rebecca Dang and Sarah Boneham

Myopia control is no longer a field of optometry that is only practiced by the few, it is fast becoming essential for all optometrists. For early career optometrists, the most difficult part is figuring out where to begin and how to combine knowledge to individualise myopia control treatments. Sarah and Rebecca will discuss the benefits of contact lenses for myopia control, including both soft and orthokeratology, what kind of patients they are best for and how to monitor patients for myopia progression and other side effects.

3:20 PM **Rural optometry panel**  
**Angus Turner:** Interesting cases managed with telemedicine  
**Benjamin Lu:** Full-scope optometry in rural practice  
**Lauren Hutchison:** Working rurally as a new grad in solo practice

**Therapeutic  
CPD points  
available**

What's it like practicing optometry in a rural setting? Panelists Dr Angus Turner, Benjamin Lu and Lauren Hutchinson will discuss the scope of practice in rural optometry, including co-management with ophthalmology, therapeutics and how telemedicine facilitates eye-care in remote communities. Discussion will also explore the challenges and rewards of practicing optometry in rural locations.

4:10 PM **Seeing kids doesn't have to be scary**  
Celine Zhang

Whilst paediatric patients are small, they can often be as intimidating to us as we are to them. This talk will present practical tips and tricks to ensure a smooth, successful paediatric eye examination.

4:35 PM **The "eye" in team: Interdisciplinary care in paediatric optometry**  
Kerry Ho

Examining children alone can be clinically challenging. This presentation serves to explore ways to assess children and more importantly be involved in their care with other health practitioners.

# Speakers

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## Alex Koutsokeras

Alex is a therapeutically-endorsed clinical optometrist with particular expertise in specialty contact lenses and dry eye management. She achieved her optometry degree with first class honours from the University of Auckland. Prior to this, she completed a psychology degree from the University of Sydney. Alex has also completed advanced studies in glaucoma.

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## Peter Heydon

Peter is a fellowship trained uveitis and medical retina specialist, cataract surgeon and general ophthalmologist. His ophthalmology training was conducted at Sydney Eye Hospital followed by a 2-year fellowship at Moorfields Eye Hospital, London. He currently holds two public hospital posts (Royal Prince Alfred and Liverpool Hospitals.) He is a clinical lecturer with both the University of NSW and University of Sydney. Peter consults at Northern Beaches Cataract in Brookvale, South West Vision Institute in Liverpool and Central Sydney Eye Surgeons in Camperdown.

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## Jason Cheng

Jason is a glaucoma specialist with extensive surgical and laser experience (including trabeculectomy, tube implant, angle surgery and minimally invasive glaucoma surgery or MIGS). He completed two glaucoma subspecialty fellowships – one in the UK and one in Canada – and worked in Singapore for 3 years prior to moving to Australia. He is a conjoint lecturer at UNSW, visiting faculty at Fiji National University and visiting medical officer at Liverpool Hospital. His current research interests include ways to improve the quality of treatment for glaucoma patients through medication, laser and surgery.

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## Rebecca Dang

Rebecca works in the UNSW Optometry Clinic as a staff optometrist for the Paediatric and Myopia Control Clinics. She obtained her undergraduate degree from the University of New South Wales in 2014 and is currently completing a Masters of Optometry. She lectures in paediatric optometry, is involved in a number of research projects and is a member of the Orthokeratology Society of Oceania.

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## Sarah Boneham

Sarah graduated in 2014 from the University of New South Wales and is currently working in private practice in the Sydney CBD, specialising in orthokeratology for myopia control and RGP fittings. She is also a contact lens and primary care supervisor at the UNSW Optometry clinic and a member of the Orthokeratology Society of Oceania.

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## Angus Turner

Angus is the founding Director of Lions Outback Vision, based at the Lions Eye Institute (LEI) in Perth, Western Australia. He completed medical training at the University of Western Australia, before studying at Oxford University and completing a Masters of Evidence Based Medicine. He underwent ophthalmology training in Melbourne. Lions Outback Vision provides eye health services throughout Western Australia to rural and remote areas and Indigenous communities in urban locations. He is an associate professor at UWA, a consultant at Fremantle Hospital and an ophthalmology lecturer for the Rural Clinical School WA.

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# Speakers

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## Benjamin Lu

Benjamin is passionate about exploring the extent of full scope optometry so that he can be fully equipped to meet his patients' needs. He is particularly passionate about children's vision and the amazing miracle of rigid contact lenses and their many uses. Benjamin graduated from the University of New South Wales and has been practicing in Tamworth since 2015. Benjamin currently splits his time between practicing at Paul Harvey Optometry and North West Eyes ophthalmology clinic.

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## Lauren Hutchison

Lauren is a proud Muruwari woman from central west NSW. Lauren graduated from QUT Optometry in 2017 and soon after returned to country NSW to practice. Lauren works in independent practice in Forbes, at Orange Aboriginal Medical Service, as well as delivering outreach services throughout the central west region. Lauren is passionate about rural and Indigenous eye care and the specific health needs of her people.

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## Celine Zhang

Celine graduated from the University of New South Wales in 2017. She has a special interest in children's vision, vision therapy and myopia control. She has completed the Specialist Certificate in the Management of Paediatric Patients (Optometry) from the University of Melbourne and continues to pursue further studies in behavioural optometry with the Optometric Extension Program Foundation.

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## Kerry Ho

Kerry graduated from the University of New South Wales in 2016 and is currently practicing in Eyecare Plus Chullora which is a full scope practice. He has a special interest in myopia control and behavioural optometry as well as incorporating collaborative care for patients. Kerry is a committee member of Early Career Optometrists NSW/ACT and is involved in various forms of clinical mentoring.

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