

# Super Sunday 2021:

## Early Career Optometrists Program

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**econa**

Early Career Optometrists  
NSW/ACT

**10th October, 2021**

**Primary Program**

[Details here](#)

**Independent Practice Program**

Full program coming soon



This event schedule details the Early Career Optometrists Program, brought to you by ECONA and tailored to those who have graduated in the past ten years.

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.

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## Session 1: Challenges in myopia management

12:50 PM

### Collaborative care in myopia management - our new normal?

Chameen Samawickarama

The lecture will outline the increasing prevalence of myopia and the ideal collaborative care model with an ophthalmologist to minimise the impact of myopia on a patient.

1:20 PM

### When ortho-K isn't an option

Rebecca Dang, Amanda Lea

While orthokeratology has a lot of benefits, sometimes its not suitable for all patients who need myopia control. This talk will go through the alternatives, including evidence on the ever expanding list of soft contact lenses and spectacle options, and give you advice on how to decide between them.

1:50 PM

### Blueprint for binocular vision in myopia management

Amy Fortescue

Binocular vision and myopia management are two areas of optometry that are often dealt with independently rather than together. This presentation explores how binocular vision results can help us to both identify patients at risk of myopia as well as guide our management plan for at-risk emmetropes and myopic children. Practical tips on how to manage binocular vision disorders concurrently with myopia management will also be discussed.

2:20 PM

Afternoon tea

## Session 2: How to be a better practitioner and improve your patient interactions (interactive session)

2:30 PM

### Cultural safety and reflective practice

Lauren Hutchinson

During this interactive session, Lauren will provide an overview of the history of Indigenous health in Australia and discuss how our internal biases affect cultural safety. She will give practical advice on how to undertake reflective practice and improve communication skills in clinical practice.

3:00 PM

### Deep dive into KPIs

Sephora Miao

Many optometry roles exist in the intersection between healthcare and business. Key Performance Indicators, or KPIs are a natural part of being in this challenging yet rewarding position. This talk will deep dive into why KPIs exist, and what this means for both optometrists and their employers.

3:30 PM

### Take a seat: accidental counselling in optometry

Averil Cook, Nicholas Tran, Alex Koutsokeras

Optometrists often develop strong rapport with their patients and during a consultation, patients sometimes disclose traumatic life events or mental health issues. As a result, optometrists find themselves providing various forms of accidental counselling both in the consultation room and outside. This is particularly applicable in the context of the COVID pandemic and Australian natural disasters. The diverse panel will discuss strategies on how to safely and confidently navigate these situations, and explore how optometrists might link their patients into support services or psychological care.



## Averil Cook

Averil is a Clinical Psychologist and leads the training programs for the Masters of Clinical Psychology in the School of Psychological Sciences with the Australian College of Applied Psychology. She obtained her Clinical Doctorate at the University of Sydney. She previously led a multidisciplinary team at the Infant, Child and Adolescent Mental Health Service (ICAMHS) in the south west of Sydney. Prior to this Averil worked for in speciality teams at the Children's Hospital at Westmead in the Eating Disorders Team, in Consultation Liaison and with teams specialising in somatoform, conversion disorder and gender dysphoria in which she developed new treatments for patients.



## Rebecca Dang

Rebecca works in the UNSW Optometry Clinic as a staff optometrist for the Paediatric and Myopia Control Clinics, where she is also undertaking a PhD studying soft contact lenses for myopia control. She obtained her undergraduate degree from UNSW in 2014, and after working within private practice for a few years, returned to UNSW where she now teaches various undergraduate courses.



## Amy Fortescue

Amy is an optometrist with a passion for children's vision, ocular pathology and myopia control. Amy graduated from UNSW with first class honours in 2010 having developed a love for all things optometry as a child, while working in her father's practice. Amy's interest in binocular vision and myopia stems from her being a high "exophore" who developed classic school myopia at the age of 14. Amy is also passionate about keeping early career optometrists engaged and excited by what the optometry profession has to offer.



## Lauren Hutchinson

Lauren is a proud Muruwari woman from central west NSW. Lauren graduated in optometry from QUT in 2017 and soon after returned to country NSW to practise. Lauren works in an independent practice in Forbes and at Orange Aboriginal Medical Service. She also delivers outreach services throughout the Central West region. Lauren is passionate about rural and Indigenous eye care and the specific health needs of her people.



## 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. Alex was one of the founding committee members of ECONA (Early Career Optometrists NSW/ACT).



## Amanda Lea

Amanda works in the UNSW Optometry Clinic as a staff optometrist for the Paediatric and Myopia Control Clinics. She holds postgraduate qualifications in therapeutic and paediatric optometry and is especially interested in evidence-based clinical teaching and practise.



## Sephora Miao

Sephora graduated from UNSW in 2018 and began her optometry career in OPSM. In 2019 she transitioned into a management role and is currently working with a team of talented optometrists at OPSM Castle Towers. Sephora is passionate about supporting her optometry colleagues in their clinical growth and career satisfaction.

# Speakers

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## Nicholas Tran

Nicholas Tran graduated from Deakin University with a master's degree in optometry in 2019. He practises in a busy optometry practice on the south coast of NSW in Batemans Bay, servicing a mainly retired population. He is passionate about managing ocular pathology and he embraces the challenges of working in a regional area. Nicholas is involved with the ECONA Corporate Engagement Sub-Committee and the Deakin Optometry Alumni Committee.



## Chameen Samarawickrama

Chameen is a cataract, corneal and refractive sub-specialist and an Associate Professor at the University of Sydney. He completed his ophthalmology training at Sydney Eye Hospital and subsequently undertook two cornea/refractive fellowships. Chameen was named one of the 'Top 5' Young Scientists of 2019. He has made major contributions to ophthalmology research and is a leading clinician-scientist in his field. Over the course of his career, A/Prof Samarawickrama has been awarded over \$1.5 million in research funding. He has rooms at Nexus Eyecare Blacktown and Norwest, and Concord Eye Specialists.

