

Super Sunday 2022

Early Career Optometrists Program

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Early Career Optometrists
NSW/ACT

22 May, 2022

Registration & full conference program

[Details here](#)



SUPER SUNDAY



Optometry

NEW SOUTH WALES
AUSTRALIAN CAPITAL TERRITORY

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

Practical tips for effectively communicating myopia management to patients & their parents

SooJin Nam

In this practical talk, SooJin draws on her considerable experience in myopia management to provide strategies for efficiently assimilating the current research and effectively communicating myopia and its management to patients and their parents. Approaches to communicating topics such as orthokeratology, binocular vision and axial length will 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

Honing your cultural intelligence

Dian Rahardjo

During this interactive session, Dian will discuss how to recognise our internal biases and how they may inadvertently result in various cultural insensitivities. Drawing on her lived experience as well as working in Aboriginal Medical Services (AMS) and other resources, she will give practical advice on how to improve communication skills with culturally and linguistically diverse patients, improve cultural awareness, and undertake reflective practise.

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, 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.



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.



SooJin Nam

SooJin Nam is a behavioural optometrist with a special interest in children's vision, including myopia management, orthokeratology and binocular vision dysfunctions. She has been prescribing orthokeratology since 2003. SooJin graduated in 1999 and has since completed an MBA (exec), Masters in Optometry and the Optometric Extension Program (OEP). She has previously been a Board Director for both ONSW/ACT and Eyecare Plus. SooJin is a co-owner of 6 practices in Sydney. 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.



Dian Rahardjo

Dian Rahardjo is a therapeutically endorsed public health optometrist with a keen interest in community development and health promotion to tackle health and socio-economic disparities. She completed a double Masters of Public Health/ International Public Health in 2016. Dian has worked in urban, rural and remote optometry settings, surgical ophthalmology care, teaching, research and professional body administration.



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.