

VISION

>> OPTOMETRY WESTERN AUSTRALIA NEWSLETTER - JUNE 2020 EDITION <<



EXECUTIVE
OFFICER'S
REPORT:
**EVAN
MACRAE**

June 2020 Updates

Well, 2020 certainly has not panned out the way any of us expected. Optometry WA office has seen some extreme changes and last-minute decision making with regard to our planned CPD events and annual state conference. The decision to cancel the conference was not one we took lightly, and it was devastating to have to inform all the delegates and exhibitors that we had made the decision to cancel.

I am pleased to say that we reacted quickly,

in conjunction with Optometry Australia's Simon Hanna, to create WAVE@home and bring four of our booked speakers Dr Lauren Ayton, Dr Alex Hui, Dr Kate Gifford and Jason Holland. This new way of online delivery, Virtual CPD content has been well-received by OA members across Australia. I believe online delivery of CPD content will remain with us as we emerge into what will become the new normal, post COVID-19.

As you will have noticed, member support initiatives have been a major focus this year due to the impact of COVID-19. The Association's COVID-19 response included the establishment of a National Crisis Leadership Group comprising representatives from our national organisation as well as each State/Territory.

In my role as Optometry WA Executive Officer, I was asked by OA to develop business continuity resources, which



included the preparation and quick dissemination of member briefings for employers, employees, locums, and casual contractors. Our team of professional services advisors, Industry Legal Group, and Optometry Finance Australia were tasked with ensuring members' queries were answered as quickly as possible. This was a massive task and we certainly appreciated

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PRESIDENT'S
REPORT:
**ROBERT
HOWIE**

A Once-in-a-Century Event

The past three months have been a once-in-a-century event - the last great pandemic was the Spanish flu in 1919/1920. With COVID-19 many optometry practices shut down or resorted to seeing emergency patients only. Ophthalmology practices suffered a similar fate with closures and "emergency patients only". Locum optometrists have especially suffered, with their work suddenly switched off. Thankfully, "JobKeeper" has helped many of us survive these difficult and challenging times.

Optometry Australia and OWA have worked hard for our members by

providing support, including, for example, the discounted membership fee for next year, professional development, personal counselling and advice related to: employer employee relations, finance management and practice hygiene. Please remember that OWA and OA will always help you in tough times; we are not fair weather friends and are always just a phone call away.

WAVE

The decision to cancel WAVE was a tough call. A few weeks before WAVE we knew a pandemic was coming, but not how seriously or exactly when, or if, it would affect Perth and our delegates, especially those travelling from interstate and overseas. OWA was especially conscious of the health issues and the disruption cancellation of WAVE would cause. Simply put, WAVE was on the cusp of the COVID-19 disaster; two weeks before the scheduled date it was all good and two weeks after, WAVE was impossible. The Board had a robust discussion and Evan agonised over the decision but unfortunately, WAVE was just two weeks late this year.

I think we all realise that often in crises there is a potential opportunity - sometimes it is just a matter of looking. Physical WAVE's 2020 demise has changed the delivery and reach of WAVE and our lectures at the FJ Clark theatre. Virtual WAVE is with us now. I thank Evan for seizing the opportunity and creating the online systems to send lectures scheduled for the FJ Clark lecture theatre and some lectures scheduled for WAVE into our homes virtually. OWA recognises that physical events are still very important for networking, camaraderie and just having a good time so we will always have them. However, virtual events assist members stranded by time and distance and they are here to stay too.

Referrals

OWA has worked hard to ensure our members are kept informed of the referral pathways preferred by private ophthalmology and the teaching hospitals. In the COVID-19 environment this was especially important to prevent community transmission amongst health workers, their

Continued page 9

CPR Courses with Time Critical

Optometry WA works with Time Critical to provide CPR courses for our members on Sunday mornings.



Once you complete your course, you can upload the certificate to the OA Member Hub, tick that you are CPR Accredited and enter the expiry date of your certificate (add on additional years as valid for 3 years for AHPRA requirements).

Time Critical has completed a Risk Assessment & put the following measures in place:

- Adequate space to adhere to social distancing
- Adequate ventilation
- All surfaces have been cleaned and disinfected
- Training equipment has been cleaned and disinfected
- Adequate hand sanitiser and alcohol wipes available
- Hand sanitiser provided throughout the course
- Training equipment cleaned with alcohol wipes during session after each use



Need your CPR Certificate?

If anyone is wanting to do a CPR course, please see below for Time Critical's courses – you don't have to use this provider, there are many others available, but the courses are run on Sundays to hopefully suit our members who can't get out of the office during the week or Saturday's.

All are at the following address:

Stirling Regional Business Centre
45 Delawney Street, Balcatta WA 6021
9am to 12.30pm - Cost: **\$65**

T: 08 9207 2900 | E: info@timecritical.com.au

Remember to put the expiry date 3 years from the date taken, as you are only required by AHPRA to take the course once every 3 years. You can also email the OWA office to update your certificate on admin@optometrywa.org.au



Time Critical CPR courses:

HLTAID001

- 26 July [BOOK HERE](#)
- 30 August [BOOK HERE](#)
- 18 October [BOOK HERE](#)
- 29 November [BOOK HERE](#)

~ Cost: **\$65** ~



Optometry Virtually Connected 26th to 28th June 2020

If you have registered for this free to OA members event, congrats on signing up to Optometry Australia's inaugural virtual conference and product showcase.

This innovative event will bring you the best available education and interaction with suppliers that has been unavailable in the last couple of months. A total of 22.5 points are available from a combination of accredited live CPD sessions as well as range of on-demand sessions. You can also access additional CPD points by attending exhibitor presentations held within the product showcase.

A full copy of the Optometry Virtually Connected event program is available to **download here**.

Registration is closed and if you have registered to participate, you will



have been given an access code which you will need to use to access the event. Once you have the code, and once the event is live, you will be able to connect to Optometry Virtually Connected with any digital device – computer, tablet or mobile phone.

Connection may not be optimal however on older devices supported by outdated technology or if you have a low or minimal

internet bandwidth. And while possible, watching via mobile may not deliver the best results for eye strain and posture!

If you have any queries with regard to your registration for OVC, please email ovc@optometry.org.au - Registration is now closed but for those of you who have signed up, enjoy your weekend of information and education.

St Pats is Back!



ST. PATRICK'S
COMMUNITY
SUPPORT CENTRE

We are pleased to say that we have been able to resume the St Pats Eye Clinic and had our June clinic on the 17th June.

Thank you to our fabulous volunteer optoms for offering their time and expertise at these monthly sessions.

If you have volunteered and are on the list for one of the sessions from July onwards, the OWA office will be in touch to check your availability and re-confirm the date.

If you are interested in getting involved in either St Pats Eye Clinic or the City of Perth Homeless Connect and have not previously volunteered or contacted the OWA, then please email admin@optometrywa.org.au for further information.



Photo copyright; St Pats Community Support Centre www.stpats.com.au

Wave@home 2020

At the end of March 2020, we launched WAVE@home in conjunction with Optometry Australia's Institute of Excellence and four of our presenters due to appear at WAVE 2020.

As you will be well aware of the reason behind cancelling our annual state conference, WAVE, we were pleased to bring you four live webcasts with a total of 16.5 Face to Face CPD available. Being new to the world of Zoom webcasts, we did not know how many OA members might register and watch the four separate 60-90 minute presentations.

We were exceptionally pleased to have between 600 & 1000 registrations per webcast, with a 90% conversion rate from registration to attendance.

A new record for a relatively short era so far. Fast forward a few months and we are now well and truly operating in the world of Zoom and online presentations with the introduction of CPD@home from the Optometry WA office.

The response from you OWA members and OA members across the country has been amazing, you have adapted to online webcasts and multiple-choice quizzes to gain your all-important CPD points for 2020. A note to our regional members, we hear your feedback of continuing to offer webcast CPDs further down the

track to allow regional members to watch CPD evenings from our metro presenters.

For those of you that may have missed the Live Webcasts, WAVE@home recorded webcasts are available to watch, with assessment for Independent Learning CPD. See below for details on each webcast and click on the links below to access the online learning platform. All are available until 30th November 2020.

CPD@home events are currently only available to watch live, and so please make a note of the forthcoming CPD@home dates, presenters and topics shown below.

Thank you for your support of WAVE@home and CPD@home in these trying times, we do hope we will see you soon but for now we will be available on Zoom!



Wave@home DR LAUREN AYTON

Recorded for Independent Learning with optional assessment:

AMD - IMAGING, CLASSIFICATION & ADVANCED THERAPEUTICS

WATCH THIS PRESENTATION



Wave@home DR ALEX HUI

Recorded for Independent Learning with optional assessment:

INFECTION AND PAIN MANAGEMENT IN EYE CARE

WATCH THIS PRESENTATION



Wave@home DR KATE GIFFORD

Recorded for Independent Learning with optional assessment:

MYOPIA MANAGEMENT - KIDS, CONTACTS AND THE VISUAL ENVIRONMENT

WATCH THIS PRESENTATION



Wave@home JASON HOLLAND

Recorded for Independent Learning with optional assessment:

HOW TO MIX THE PERFECT DRY EYE COCKTAIL

WATCH THIS PRESENTATION



CPD @home



CPD @home LISA JANSEN

7th July 2020 - 6.30pm
90 minutes 1.5N CPD

**WORKPLACE WELLBEING
POST-COVID**



Early Career
Optometrists
Optometry Western Australia

[REGISTER HERE](#)



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CPD @home DR DIMITRI
YELLACHICH

20th July 2020 - 6.30pm - 60 minutes
3 CPD, with optional assessment

UPDATE ON TREATMENT OPTIONS FOR DRY MACULAR DEGENERATION

[REGISTER HERE](#)



CPD @home

25th August 2020 - 6.30pm - 60 minutes 3 CPD, with optional assessment

DR CHANDRA BALARATNASINGAM
**THE ROLE OF THE CHOROIDAL CIRCULATION IN
THE HEALTH AND DISEASE OF THE RETINA**

DR RHUJU MEHTA
SURGICAL OPTIONS IN GLAUCOMA - CURRENT & FUTURE

[REGISTER HERE](#)



THANK YOU TO OUR SPONSORS!

CPD@home is kindly sponsored by **Bayer Australia** and **Novartis**



Bayer



NOVARTIS
OPHTHALMICS

THE CHOICE IS YOURS!

Optometry WA Renewals To Pay or Not To Pay...

Membership Renewals 2020-21

	Fee Discounted by 50%	Pay in Full	Pay x12 Mths	Defer Until
Full Time	\$2,195 \$1,097.50	\$1,977.50	\$91.45	Oct.*
Part Time	\$1,760 \$880.00	\$880.00	\$73.35	Oct.*
Academic	\$1,760 \$880.00	\$880.00	\$73.35	Oct.*
Recent Graduate	\$1,755 \$877.50	\$877.50	\$73.15	Oct.*
Minimal Practice	\$1,195 \$597.50	\$597.50	\$49.80	Oct.*



* Payment options available in October will be Pay in Full or Pay x 9 months

That is the question & the choice is yours, you just need to select your membership renewal option by the 30th June in order to renew for the 2020-2021 Membership year and take advantage of the two offers available to all OA members.

- 1) All Membership Categories Fees **Discounted by 50%**
- 2) **Option to Pay now** in time for the 30th June 2020 (in full or over 12 months), **or opt to defer until October 2020.**

In addition to the option to defer, once we get to October 2020, you can either pay in full before 31st October 2020 or start 9 monthly instalments from October onwards to June 2021. So please if you have not made your renewal selection yet, please logon to your Optometry Australia member hub and make your choice. Click on the **Pay Now** button or **Pay Later** button (see below).

If you are time poor, not computer savvy or just want someone else to sort this out for you, then you can get your renewal option sorted for you by emailing the OWA office to advise you membership category and choice of Pay Now, or Pay Later. You need to do this in advance of close of business on the 30th June to ensure your email is seen and actioned.

We also take membership renewals over the phone, so you are welcome to call the OWA office on (08) 9321 2300 during office hours and we can process your membership renewal for you and get your receipt emailed the same day.

If anyone pays by EFT, you will get your membership receipt emailed to you from the OWA office, usually the next working day.

If you have any queries, please let us know and don't forget, the 50% discount offer is open to New Members as well as renewals, so if your colleagues, or staff members have been considering joining Optometry WA, now is the time to take advantage of this one time 50% discount offer.

OWA Office:
admin@optometrywa.org.au

Membership Renewal

Home My Membership Upcoming events and CPD Classified My CPD Record My Jobs Board Adverts Optometry Australia Website

You are renewing for SUBSCRIPTION PERIOD FROM 01/07/2020 to 30/06/2021

YOUR CURRENT MEMBERSHIP CATEGORY: Full Time

Renewal - Payment Selection

Please select payment options:

PAY NOW

PAY LATER



PRESENTED BY LISA JANSEN



Early Career Optometrists

Optometry Western Australia

CPD@home



7TH JULY 2020 - 6.30PM WA TIME

DURATION 90 MINUTES - CPD: 1.5 NON CLINICAL - PRESENTED BY LISA JANSEN

Workplace Wellbeing Post-COVID

Due to COVID-19 the whole world has changed. Life and work as we know it has been altered forever. So how do you adjust to the workplace changes? You need strategies to deal with uncertainty and fear of the unknown. When you focus on what you can control it empowers you and reduces stress. During this interactive webinar we will explore ways to embrace the discomfort and discover new opportunities.

LEARNING OBJECTIVES:

ASSESS YOUR CURRENT SITUATION TO ALIGN YOUR PURPOSE TO YOUR EMPLOYMENT OPPORTUNITIES

- Get clarity on your professional skills and interests
- What is and isn't working for you?
- Where are your employment opportunities?

STRATEGIES TO COPE WITH WORKPLACE STRESS IN THE POST-COVID PERIOD

- Post-COVID there are extra obligations to maintain safety and this adds to your burden of responsibility
- How do you balance all of this in the busy period post-COVID?

SETTING NEW GOALS AND A PLAN FOR YOUR FUTURE

- Set your goals for the next 3-6 months and 12 months
- Break your goals down into small achievable steps
- Work out your next actions

NEGOTIATING HEALTHY BOUNDARIES AT WORK AND HAVING DIFFICULT CONVERSATIONS

- Tips and strategies to help you set win-win boundaries at work
- How to approach difficult subjects at work to ensure you are heard

Learning new ways to cope with work struggles and improve mindset can help levels of engagement and productivity. Now is a good time to reset priorities and plan a way forward for the future.



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REGISTER NOW

A Quick ECO Update

ECO WA SOCIAL REPORT:

SUNNY LEE

ECO WA Committee Member

Well, it has certainly been an eventful first half of the year!

Even though opportunities for face-to-face events have diminished, we have still been busy behind the scenes discussing how best to adapt to the rapidly changing situation and bring ECO members the necessary information and support to get through these times. Here's what we have been working on, in a safe, socially-distanced manner:

Firstly, we welcomed two new members to our team: Yee Teng Goh and Sarah Golfis. Yee and Sarah joined us at the most hectic time this year, and have offered invaluable insight and unfailing enthusiasm in all of our planning so far. We look forward to all the work we can do with these two as part of our team.

Secondly, we have our first ECO webinar locked in for Tuesday, July 7th. Lisa Jansen, a lifestyle transformation coach, will be giving a talk on mental health and wellbeing during uncertain times— certainly a relevant topic in today's climate. As with other OA webinars thus far, it will be scheduled as a zoom meeting. Keep an eye out for more emails regarding this session.

Next, other ECO CPD events planned for the rest of the year: an anterior segment talk with Dr. Charlotte McKnight, a retinal talk (ophthalmologist to be announced), and, back by popular demand, a collaborative event with the Early Career Pharmacy Working Group WA Branch. Last year's

collaboration focusing on red eyes was a booked-out event, and we are anticipating similar levels of interest in this year's talk, to be centred around glaucoma drugs. As restrictions on gatherings ease, we hope to organise these as face-to-face events, but as always, more details will be coming to you via email as they are confirmed.

In further news, the ECO Think Tank - a national event where representatives from each state's ECO committees join to trade ideas and innovations regarding the course of our profession - is scheduled to be held on 12th July, as a virtual event. From WA, our two newest committee members Sarah and Yee Teng, will be attending. ECO Think Tanks are always a great way to see what other states have been up to, and with the large shifts in our profession during the COVID-19 crisis we're sure there will be many new concepts and ideas to consider and incorporate into future plans.

Finally, a reminder that OA Membership renewals are due by the 30th of June, at a greatly discounted rate this year in recognition of the adverse effects of the pandemic. Membership can be renewed through the OA portal, or via the emails that Jude has sent out to every member earlier in the month.

As we sign off, we remind you that we are always open for support during difficult times (and times have never been more difficult!) through our facebook chat. We are also available via the OWA office, just an email away. Though it's been a topsy-turvy 2020 so far, it hasn't been able to keep us down: we look forward to seeing you all in the next six months, hopefully at one of our planned CPD events.



Early Career Optometrists

Optometry Western Australia



Lisa Jansen presenting via Zoom on **7th July**



Dr Charlotte McKnight presentation date TBC



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CPD @home

TUESDAY 7TH JULY

LIVE WEBCAST



Early Career Optometrists

Optometry Western Australia

Executive Officer's Report Continued from page 1

the extremely positive feedback that came to us.

With the support of Optometry Australia, and thanks to previous prudent financial management, Optometry WA has implemented the 50% fee membership renewal offer with payment plan flexibility to support members throughout 2020–2021. Despite this reduction in income, we are committed to continuing to provide all normal member services, along with enhanced CPD offerings, both virtually and face to face, and industry standard PII. We thank our members for their support and renewals.

Pandemic aside, we have been working on the Subsidised Spectacles Scheme. Prior to the COVID-19 lock down, and with support of Vision 2020 and Federal Government funding, Optometry WA attended several meetings aimed at facilitating a pilot program, across parts of the State, for a new scheme. These meetings were also attended by representatives from the WA Health Department which is in the early

stages of a review of how WA currently operates versus the rest of Australia.

Our hope is that a new scheme, while limited in the early stages, will lead to a far more equitable scheme in the future. To support it, Optometry WA will work with interested members to provide training in cultural awareness and customer accessibility. We are also creating an internal reconciliation action plan, which will further support the scheme's roll-out.

I would like to mention and thank Optometry WA President Robert Howie on his tireless efforts and extensive work with the Perth public hospital system. Rob has been developing a triage document to be used by optometrists when referring into the system. Rob has worked in conjunction with other stakeholders including the University of Western Australia, private optometry, the hospitals and the Royal Australian and New Zealand College of Ophthalmologists (RANZCO).

It would be amiss of me not to mention

the forthcoming Optometry Virtually Connected online conference taking place 26th–28th June. I have been heavily involved in the Optometry Australia taskforce engaged to bring this virtual conference and trade show to the optometry industry. This initiative aims to bring direct to you, your professional education along with your interaction with the trade exhibitors you would usually see at a conference. There are Live Webcasts available over the weekend, with a series of on demand CPD that you can view at your leisure. There is even an interactive Cocktail Party hosted by Optometry Australia's CEO, Lyn Brody and President, Darrell Baker. The registration uptake for this weekend has broken all the online limits previously set, with over 2200 people expected online over the course of the weekend. Optometry Virtually Connected is brought to you by Optometry Australia as a free online event, offering up to 22.5 CPD points. For those of you from Optometry WA who will be taking part, enjoy the weekend and we look forward to your feedback.

Our President's Report Continued from page 1

families and the shutdown of practices for cleaning if exposed to COVID.

OWA is now working with OA, UWA, the hospitals and other stakeholders to prepare a triage document for referral into the public ophthalmology system.

Public Hospitals

I was very pleased to hear from Jean-Louis De Sousa (RPH Ophthalmology HOD) that most referrals from Optometry are both appropriate and high quality. Public hospitals are different from Private Ophthalmology since their resources are limited. Consequently, in Public Hospitals service capabilities are restricted to those patients requiring treatment. This means Public Hospitals do not see patients requiring opinions where there is no risk (e.g. asymptomatic pterygium, blepharitis, most dry eye, progressive conditions with little change or risk and vision loss correctable by refraction) and patients requiring cosmetic or refractive surgery. Of course, clinical judgment and acumen is required in all cases.

Jean-Louis additionally commented that all GP referrals must include, if available,

examination results from an optometrist within the previous six months and note:

1. Visual acuity
2. Intraocular pressure
3. Pertinent anterior segment, retinal and optic nerve features
4. Visual field tests if relevant
5. Ophthalmic history (previous ocular surgery / previous trauma to the eye / uses contact lenses)

Scope of Practice

Over the last decade or so Optometry has broadened its scope of practice from the management and treatment of healthy eyes and being the gatekeepers of eye-related referrals, to practitioners who can now manage most anterior eye conditions treatable with drops and refer appropriately to ophthalmology and general practice.

Naturally optometrists understand their scope of practice. However, we also provide eyewear and the reality is that the visibility of our spectacle promotions can lead to an impression that we are mostly prescribers and suppliers of spectacles.

Optometry is the primary eye care profession positioned between medical general practice and ophthalmology. Ophthalmology knows what we can do and have done but our medical colleagues in general practice are often not so sure. May I suggest that every time we refer a patient or write a letter regarding a patient, that the patient's GP is also sent a copy. This will help us by helping GPs understand our scope of practice as health care professionals.

GPs are also very willing to refer patients to optometrists if there is "trust". Trust is a personal thing; it's the confidence of the GP that the optometrist will not let the patient and GP down. It's about diagnosing, treating or referring appropriately; it's about using clinical judgment and ability to manage unusual, unexpected presentations and always writing a report back to the GP. Simply put, it's about getting it right, fixing the problem and everybody being happy.

Yours sincerely,



Robert Howie
President 2019/2020

Classified

Wanneroo Optometry practice for sale

Opportunity exists to takeover an independent optometry practice located in a Professional Centre in Wanneroo. Appealing rental agreement. Equipment and stock negotiable. If interested, please contact Daryl on **0422 112 274**

Optometry WA Locum List

Locum list here in WA for those that want to work metro, regional or interstate.

Want to join the Locum List?

Please register yourself here by completing this **short online form**. Your information will then be made available to those that request access to the OWA Locum List.

You will be required to update / confirm your continued presence on the list from time to time. If you have any queries, please contact the OWA office on **admin@optometrywa.org.au**

Want to access the Locum List?

Please email the Optometry WA on **admin@optometrywa.org.au** to request a copy of the list be emailed to you. You must be an optometrist practice and adhere to our t&c's for using the list.

Register your notification here...

Here you will find current notifications, classified ads for our members, resumes, employment opportunities etc can be displayed here for a limited period, free of charge to our Optometry WA and Optometry Australia members and available to non-members when booked in conjunction with Vision Newsletter or OWA Email Campaign. All items are placed at the discretion of Optometry Western Australia. By registering your advert online with Optometry Western Australia, you will be required to tick a box accepting our Ts & Cs.



**Optometry
WESTERN AUSTRALIA**

FACE TO FACE WAVE IS BACK FOR 2021*
*SUBJECT TO FUTURE PANDEMIC RESTRICTIONS

Wave 2021
SATURDAY & SUNDAY 20-21.03.21
ESPLANADE HOTEL FREMANTLE, WA

SAVE THE DATE!
20-21 March 2021
Further information coming soon!

WAVE 2021 promises delegates an extensive education program that will meet the new CPD requirements and can be delivered in person and virtually. Watch this space for further information on topics and speakers for the WAVE program. We look forward to welcoming you back to our Western Australian Vision Education event, WAVE 2021.

OPTOMETRY WA DELIVERING MEMBER CPD REQUIREMENTS VIRTUALLY AND IN PERSON