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>> OPTOMETRY WESTERN AUSTRALIA NEWSLETTER - DECEMBER 2020 EDITION





EXECUTIVE OFFICER'S REPORT: EVAN MACRAE

Welcome to Optometry WA Vision for December 2020. I'm sure we all look forward to drawing breath, absorbing the magnitude of 2020's events and looking forward to 2021 with a great degree of optimism.

As I reflect on the last 12 months it is incredibly satisfying knowing that OWA has been able to implement many initiatives to support our members, including broadcasting WAVE at Home CPD to

an expanded audience, membership fee discounts to assist with a COVID-19 recovery, provision of up to date business advisory information, and ongoing lobbying to promote optometry. The workload has at times been intense however the single purpose has always been to offer the best information, support, and services we can to each and every member no matter what their circumstances and stage of career. None of this would have been possible without acknowledging the vast amount of voluntary work performed by OWA board members. I would like to specifically acknowledge immediate past President Rob Howie and board members Christine Baker and Simon Hogan. Rob has stepped down as OWA President to take up a National Directors role. Christine and Simon have served OWA outstandingly and we wish them the very best. I welcome Stephanie Bahler, Kevin Sun, David Hsu



and Kitty Wong (ECOWA President) to the board to complement our existing and talented board members. The mix of old and new, led by our new President Roxanne Medhora ensures vibrant, topical and relevant debate guaranteed to serve our members exceptionally well.

My report would not be complete without mentioning WAVE 2021. After the Continuing on page 9



PRESIDENT'S REPORT: ROXANNE MEDHORA

Kaya noonakoort! Hello everyone!

As we reach the end of this whirlwind year I would like to take a moment to acknowledge the hard work and dedication of Evan McRae and Jude Martindale.

This year certainly hasn't panned out the way we expected it to, with the cancellation of WAVE and reinvention of WAVE@ Home to helping our members navigate through COVID-19 disruptions Evan and Jude have made significant contributions to the well-being of the association and its members. I would also like to congratulate Robert Howie, the previous President of

Optometry Western Australia (OWA), on his appointment as Optometry Australia (OA) National Director. Robert's dedication to the association and profession has been inspirational, I certainly have big shoes to fill.

On that note, allow me to introduce myself. I am Roxanne Medhora, President of OWA, graduating from the University of Auckland and commencing full time work in Perth from 2015. I'm currently a locum Optometrist serving the metro, regional and remote communities of Western Australia. Being a locum has taught me to be resourceful, adaptable and how to work cohesively in multidisciplinary teams. Working in remote indigenous communities has made me appreciate the impact our work can have in the health and well-being of others. I wish to transfer these qualities and my passion for Optometry to best serve the board and members of OWA.

The Board

October marked the start of the new Board. I must say I'm incredibly excited

to be working with remarkable individuals and it would be my pleasure to introduce them you to:

David Hsu – Vice President, Andrew Nguyen – Treasurer, Gary Crerie, Hui-Lin Chan, John Palassis, Michelle Bell, Stephanie Bahler, Kitty Wong and Kevin Sun.

A big congratulations to Kitty for being elected as Chair of the Early Career Optometrists committee.

The Board has a number of Development committees that members can be a part of including Advocacy and Communications, Education, Rural and Remote and Early Career Optometrists. I would like to encourage all our members who would like to be part of these committees to get in touch with myself or Evan. I would particularly like to invite anyone who is interested in and/or has experience in Advocacy and communication because my aim for next year is to build a stronger advocacy profile for the profession and Continued page 9

I live and work on the traditional land of the Whadjuk people of the Noongar nation and wish to acknowledge their custodianship of country and pay my respects to their Elders past, present and emerging.

ECO WA Report

David Hsu & Dr Kenneth Lee present at the FJ Clark Lecture Theatre 17th November 2020.



ECO WA
PRESIDENT'S
REPORT:
KITTY
WONG

It's safe to say that 2020 has not been the best start to the new decade, however with a vaccine on the horizon and interstate travel now open, things are looking up.

ECOWA has welcomed another new member into the midst, Shashi Patel at Eyes on Oxford. We are sure he will provide valuable input in the year ahead and are excited to have him as part of the team.

We held our first AGM in early November. With the new committee structure, three additional positions were added for more clarity and transparency in our roles and responsibilities. I am happy to introduce our new title holders and current committee.

Kitty Wong President Sarah Golfis Vice President Yee Teng Goh Secretary Brianna Caldow Treasurer Member Kiran Sookroo Member Andrew Nguyen Sun Young Lee Member Shashi Patel Member

Kiran Sookroo stepped down as President with myself replacing him. Eden Kwok and Roxanne Medhora both stepped down with Eden remaining as an advisor to ECOWA and Roxanne as OWA President.

Our last event of the year was a joint CPD event with Early Career Pharmacy Working Group WA sponsored by Alcon. The talk was centred around glaucoma, with a short presentation by Megan Zabell, an optometrist from Alcon Professional Affairs ANZ. She introduced the improved Systane Hydration eye drops with sodium hyaluronate and HP-Guar for enhanced ocular protection and hydration.

Following this, senior UWA lecturer/pharmacist, Kenneth Lee and OWA Vice President/optometrist, David Hsu provided an informative talk on glaucoma types and available therapies. Kenneth elaborated



further on factors to consider when prescribing eye drops such as systemic and/ or ocular contraindications, health literacy and medication regime. David provided case studies which highlighted the importance of compliance, close monitoring and education in improving patient outcomes. At the end, a Q and A session was held with questions relating to each other's scope of practice.

This talk booked out very quickly, partially due to the limited seating capacity enforced by COVID. As always however, the event was very successful in its execution, allowing for more interprofessional development and better understanding of one another's role in the health industry. Our aim is to hold another collaboration event with Pharmaceutical Society of Australia next year, with hopes to eventually invite other interested health professions into the mix.





Optometry Western Australia

With 2021 just around the corner, we are very motivated and have been quite ambitious in arranging events for the ECO members. OWA and ECOWA are organising a New Members Welcome Evening in late February, an event held to provide newly registered OWA members a chance to connect, network and find their feet. After this, we hope to host events every month until November with the first being a CPD event in March. We plan on incorporating more non-clinical talks and social events throughout the year, so keep a lookout on our Facebook page.

We would like to thank Kiran Sookroo, our ex-ECOWA President and current committee member for his amazing contributions. We would also like to thank Eden Kwok and Roxanne Medhora for all their invaluable insight. We look forward to working with all of them again in 2021. From the ECOWA committee, we wish you all a Merry Christmas and a Happy New Year!

Optometry WA AGM

The Optometry WA AGM was held on Wednesday 21st October at the OWA office in West Perth. Attendees were a mixture of those in person, and those joining online via Zoom.

This year saw three directors stand down from the board and three new faces join the association. We thank Simon Hogan, Christine Baker and Rob Howie for their time, effort and considerable service to the association, and welcome Stephanie Bahler, Kevin Sun and David Hsu to the board.

The current OWA 2020-2021 line up of directors is shown below;

Roxanne Medhora President
David Hsu Vice President
Andrew Nguyen Treasurer

Hui-Lin Chan Director (Education Subcommittee)

Gary Crerie Director (Rural & Remote/ndigenous Subcommittee)

Stephanie Bahler Director

Kevin Sun Director

John Palassis Director

Michelle Bell Director

Kitty Wong ECO President

St Pat's Community Centre Thank You to our Volunteers

Thank you to everyone that volunteered and attended St Pat's Eye Clinic this year and thank you to those that volunteered and had their date cancelled.

We are now looking for volunteers for 2021 and hope to maintain our calendar of dates, which is always the third Tuesday in the month, from January to November. The clinic starts at 9am and runs to approximately Ipm.

If you are interested in volunteering, please click on the link below to complete the short online form with your preferred date selection. Volunteers will be allocated to their dates in early January and receive an email to confirm, plus an email reminder nearer the time.

2021 St Pat's Eye Clinic Dates

- · 19th January
- · I6th February
- · I6th March
- 20th April
- · I5th June
-
- 20th July
- 17th August
- · 21st September
- · 19th October
- I6th November

Volunteer for St Pat's – Click Here







Optometry WA Autumn Golf Day

Further Information Coming Soon...

Date to be Confirmed





Introducing THE NEW EYLEA® (aflibercept) PRE-FILLED SYRINGE



*Preparation of the EYLEA pre-filled syringe requires fewer steps than the EYLEA vial



PBS Information: Authority required for the treatment of wet age-related macular degeneration, diabetic macular oedema, central retinal vein occlusion and branch retinal vein occlusion. Refer to PBS schedule for full Authority Required information. EYLEA is not listed on the PBS for myopic choroidal neovascularisation. The EYLEA Pre-Filled Syringe is not listed on the PBS.

Approved PI available at https://www.ebs.tga.gov.au/ebs/picmi/picmirepository.nsf/pdf?OpenAgent&id=CP-2012-PI-01387-3 or upon request from Bayer Australia Ltd, ABN 22 000 138 714, 875 Pacific Highway, Pymble NSW 2073.

MINIMUM PRODUCT INFORMATION EYLEA® [affilbercept (rch)] INDICATIONS: EYLEA (affilbercept) is indicated in adults for the treatment of neovascular (wet) age-related macular degeneration (wet AMD); visual impairment due to macular oedema secondary to central retinal vein occlusion (CRVO); visual impairment due to macular oedema secondary to branch retinal vein occlusion (BRVO); diabetic macular oedema (DME), visual impairment due to myopic choroidal neovascularisation (myopic CNV). **CONTRAINDICATIONS:** Known hypersensitivity to aflibercept or excipients; ocular or periocular infection; active severe intraocular inflammation. PRECAUTIONS: Endophthalmitis, increase in intraocular pressure; immunogenicity; arterial thromboembolic events; bilateral treatment; risk factors for retinal pigment epithelial tears; treatment should be withheld in case of rhegmatogenous retinal detachment, stage 3 or 4 macular holes, retinal break, decrease in best-corrected visual acuity of ≥ 30 letters, subretinal haemorrhage or intraocular surgery; treatment not recommended in patients with irreversible ischemic visual function loss; population with limited data (diabetic macular oedema due to type 1 diabetes, diabetic patients HbA1c > 12 %, proliferative diabetic retinopathy, active systemic infections, concurrent eye conditions, uncontrolled hypertension, myopic CNV: no experience in the treatment of non-Asian patients, previous treatment for myopic CNV and extrafoveal lesions); see full PI for effects on fertility, pregnancy, lactation, effects on ability to drive or use machines. ADVERSE EFFECTS: Very common: visual acuity reduced conjunctival haemorrhage, eye pain. Common: retinal pigment epithelial tear, detachment of retinal pigment epithelium, retinal degeneration, vitreous haemorrhage, cataract, cataract cortical, cataract nuclear cataract subcapsular, corneal erosion, corneal abrasion, intraocular pressure increased, vision blurred, vitreous floaters, vitreous detachment, injection site pain, increased, eyelid oedema, injection site haemorrhage, punctate keratitis, conjunctival hyperaemia, ocular hyperaemia. Others: see full Pl. DOSAGE AND ADMINISTRĂTION: 2 mg aflibercept (equivalent to injection volume of 50 µL). EYLEA is for intravitreal injection only. The interval between doses injected into the same eye should not be shorter than one month. Advice on treatment initiation and maintenance of therapy specific to each patient population is described in the section below. Once optimal visual acuity is achieved and/or there are no signs of disease activity, treatment may then be continued with a treat and-extend regimen with gradually increased treatment intervals to maintain stable visual and/or anatomic outcomes. If disease activity persists or recurs, the treatment interval may be shortened accordingly. Monitoring should be done at injection visits. The monitoring and treatment schedule should be determined by the treating ophthalmologist based on the individual patient's response. If visual and anatomic outcomes indicate that the patient is not benefiting from continued treatment, EYLEA should be discontinued. For wet AMD: Treatment is initiated with one injection per month for three consecutive months. followed by one injection every two months. Treatment interval may be maintained at 2 months or further extended using a treat-and-extend dosing regimen, by increasing injection intervals in 2- or 4-weekly increments. If visual and/or anatomic outcomes deteriorate, the treatment interval should be shortened to a minimum of 4 weeks. Generally, once optimal visual acuity is achieved and/or there are no signs of disease activity, the treatment interval may be adjusted based on visual and/or anatomic outcomes. The dosing interval can be extended up to every 4 months. For CRVO: Treatment is initiated with one injection per month for three consecutive months. After the first three monthly injections, the treatment interval may be adjusted based on visual and/or anatomic outcomes. For BRVO: Treatment is initiated with one injection per month for three consecutive months. After the first three monthly injections, the treatment interval may be adjusted based on visual and/or anatomic outcomes. For DME: Treatment is initiated with one injection per month for five consecutive months followed by one injection every two months. After the first 12 months, the treatment interval may be adjusted based on visual and/or anatomic outcomes. For myopic CNV: EYLEA treatment is initiated with one injection of 2 mg affilibercept (equivalent to 50 µL). Additional doses should be administered only if visual and/or anatomic outcomes indicate that the disease persists. Recurrences are treated like a new manifestation of the disease. **DATE OF PREPARATION:** Based on PI dated 31 July 2020.

Reference. 1. EYLEA Approved Product Information, 22 June 2020.

CPD Dates 2021

ECO WA CPD – Glaucoma: How can Optometrist and Pharmacist work together? 17th November 2020

We have our CPD dates lined up for 2021 and will be offering face to face meetings, and Zoom meetings during the 2021 calendar.

The CPD offered will now be in the new time system and you will be able to register direct from your CPD Learning Plan.

If you need assistance with your CPD Learning Plan, please click on the link here to access the Optometry Australia guide and short video.

OA Guide to Your CPD Learning Plan

The first CPD for the year will be at the FJ Clark Lecture Theatre on Monday 22nd February and is sponsored by Novartis. Registration will open in January. This is a face to face event and will also be available on Zoom.

The full calendar of OWA Metro and Regional CPD dates are as follows;

Sponsored by









2021 CPD Evenings

Metro 2021 CPD Dates:

- Mon 22nd February
- · Sat-Sun 20-21 March
- Tues 11th May



- Tues 8th June
- Mon 26th July
- Mon 23rd Aug
- Mon 6th September
- Mon 4th October
- Tues 23rd November

Regional 2021 CPD Dates:

- Tues 2nd March Bunbury
- Tues 3rd August Mandurah

Location Metro: FJ Clark Lecture Theatre, Nedlands

Location Regional: Bunbury and Mandurah



For more information:
admin@optometrywa.org.au

WAVE 2021 - Coming Back for 2021 Face to Face & Virtually

Registration Open @ Early Bird Price!

Join us at WAVE 2021 at the Esplanade Hotel Fremantle either in person or online. Registration options for the weekend are Face to Face; full weekend or one-day only, and Virtual registration is for the full weekend.

The CPD offered will be operating under the new guidelines of hours not points. Please note that the optional MCQs that are available on a number of the presentations, under the new rules, 5 questions equates to an additional 15 minutes added to your time accrued at the conference. So attendance either virtually or in person, plus attempting and passing just 50% of those 5 questions will increase your time by 15 minutes per set of 5 questions.

WAVE 2021 offers a maximum of 15.50 hrs of CPD (including passing 50% of all optional assessments), of which 10hrs are Therapeutic and 5hrs are Interactive.

Please take a look at the WAVE 2021 website and have a look at our superb line up of presenters and topics. There will be more information out in the new year from the OWA office on what

to expect at WAVE 2021 but for now, you can browse the website and take advantage of the Early Bird Prices. To gain full access to the website, you do need to create a user ID first and then you can proceed to move around all areas of the website and to the registration page for the conference

Go to WAVE 2021 Website >>

If you have any questions with regard to WAVE 2021, please email the OWA office. If you want to download the WAVE 2021 flyer for information on the registration options, **please click below.**







Once completed please send through to: Optometry Western Australia PO Box 375, SUBIACO WA 6904 - Fax to 08 9321 2355

OA Member Registration

Non Member Registration & Overseas Registration

Or Complete and Return this Conference Registration Form to the Optometry Western Australia Office.

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| Your Optometry Western Australia / Opto Early Bird Registration | | ia Membersl mplete compul | | f applicable . | | | |
| until 31st January 2021 | Member Face-to-Face | Member Virtual | Non Member Face-to-Face | Non Member Virtual | From Overseas Face-to-Face | From Overseas Virtual | |
| WAVE 2021 - FULL WEEKEND | \$395 | \$150 | \$790 | \$300 | \$395 | \$150 | |
| WAVE 2021 - SATURDAY ONLY | \$285 | N/A | \$570 | N/A | \$285 | N/A | |
| WAVE 2021 - SUNDAY ONLY | \$285 | N/A | \$570 | N/A | \$285 | N/A | |
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| * Please note Parking is not included in registr * All prices after the Early Bird end Attendance I will be attending the Saturday Sund I have special dietary requirements - I have purchased an additional ticker | s on 31st Ja i downer - Please list req | uirement | | · | | | |
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clariti® 1 day

1. Sphere only. clariti® 1 day's new optimised comfort edge provides improved comfort at insertion vs. the original edge design. CooperVision data on file 2015. Non-dispensing, double-masked, randomised study n=20. 2. Based on Eyetalk, July-September 2019, issue 161, 90 pack retail pricing. CooperVision soft contact lenses for vision correction. Read the instructions for use (https://coopervision.net.au/patient-instruction) and follow the instructions.

Executive Officer's Report Continued from page 1

disappointment of cancelling WAVE 2020 at short notice, we are back bigger, better, loaded with options and full of technology! The OWA adoption of a brand-new platform enables us to host a live audience, both delegates and trade exhibitors, at the Fremantle Esplanade Hotel and concurrently broadcast all presentations live, also providing the trade with real time live chat and delegate interaction. We are very excited about the opportunities this mode of delivery for WAVE and CPD presents in the provision of quality professional learning for our valued members.

Thank you to every member, thank you to past and present OWA board members, thank you to the ECO group and last but by no means least, a very special thank you to Jude Martindale and her ability to maintain a workload and schedule during very different times.

Wishing everybody a very Happy Christmas and a wonderful New Year.



Our President's Report Continued from page 1

have a solid presence in the public health sector and at Government level.

Reconciliation Action Plan (RAP)

I am so proud to be part of a Board who has taken a progressive stance to support the National reconciliation movement. The RAP is a strategic document that will help drive the association's contribution to reconciliation in the communities in which we operate. It will help our association develop respectful and meaningful relationships with Aboriginal and Torres Strait Islander people. As eye care professionals I believe it's our duty to ensure high quality, accessible and safe eye care for everyone and by taking appropriate steps to increase cultural awareness it will help us and other health professions to close the gap. A big congratulations to the OWA RAP Committee for taking on this project and as always if you would like to get involved or have any queries please get in touch with Gary Crerie. (g.crerie@ optometry.org.au)

CPD

As you are aware the new CPD changes from OA have commenced from December 1st 2020. These changes were made in order to bring Optometry in close alignment with other regulated health professions. Rest assured Evan, Hui-Lin, Jude and have been working hard with OA to ensure our CPD offerings have adapted to the changes. There are a number of resources on the OA website to help you through the changes and of course if you



have any concerns or queries we're always here to help.

I give special recognition to Evan and Jude who readily adapted our CPD offerings from face to face to virtual over the year due to COVID-19 especially with WAVE@ Home. It has been a great success and having virtual CPD has given us the ability to reach out to many more Optometrists in all corners of Australia. Adapting CPD technological advancements will only provide us opportunity to grow on the National stage and even reach out Internationally.

New year, new beginnings!

Finally, I would like to make a shout out to all our members, we've made it through the year! It wasn't easy but one thing I feel covid has taught me is the sheer

importance of accessible and timely health care for all and I would like to commend all the Optometrists and support staff who worked through this period serving the community. I truly hope that we all come out of this stronger and remember that your association is just a phone call away. Finally, on behalf of the OWA Board, have a wonderful and safe holiday season, see you all in the new year!

Roxanne Medhora OWA President

I live and work on the traditional land of the Whadjuk people of the Noongar nation and wish to acknowledge their custodianship of country and pay my respects to their Elders past, present and emerging

Classified

Mandurah Optometry practice for sale

Established in 2000 with a very loyal database, situated in a well-established community shopping centre and with the city's population expansion, this practice has huge growth potential. Located just I hour from Perth CBD in the beautiful seaside resort city of Mandurah.

If you are looking for a change of lifestyle and scenery coupled with a sound, well recognised practice, this opportunity will not disappoint.

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Phone: 1800 035 618



