

TABLE OF CONTENTS



ABO GENERAL

Deliver the Best & Own the Rest _____	3
---------------------------------------	---



ABO TECHNICAL

Eye Care For The Aniseikonic Patient - level III _____	4
Balancing Prism - level III _____	5
Mastering Pediatric Dispensing – level II _____	6
Sports and Eyewear Safety for Your Pediatric Patients – level II _____	7
MR Material – level II _____	7
Blue Light Radiation: A Material Solution - level II _____	8
Abbe Value & Refractive Index: The Ongoing Battle – level II _____	8
I Can't See Through These! - level I _____	8
Back to Basics - level I _____	9
Managing Prism and Imbalance: Part 1 - level I _____	9
Managing Prism and Imbalance: Part 2 - level III _____	9
Understanding Prism and Vertical Imbalance – level III _____	10
Sunwear: It's a HOT Topic - level II _____	10
Prism 1 - level I _____	11
Prism 2 - level II _____	11
Prism 3 - level III _____	11



NCLE APPROVED COURSES

Why Contacts? – level I	12
Intro to Soft Contacts – level I	12
Establishing a Solid Foundation: RGP Designs and Fitting – level II	13
Eye Care For The Aniseikonic Patient - level III	13
Contact Lens Selection and Patient Education – level II	14



CPC APPROVED COURSES

Sunwear: It's a HOT Topic - level II	15
Contact Lens Selection & Patient Education - level II	15



ABO GENERAL

Deliver the Best & Own the Rest

Course Description - 1 hour

This course will present the importance of setting a high standard of care, and always trying to raise it higher. The importance of providing incomparable patient care and service. The importance of always going above and beyond for your patient: not simply providing the bare minimum. Everyone's role in doing so will be discussed; from receptionist, to doctor, to janitor; everyone must be invested. Successful tried and tested techniques will be



presented, to always deliver the best! Now, there are going to be dissatisfied patients; it's the nature of the beast - the nature of what we do. We can't make everyone happy, all the time, no matter how hard we try. Things happen: orders get delayed; jobs get shipped to you with incorrect powers; ordering errors occur; just a few examples of reality. We're only human. What do you do when these things happen? You OWN it! Regardless of who in your organization is responsible, own it and do everything possible to find a resolution. As it says in the title of this course: Deliver the Best & Own the Rest. That's what this course is about.



ABO TECHNICAL

Eye Care For The Aniseikonic Patient - level III

Course Description – 2 hours

To begin, this course will first review professional liability and the importance of staying within one's scope of practice when providing eye care, and then discuss lens magnification together with influential factors. Aniseikonia will then be defined, in its various types, and related symptoms and treatment options will be explored. Knapp's law will be discussed together with its implications in the treatment of aniseikonia, and a step-by-step example of how to calculate ophthalmic lens magnification will be presented, factoring in both shape and power factors. In addition, Knapp's law will be compared to clinical practice findings to determine the most effective optical corrective device to use when treating the aniseikonic patient, based on the source of the ametropia - ophthalmic lenses or contact lenses.



Binocular vision and retinal correspondence will be discussed, and the significance of the horopter and Panum's area of fusion. The various forms of ametropia will be reviewed, together with their potential sources, and the influence aniseikonia has on stereoscopic vision will also be discussed. Indicators of clinical significance will be reviewed, and the concept of relative spectacle magnification will also be examined. A detailed explanation regarding designing aniseikonic lenses will also be provided, together with examples of parameter modifications. To conclude, the course will answer why contact lenses continue to be the most effective optical device for treating ALL aniseikonic patients.

Balancing Prism - level III

Course Description – 2 hours

This program will begin with a basic introduction to prism and its connection to ophthalmic lens construction. The distinction between prescribed prism and induced prism (good vs. bad), will be presented, leading to the introduction of Prentice's rule. Next, the rules for compounding and canceling prism will be discussed, together with a review of ANSI standards for induced prism. Common causes of induced prism will be explored, in depth: inaccurate measurements, failure to provide measurements, inaccurate fabrication, failure to pre-fit frames, poor final fit, non-compensated wrap eyewear, and multi-focal lenses.

Common effects of induced prism will also be presented, prior to moving onto the main topic of discussion – prismatic imbalance in ophthalmic lenses. Anisometropia and antimetropia will be explored leading to a discussion of the primary cause and effects of vertical imbalance. A step-by-step guide for calculating vertical imbalance at the near point will then be provided, including determining meridional power. A patient example will also be presented.

Next, methods to compensate for vertical imbalance will be discussed (slab off/reverse slab, separate pairs, and dissimilar segments), with detailed explanations of each, and their use; in particular, slab off. The potential of vertical imbalance also being problematic at distance with a progressive addition lens will also be explored. Why is this a concern with progressives? The anatomy of a progressive will be reviewed together with a discussion of the red flags to watch out for to help the eye care professional identify potentially problematic prescriptions and take proactive measures to prevent patient issues and provide best vision. Again, a step-by-step patient example will be presented for calculating vertical imbalance at both distance and near in a progressive. Then, a recommended technique to effectively manage and order prescriptions that result in clinically significant vertical imbalance at both extremes will be provided, introducing the concept of yoked prism, to better ensure a great patient experience.



Mastering Pediatric Dispensing – level II

Course Description - 1 hour

According to the American Optometric Association (AOA), 80% of a child's learning is through vision. This explains why children entering grade school with undiagnosed refractive errors can quickly fall behind in their academic growth. To avoid this potential obstacle, the AOA recommends children receive at least three eye examinations, prior to entering first grade. Children in higher risk categories should be seen more frequently.

In this program, I will present my “tried and tested” approach to Dispensing to Children. There are many theories and approaches out there, but this is what works for me. The program will include a discussion of the following:

1. How to create a “kid friendly” environment
2. How to put the patient at ease
3. Recommended frame options for children
4. Recommended lens options for children
5. How to take measurements on children
6. Setting the patient up for success at final dispense



Sports and Eyewear Safety for Your Pediatric Patients – level II _____

Course Description - 1 hour

Studies conducted by the Prevent Blindness organization report over 35,000 sports related eye injuries in the United States, every year. A significant percentage of children participate in sports and, sadly, suffer the majority of related eye injuries. According to the National Eye Institute, sports related eye injuries are the number one cause of blindness in children in the United States. Despite such alarming statistics, eye safety is rarely even mentioned in health and awareness campaigns sponsored by sports leagues. The main focus of such campaigns is physical injuries to the body from related sports activities. In addition, protective eyewear is rarely required by youth leagues. This program will discuss sports related eye injuries and the responsibility we have, as eye care professionals, to educate our patients / parents about the preventative measures available.



It will include a discussion of the following:

1. Review sports related eye injuries and statistics
2. Discuss ASTM standards for sport protective eyewear
3. Discuss the importance of educating the patient / parent about the differences between dress and sport protective eyewear
4. Lens recommendations for sports protective eyewear
5. Discuss ways to present sport protective eyewear
6. The optician's responsibility and duty to discuss eye safety with every patient.

MR Material – level II _____

Course Description - 1 hour

Presentation fee will be sponsored by Mitsui Chemicals, Inc.

“MR” stands for Mitsui Resin which is manufactured in Japan, by Mitsui Chemicals. Mitsui Chemicals is the world's major producer of the chemistry used to make 1.60, 1.67, and 1.74 high index lenses for the lens casters our labs regularly use. This program will present:



1. Why lens suppliers choose the high index materials they do
2. How a combination of material characteristics create a more merchandisable finished lens on which lens suppliers can rely
3. How to effectively communicate with patients about the underlying DNA of lenses, and their material properties

It will proceed to review the manufacturing process of MR lenses. In addition, a discussion regarding how lens materials are selected, by the ECP, the consumer, and labs, will take place. The benefits of “Premium” high index materials will be presented, together with exploring whether, or not, all high index materials are created equal. Lens thickness & weight will also be discussed, together with contributing factors.

Blue Light Radiation: A Material Solution - level II

Course Description - 1 hour

Presentation fee will be sponsored by Mitsui Chemicals, Inc.

This program will present how the selection of specific lens materials can help provide filtration to potentially hazardous blue light for our patients. It will begin with a review of how the sun and various digital devices emit High Energy Visible (HEV) light, together with a review of contemporary blue light radiation concerns. UV+420 Cut by Mitsui Chemicals will be introduced and its substrate attenuation properties. Who is Mitsui Chemicals? An introduction will take place. The benefits of substrate attenuation vs. augmented AR coats will also be presented. What about using such a material with children? Good choice, or not? The program will close with a presentation of techniques to use when discussing HEV light with patients in an attempt to increase society awareness of the potential risks of extended, unprotected exposure.



Abbe Value & Refractive Index: The Ongoing Battle – level II

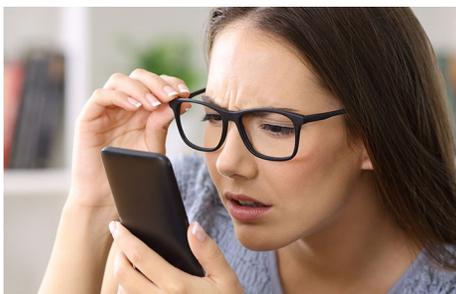
Course Description - 1 hour

Presentation fee will be sponsored by Mitsui Chemicals, Inc.

The optician is often faced with many decisions during the frame and lens selection process. One of the most important decisions, from both a cosmetic and vision point of view, is lens material selection. Which refractive index should be used? What are the downsides of going with the thinnest material possible? Why not simply default to using the thinnest and most cosmetically pleasing material every time? These questions, and others, will be discussed and answered, in depth. Dispersion and abbe value will be discussed, together with how these properties are related to a material's refractive index. The basic science of light will be reviewed, together with the effects of Transverse Chromatic Aberration (TCA) on visual acuity. Different materials will be compared, together with their benefits, and a discussion regarding when to recommend certain materials over others, will take place. The program will conclude with an introduction to the "Curve Variation Factor" and its use to calculate lens thickness, together with a presentation of techniques to use when presenting premium materials and lens treatments to patients.



I Can't See Through These! - level I



Course Description - 1 hour

The optician is always the first contact when a patient has a problem with their new glasses. A knowledgeable optician, skilled at problem solving, can reduce additional chair time with the doctor, resulting in increased profitability for the practice. This course will cover how to "translate" what the patient is trying to explain into details that can be used to determine the potential cause(s) of their vision difficulties. The S.O.A.P. documentation process will be defined and broken down, as it pertains to problem solving such complaints. Also, causes of common complaints will be discussed, and how best to resolve them.

Back to Basics - level I

Course Description - 1 hour

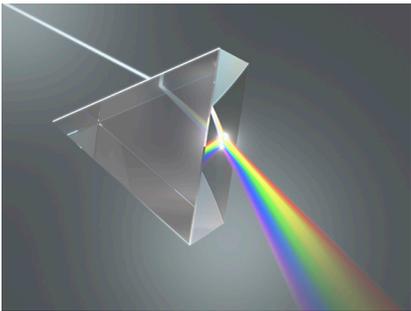
What is the primary role of an optician? This program is intended to both remind veteran opticians, and impress upon newcomers, the importance of what we do. It will emphasize the importance of never forgetting the basics; never forgetting that we are employed in the service and sales field. We must never get so wrapped up in the new, high-tech digital lenses and premium options that we forget the very basics that set the foundation for everything else we do for our patients. We must ensure our patients are always totally satisfied with every aspect of their experience with us, from service to product performance. Our patients need to experience the value of receiving eyecare from a skilled and trained optician. The importance of always providing exemplary customer service skills and patient care will be discussed; tried and tested techniques will also be presented for a variety of scenarios. In addition, fitting and adjustment techniques will be reviewed, as well as proven sales techniques to aid in increasing multiple pair sales.



Managing Prism and Imbalance: Part 1 - level I

Course Description - 1 hour

Part 1 of this 2 part program will begin with a review of basic ophthalmic lens construction and how it connects to the subject of prism. Terminology and prism notation will be discussed, in addition to refractive principles, dispersion, and associated topics. The importance of using accurate data when ordering lenses, and how frame fitting angles can affect lens performance, will be emphasized. Prentice's Rule will be reviewed. Eye conditions requiring prescribed prism such as phorias, tropias, diplopia, and scotomas due to neurological trauma, to name a few, will be presented. The principles of handling prescribed prism such as compounding, cancelling, resolving, and splitting prism will be included. Why is AR strongly recommended when using prescribed prism? Finally, a detailed explanation of how to verify prism will be discussed.



Managing Prism and Imbalance: Part 2 - level III

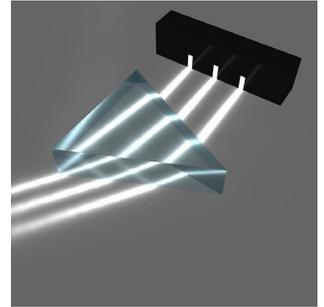
Course Description - 1 hour

Part 2 of this 2 part program will cover how unwanted prism is related to vertical imbalance. Definition of Anisometropia and Antimetropia; at what point are these conditions problematic? How to determine / anticipate a potential imbalance issue will be discussed, together with methods available to correct for vertical imbalance. The program will include examples dealing with advanced optical concepts: determining power in oblique meridians , verifying slab-off, and the use of different methods to manage vertical imbalance.

Understanding Prism and Vertical Imbalance – level III

Course Description - 1 hour

This program serves as a condensed version of the 2 hour version: “Managing Prism and Imbalance.” It will begin with a review of basic ophthalmic lens construction and its connection to the subject of prism. Terminology and prism notation will also be discussed: compounding, canceling, resolving, and splitting prism. What are the effects of induced, non-prescribed prism? What is imbalance and how are Anisometropia and Antimetropia defined? At what point do these conditions problematic and how do they impact visual acuity? How to determine/ anticipate a potential imbalance issue with an Rx will be presented, together with methods available to correct for it. The program will also include examples dealing with advanced optical concepts.



Sunwear: It's a HOT Topic - level II

Course Description - 2 hour

1st Hour: The first hour of this program will begin with a discussion on visible light and ultraviolet radiation and discuss their relationship to the electromagnetic spectrum. The science behind light and glare will also be presented, in addition to how frame selection can impact the effectiveness of sunglasses. The harmful effects of UVR on the eyes will be presented, together with emphasizing the need for round-the-clock protection.

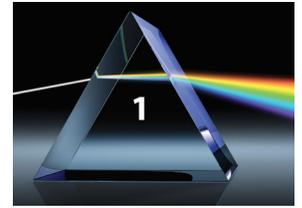
2nd Hour: The second hour will begin with a discussion of different types of sunglasses together with the pros and cons for each. The benefits of additional options such as anti-reflective treatments and mirror coatings, will also be presented.



Prism 1 - level I

Course Description - 1 hour

This course, being the 1st in a 3-part series, will present an introduction to prism; a foundation to build upon. It will begin with a basic introduction to light theory, proceed to a discussion on the topic of refraction, and move onto dispersion and the relevance of a lens material's abbe value. The basic structure of prism will be presented, together with an in depth discussion of the basics. How does prism affect light rays? What factors play a role in prismatic deviation? How does prism play a major role in what we use every day - ophthalmic lenses? Is prism good or bad? How do we use it and what effect(s) does it have for our patients? How can we control its effects, both visual and cosmetic? Lens material selection and recommended options when working with prism will also be discussed. The course will conclude with a presentation of the prism verification process.



Prism 2 - level II

Course Description - 1 hour

This course will resume where “Prism 1” left off. It will begin with discussing prismatic imbalance, with an emphasis on vertical imbalance at near. Methods available to compensate for vertical imbalance at near will be presented, together with real world examples and calculations.



Prism 3 - level III

Course Description - 1 hour

The final part of this 3 part series on prism will expand upon “Prism 1” and “Prism 2.” Advanced prism concepts will be presented: wrap eyewear and prism; potential vertical imbalance at distance with progressive addition lenses (PAL); and yoked prism and its use.





NCLE APPROVED COURSES

Why Contacts? – level I

Course Description - 1 hour

Course will begin with an overview of refractive errors and the two primary corrective methods - eyeglasses and contact lenses. What are the downsides of glasses? What are the benefits of contact lenses over glasses? The potential for induced prismatic imbalance with ophthalmic lenses will then be discussed; the effects of anisometropia, antimetropia, and aniseikonia. Field of vision limitations associated with ophthalmic lenses will be presented, together with magnification and depth perception comparisons to contact lenses. Course will conclude with a discussion of how contact lenses can improve a patient's quality of life and expand their world.



Intro to Soft Contacts – level I

Course Description - 1 hour

This program will begin with a brief history of contact lenses and then proceed to discuss common terminology associated with contact lenses; specifically, soft lens designs. Properties of tear film will be presented and their



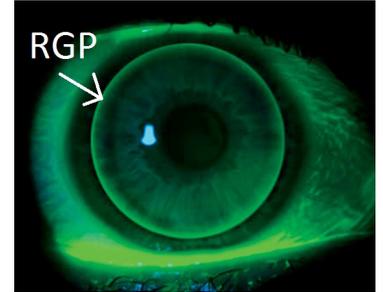
impact on contact lens fitting. The benefits of contact lenses over glasses will be presented, together with a review of best suited vs. poorly suited patients for contact lenses. The decision making process will be reviewed. Evaluating the written prescription, together with the topic of astigmatism and its sources, will also be discussed: corneal vs. lenticular, and how this affects lens selection and design. Keratometry and corneal topography will then be explained and compared, together with their roles and purpose. Vertex distance and effective power will be discussed with examples illustrating how

to calculate for changes in vertex distance, when necessary, during the contact lens fitting process. The chemistry and materials used in soft lenses will also be presented, together with the characteristics of each: modality / modulus / wettability and wetting angle / oxygen transmissibility, etc.

Establishing a Solid Foundation: RGP Designs and Fitting – level II _____

Course Description - 2 hour

This program will begin with a review of the history of contact lenses and then proceed to discuss common terminology associated with contact lenses, in general; specifically, rigid gas permeable designs. Properties of tear film will be presented and their impact on contact lens fitting. The benefits of contact lenses over glasses will be presented, together with a review of best suited vs. poorly suited patients for contact lenses. When should RGPs be recommended over soft lenses? The decision making process will be reviewed. Evaluating the written prescription, together with the topic of astigmatism and its sources, will also be discussed.: corneal vs. lenticular, and how this affects lens selection and design. Keratometry and corneal topography will then be explained and compared, together with their roles and purpose. Vertex distance and effective power will be discussed with examples illustrating how to calculate for changes in vertex distance, when necessary, during the contact lens fitting process. The chemistry and materials used in RGP lenses will also be presented, together with the characteristics of each: wettability and wetting angle / oxygen transmissibility, etc. Spherical, front surface toric, back surface toric, and bitoric RGP designs will be discussed, in depth, together with how to decide on a design; factors to consider. Next, the program will contain an in depth presentation of RGP verification procedures: lensometry / radiuscope / thickness caliper / diameter gauge, etc. What parameters need to be determined and recorded with RGP lenses? How to identify RGP designs, after verification, will also be discussed, in detail: spherical / front surface toric / back surface toric / bi-toric. Finally, the program will conclude with a brief review of RGP modification techniques.



Eye Care For The Aniseikonic Patient - level III _____

Course Description – 2 hours

To begin, this course will first review professional liability and the importance of staying within one's scope of practice when providing eye care, and then discuss lens magnification together with influential factors. Aniseikonia will then be defined, in its various types, and related symptoms and treatment options will be explored. Knapp's law will be discussed together with its implications in the treatment of aniseikonia, and a step-by-step example of how to calculate ophthalmic lens magnification will be presented, factoring in both shape and power factors. In addition, Knapp's law will be compared to clinical practice findings to determine the most effective optical corrective device to use when treating the aniseikonic patient, based on the source of the ametropia - ophthalmic lenses or contact lenses.



Binocular vision and retinal correspondence will be discussed, and the significance of the horopter and Panum's area of fusion. The various forms of ametropia will be reviewed, together with their potential sources, and the influence aniseikonia has on stereoscopic vision will also be discussed. Indicators of clinical significance will be reviewed, and the concept of relative spectacle magnification will also be examined. A detailed explanation regarding designing isekonic lenses will also be provided, together with examples of parameter modifications. To conclude, the course will answer why contact lenses continue to be the most effective optical device for treating ALL aniseikonic patients.

Contact Lens Selection and Patient Education – level II

Course Description - 1 hour

Soft lenses, RGPs, daily disposables, bi-weekly disposables, monthly planned replacement, how do you decide on the most suitable modality for your patient. This course will discuss the many factors to consider when selecting the most suitable contact lens option for your patient. Lifestyle, including occupation, hobbies and interests, medical and ocular history, current medications, and the expectations and needs of your patient, all need to be factored into the decision making process. Then, which design will be best based on Rx, lifestyle, needs and visual demands of the patient - single vision or multi-focal, spherical or toric? The program will then focus on patient education to ensure your patients are well informed and educated to be a successful, healthy, and compliant contact lens wearers. Tried and tested techniques for the entire fitting process will be discussed,



in detail, from initial consultation between the optician and patient / parent, to the finalized Rx. The tools to establish yourself as a premium contact lens service provider will be presented. Not only to ensure your patient begins their contact lens wearing experience being well prepared and informed, but also, hopefully a compliant one, in terms of following your recommendations. Ultimately, ECPs can only do so much to ensure compliance and promote healthy eye care practices; therefore, we must always do our best to make sure the patient is educated and well informed.



CPC APPROVED COURSES

Sunwear: It's a HOT Topic - level II

Course Description - 2 hour

1st Hour: The first hour of this program will begin with a discussion on visible light and ultraviolet radiation and discuss their relationship to the electromagnetic spectrum. The science behind light and glare will also be presented, in addition to how frame selection can impact the effectiveness of sunglasses. The harmful effects of UVR on the eyes will be presented, together with emphasizing the need for round-the-clock protection.



2nd Hour: The second hour will begin with a discussion of different types of sunglasses together with the pros and cons for each. The benefits of additional options such as anti-reflective treatments and mirror coatings, will also be presented.

Contact Lens Selection & Patient Education - level II

Course Description - 1 hour

Soft lenses, RGPs, daily disposables, bi-weekly disposables, monthly planned replacement, how do you decide on the most suitable modality for your patient. This course will discuss the many factors to consider when selecting the most suitable contact lens option for your patient. Lifestyle, including occupation, hobbies and interests, medical and ocular history, current medications, and the expectations and needs of your patient, all need to be factored into the decision making process. Then, which design will be best based on Rx, lifestyle, needs and visual demands of the patient - single vision or multi-focal, spherical or toric? The program will then focus on patient education to ensure your patients are well informed and educated to be a successful, healthy, and compliant contact lens wearers. Tried and tested techniques for the entire fitting process will be discussed, in detail, from initial consultation between the optician and patient / parent, to the finalized Rx. The tools to



establish yourself as a premium contact lens service provider will be presented. Not only to ensure your patient begins their contact lens wearing experience being well prepared and informed, but also, hopefully a compliant one, in terms of following your recommendations. Ultimately, ECPs can only do so much to ensure compliance and promote healthy eye care practices; therefore, we must always do our best to make sure the patient is educated and well informed.