

NEW ZEALAND ASSOCIATION
OF OPTOMETRISTS INC

New Zealand Association of Optometrists 92nd Annual Conference

2023



20 - 21 October 2023, Te Pae, Christchurch

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A permanent, microthin layer of moisture on the lens surface that exceeds 80% water.² This helps provide longer-lasting lens surface moisture stability^{†3-5} and a more stable tear film



A proven lens design that provides the on-eye stability astigmats need for consistent vision.⁸

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- ✓ Easy handling¹
- ✓ And a contact lens that provides comfortable wear even at 16 hours^{1,6-7}

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- ✓ A toric lens that is as easy to fit as a spherical lens^{*9-10}



ALWAYS FOLLOW THE DIRECTIONS FOR USE.

[†] Based on lens movement, centration, and rotation at initial fitting.

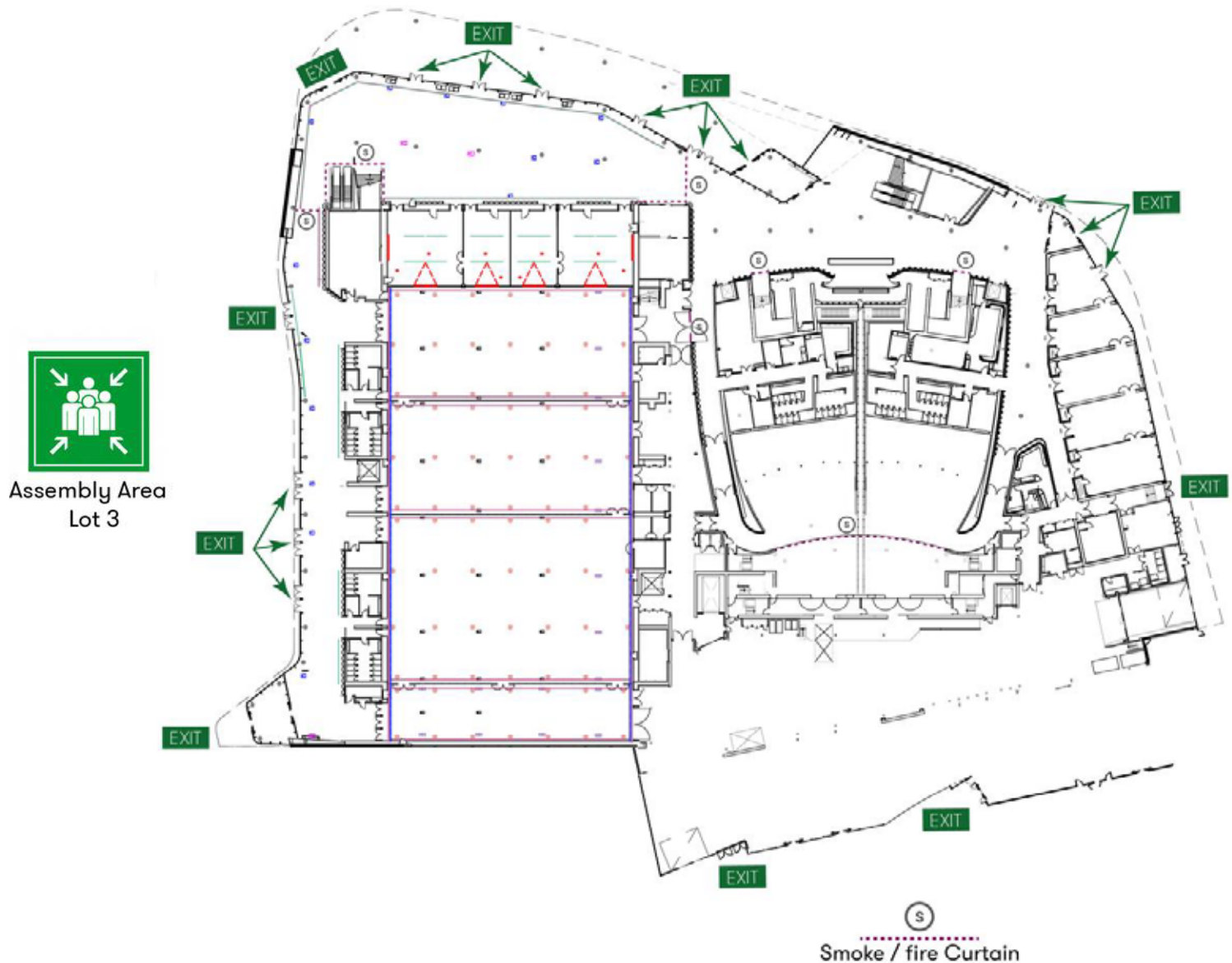
^{*} Based on a survey in which 94% of eye care professionals in Germany, Italy, Austria, Switzerland, and the US who agreed/strongly agreed with the statement 'The lenses are as easy to fit as spherical lenses.' (n=50).

^{**} Based on 98.7% of eyes with lens oscillation with blink of $\leq 5^\circ$ while wearing PRECISION1™ for Astigmatism contact lenses

References: **1.** Cummings S, Giedd B, Pearson C. Clinical performance of a new daily disposable spherical contact lens. *Optom Vis Sci.* 2019;96:E-abstract 195375. **2.** PRECISION1™ (DDT2) Lens with Smart Surface study; Alcon data on file, 2019. **3.** Tucker B, Leveillee E, Bauman E, Subbaraman L. Characterization of the Surface Properties of a Novel Daily Disposable Silicone Hydrogel Contact Lens. Poster presented at the American Academy of Optometry Annual Conference, October 23-26; Orlando FL. **4.** IDDrop Comparative Study DACP and BioTrue ONEday Report; Alcon data on file, 2019. **5.** IDDrop Comparative Study Oasis 1 Day and TruEye; Alcon data on file, 2019. **6.** Alcon data on file, 2021. In a clinical trial to assess comfort and vision over 16 hours of wear with PRECISION1™ sphere contact lenses where n=35. [IIT #5991798]. **7.** Alcon data on file, 2021. In a clinical trial to assess comfort and vision over 16 hours of wear with PRECISION1™ for Astigmatism contact lenses where n=30. [IIT #64882539]. **8.** Alcon data on file, 2020. Clinical Performance of a Daily Disposable Toric Silicone Hydrogel Contact Lens [CLA306-C003] n=78 eyes. **9.** Alcon Data on File, 2021. PRECISION1™ for Astigmatism PEaCE - Europe Regional Report REF-12902. **10.** Alcon Data on File 2021. PRECISION1™ for Astigmatism PEaCE - US Report REF-12942.

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If required to evacuate the building, an alarm will sound, and instructions will be given via the Centre's public address system and displayed on all digital signage. Wardens will direct everyone to vacate the building via the emergency exits and meet at the nearest assembly area.



For a full health and safety guide that includes:

- venue security (CCTVs)
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- medical emergencies
- first aid room and equipment
- earthquake procedures
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General Information

Conference Venue

Te Pae
188 Oxford Terrace
Christchurch Central City
Christchurch 8011

Email: info@tepae.co.nz
Phone: 03 266 1400



Name Tags

Delegates and partners are asked to please wear name tags to **ALL** events, lectures and meals.

WiFi



To connect via the free public WiFi, select either the network 'Te Pae Christchurch' or 'Christchurch Free'. You then just need to accept the T&Cs window that pops up, no password is required.



Mobile Phones

As a courtesy to presenters and colleagues, please ensure that all alarms and ring tones are switched off during presentations and workshops.

Food Options



Complimentary meals will be provided for morning tea, lunch and afternoon tea on both days.

For Friday night and those not attending the conference dinner, there are myriad options for dining in Central City Christchurch.

To explore wine and dine options, take a look at the Christchurch NZ web directory here: www.is.gd/chchdining

Or see Trip Advisor's Top 10 reviews here: www.is.gd/chchdining2

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Approx 20 minutes drive from Christchurch Airport to Te Pae

Welcome from the NZAO President

Welcome to the NZAO 92nd Annual Conference

On behalf of the NZAO, it is my privilege to once again welcome colleagues and speakers to the 92nd Annual NZAO conference. After a false start, we are pleased to be back in the Garden City, acting as hosts to both members and industry colleagues.



Over the next two days, I hope that you will enjoy your time learning as well as forming new connections. Please take the time to introduce yourself to councillors, members, speakers and suppliers.

Thank you to the staff, participants, session chairs and speakers for helping us provide this conference programme.

This year's conference can provide an intimate setting for further learning and the growth of the ever-changing landscape of optometry.

I see a bright future for those who learn and adapt.

Callum Milburn
NZAO President

Amenities Map



Notable Conference Events

Friday Night Drinks

Friday 20 October: 5.30pm - 6.15am

We invite all conference attendees to join us for drinks at the conclusion of the first day. There will be an assortment of beer and wine, but may we suggest the red? As you might already know, studies have found that drinking red wine in moderation is linked with a reduced risk of age-related macular degeneration.



Annual General Meeting

Saturday 21 October: 9.30am - 10.30am

The AGM will also be available via Zoom for members who do not wish to attend in person.

NZAO Annual Dinner

Saturday 21 October: 7.30pm - Late, Conway Rooms, Te Pae

Join together to celebrate another successful year of our professional association. Enjoy a relaxed meal, collegial dinner conversation, and a live band fronted by Eric Adams. Dancing the night away is optional but fully encouraged! Complimentary beer and wine will be provided.

A reminder to please wear your name tag to the Annual Dinner. Your tag should have the word "DINNER" printed on it to allow you entry to The Conway Rooms (Level 1, Te Pae).

A seating plan will be laid out at the main NZAO reception table during the day so you can select the table at which you would like to be seated.



NZAO Conference 2023 Quiz

The final session on Friday (5pm) is the annual conference quiz. Hosted by your quizmaster Rochelle van Eysden, there will be lots of prizes, not to mention bragging rights for the winners. The quiz will feature rounds of ten questions for teams to answer. One round features questions provided by our sponsors about their products, so we encourage everyone to interact with our sponsors on Friday for the quiz answers.

Extra special thanks go out to the companies that donated fantastic prizes for this year's quiz.

Speakers & Workshop Facilitators



Dr Marilyn Vricella

KEYNOTE SPEAKER

Associate Clinical Professor, State University of New York College of Optometry

Dr Marilyn Vricella (OD, FCOVD, FAAO) is an Associate Clinical Professor in the Pediatric department of the University Eye Center. She received her Doctor of Optometry from SUNY College of Optometry and upon graduation received the Dr. F.W. Brock Memorial Award, Dr. S. Eisenberg Memorial Award and the Dr. M. Cohen Memorial Award. Dr. Vricella completed her residency in Pediatrics and Infant Vision at SUNY College of Optometry before joining the College as a faculty member. She is a fellow of the College of Optometrists in Vision Development and the American Academy of Optometry. She has been named in NEWSWEEK MAGAZINE amongst America's Best Eye Doctor's in 2021, 2022 and 2023.

Dr. Vricella is a clinical instructor in the paediatric department of the University Eye Center where she provides eye care for infants, toddlers, school aged children and children with special needs. She is also a clinical instructor and teaches in the paediatric optometry course. Dr. Vricella is the paediatric optometry residency supervisor and she mentors and provides professional guidance and clinical supervision to two paediatric optometry residents annually as well as fourth year interns. Additionally, she is the Principal Investigator for the Pediatric Eye Disease Investigator Group (PEDIG), a network that is dedicated to clinical research of eye diseases affecting children. She is involved in multiple research studies. Dr. Vricella serves as the American Optometric Association (AOA) Faculty and Student Membership Liaison. Dr. Vricella has lectured both nationally and internationally in the areas of paediatrics and binocular vision and has numerous professional publications.

Dr Lynley Anderson



Professor Lynley Anderson originally trained as a physiotherapist working in hospitals and private practice. Lynley completed her PhD on ethical issues for elite sports doctors in New Zealand and was subsequently asked to write a code of ethics for the Australasian College of Sports and Exercise Physicians (ACSEP) (2008, 2016). This was followed by one for the NZ Physiotherapy Board (2011, 2017). Lynley teaches ethics and professional issues to undergraduate and postgraduate health professional students. Previously Head of Department of the Bioethics Centre, Dunedin School of Medicine, she has been the Acting Dean, Dunedin School of Medicine for 7 months and is now Deputy Dean. Lynley was a founding co-editor of the Journal of Bioethical Inquiry. She has also chaired the Ethics Committee of the Health Research Council of New Zealand. Currently she is the PI on research into unacceptable behaviours experienced by clinical students from patients and staff. She is also researching in the Interprofessional Education space after having been part of a team who have instigated an Interprofessional Education programme on Professional Ethics for almost 900 first year health professional students in their first month of training.



Dr Elizabeth Conner

Liz is an anterior segment surgeon also specialising in cataract surgery and paediatric ophthalmology. She has completed 2 years of Fellowship, the first in Christchurch and second in Pittsburgh, USA. Liz is passionate about delivering the best healthcare available to patients whether that is in the public or private system. In order to reduce vision loss at a population level, she believes a multidisciplinary team approach is required.

As a corneal surgeon working at the public hospital and in particular working with children, Liz is in a prime position to address the needs of early keratoconus in the Canterbury population.

Following a major audit at UPMC Children's hospital reviewing cross linking in paediatric keratoconus and in those with developmental delay, Liz presented on this topic in a World Society for Paediatric Ophthalmology and Strabismus (WSPOS) webinar which has been viewed over 2,800 times. She has also presented at the Asia Pacific Academy of Ophthalmology meeting in Malaysia and at various events throughout New Zealand.

Speakers & Workshop Facilitators



Jeremy Crang

Jeremy Crang (B.Com, Hon ForSci, NZSE Dip) started his finance career as a Bond and Equity Trader on the NZ Stock Exchange in the late 1990's. After a decade in the UK working in Telecommunications he returned to NZ with his family. He has worked for the last 13 years at Craigs Investments Partners and has grown, with his business partner, one of the largest private client bases in the South Island. He is a Trustee on two local Charities and a High School Board Member. He has built an American 1950's speedboat over the last 10 years and is finally getting to enjoy it.

Dr Rahul Dwivedi



Rahul serves as the Clinical Lead for Glaucoma Services at Christchurch Hospital (Te Whatu Ora Waitaha Canterbury) and extends his expertise at Southern Eye Specialists where he provides tertiary-level care for glaucoma patients across the Canterbury region of New Zealand. An adept cataract and glaucoma surgeon, Rahul is proficient in the latest innovative techniques, emphasising laser and minimally-invasive glaucoma surgery (MIGS).

Educated in medicine at the University of Manchester, he accomplished his Ophthalmology specialist training at the esteemed St Paul's Eye Hospital in Liverpool, United Kingdom. His sub-specialist interest in glaucoma steered him to New Zealand, where he pursued a Glaucoma Fellowship at the University of Auckland & Greenlane Hospital (ADHB).

From an academic stance, Rahul has showcased his work at numerous international conferences, local Glaucoma NZ symposia, and has a repertoire of research published in peer-reviewed journals.



Dr Tina Gao

Dr Tina Gao is a lecturer at the School of Optometry and Vision Science at the University of Auckland. She teaches primarily within the Bachelor of Optometry degree, covering topics such as binocular vision, optics, and clinical optometry. Her research interests include the clinical use of eye tracking, differences in image size between eyes (aniseikonia), binocular vision, amblyopia, psychophysics, and clinical optometry.

She is a fully qualified and New Zealand registered optometrist, with previous experience in private practice. Dr. Gao completed her PhD at the University of Auckland under the supervision of Dr. Benjamin Thompson, Dr. Nicola Anstice, and Dr. Joanna Black. The main project in her PhD was the Binocular treatment for amblyopia using videogames (BRAVO) clinical trial. She also studied aspects of binocular vision in amblyopia, including phenomena such as interocular suppression.

After completing her PhD, Dr. Gao worked on several post-doctoral research projects with Prof. Steven Dakin, focusing on using eye tracking to measure binocular eye movements, both in normal vision and in strabismus. She also collaborated with Dr. Joanna Black on several projects in measurement and treatment of aniseikonia, and in the optical treatment of anisometropic amblyopia in children. These projects are currently ongoing. Dr. Gao is also involved in coordinating a study of binocular movie treatment for amblyopia at the Grafton Campus Optometry Clinic.

Speakers & Workshop Facilitators



Alex Mann

Alex Mann, from Christchurch, New Zealand, has over 30 years of experience in marketing, spanning roles in media, advertising, and his own consultancy.

His career highlights include founding Big Boy Digital Marketing in 2013 and earning a management degree from Canterbury University.

Outside of his professional achievements, Alex is actively involved in the local cycling community and mentorship programmes. His balance of business acumen and community engagement, along with his long-standing marriage and family life, paints a portrait of a well-rounded individual.

Lynn Mascarenhas



Lynn is a Masters student at the University of Optometry, School of Optometry and Vision Sciences. Her research is currently primarily within the scope of paediatric optometry, most specifically amblyopia. However, Lynn does have experience in biomedical research, having investigated transition zone cell therapy as a management for corneal endothelial disease in her honours year, under the supervision of Dr Jie Zhang, Prof Charles McGhee and Dr Dipika Patel.

Lynn is a recent, fully qualified and practising New Zealand registered optometrist (TPA endorsed, BOptom Hons, 2021) with experience in rural practise. Her interests within clinical optometry include ocular surface disease, neuro-optometry, and paediatric optometry. Within clinical optometry, Lynn's recent achievements include the 2022 NZ runner up of the Australia and New Zealand Dame Mary Perkins Award for clinical excellence.



Dr Ainsley Morris

Dr Ainsley Morris is a consultant ophthalmologist with over 20 years experience. She is in private practice (EyeAM). Ainsley has a thriving general ophthalmic practice, with a focus on medical retinal conditions – macular degeneration, vascular occlusions and diabetic eye disease as well as uveitis. She is a skilled and compassionate surgeon.

A graduate of the University of Auckland, her early post graduate years were spent in NZ, before she embarked upon specialist training at the Royal Victorian Eye and Ear Hospital, Melbourne, Australia. Qualifying FRANZCO in 2003, Ainsley undertook her ophthalmic OE, working at Addenbrookes, Cambridge, before a prestigious fellowship with Prof Alan Bird at Moorfields Eye Hospital in London in Medical Retina, Inherited Retinal Diseases, and Uveitis.

Anthony Nevett



Anthony Nevett is a graduate of UMIST School of Optometry in Manchester, he undertook his professional training, with CO-OP Eyecare Preston, and gained College of Optometrist membership (MCOptom) in January 1997. Anthony studied a Post Graduate Certificate in Optometry (Ocular Therapeutics), awarded by Bradford University in 2000, before moving to New Zealand in 2002 to work for OPSM, he subsequently went on to work for Curtis Vision.

Anthony completed the Auckland therapeutic course in 2006 (TAPIOT). Anthony has studied two further post graduate qualifications, the first was a Post Graduate Certificate in Optometry (with Distinction) awarded by Aston University 2020, this included a Glaucoma module (2017). Anthony was Glaucoma accredited in 2018 after starting at the Eye department in 2017, working alongside Glaucoma Consultants Dr Allan Simpson and Dr Geoff Duff. The second qualification was a Professional Certificate in Medical Retina awarded by The College of Optometrists (UK) on complication of Medical Retina Module (with Distinction) from Cardiff University 2022, mentored by Dr Ainsley Morris Medical Retina Consultant. Anthony joined the Ophthalmology Department at Christchurch Hospital as an optometrist in 2017, where he is involved in visiting optometrists, and the training of RMOs, AHP and nurses.

Speakers & Workshop Facilitators



Lora Parsons

Lora works part-time from several locations in Christchurch including Te Whatu Ora – Whitaha Canterbury Ophthalmology department, Southern eye specialists, Dr Malcolm McKellar’s rooms and Family eye centre. She also regularly travels with an Ophthalmology team from Christchurch to Te Nikau Greymouth Hospital for public-based care of the West Coast community.

Lora trained in Melbourne at La Trobe University, then worked along the east coast of Australia before crossing the ditch to come to Christchurch in 2003, where she’s been based ever since. She is highly passionate about all aspects of traditional Orthoptics.

At all her current workplaces Lora is predominantly responsible for adult & paediatric strabismus, sensorimotor and binocular function assessments. Lora works closest with the paediatric and neuro-ophthalmologists.

Jaymie Rogers



Jaymie is an optometrist, PhD candidate and professional teaching fellow at the School of Optometry and Vision Science, University of Auckland. Her research interest centres on access to eye care in Aotearoa, with an emphasis on identifying barriers and facilitators of access among underserved communities. In her role as a professional teaching fellow, Jaymie supervises final year optometry students in a low vision and general optometry clinic.



Dr Phil Turnbull

Dr. Phil Turnbull is a senior lecturer and registered optometrist at the School of Optometry and Vision Science. He earned his Bachelor of Optometry (Hons) from the University of Auckland and subsequently spent two years in private practice in Christchurch. Later, Dr. Turnbull returned to academia to pursue a PhD under the guidance of Dr. John Phillips, where he explored myopia in cephalopods by developing a unique model of emmetropisation in squid.

After obtaining his PhD, Dr. Turnbull specialised in contact lenses at the University Eye Clinic and co-founded the Myopia Control Clinic alongside Dr. John Phillips. This clinic stands as a testament to their dedication to bridging cutting-edge myopia control research with the general public. He then embarked on a joint postdoctoral fellowship with Professor Steven Dakin and Dr. Phillips, merging myopia research with objective measures of vision.

Currently, Dr. Turnbull’s research lies at the nexus of technology and vision, delving into areas like virtual reality, eye tracking, and machine learning. He is an enthusiastic educator, teaching at both the undergraduate and postgraduate levels, with a particular fervor for statistics. Beyond his academic roles, Dr. Turnbull serves as an Expert Witness in criminal cases, is an associate editor for Clinical and Experimental Optometry, advises the Civil Aviation Authority (CAA) medical team, and holds the position of Professional Standards Advisor for the Optometrists and Dispensing Opticians Board (ODOB).

Speakers & Workshop Facilitators

Rochelle van Eysden



Rochelle qualified with a BOptom(Hons) in 1998 and has worked in Christchurch since then. She has owned Barrington Eye Care for 16 years and has opened a new practice, The Visionary, in Prebbleton this year. She has been on the NZAO Council for nine years and is currently Immediate past president. Rochelle is also a clinical editor for Canterbury Allied Healthways, and a mother to three children.




Renata Watene

Renata is a Māori optometrist with a whakapapa to Ngā Puhi and Tainui. She has extensive experience in indigenous eye health and healthcare governance. Her career in optics spans private practice, corporate, and franchise models across New Zealand and Australia. Renata was a previous recipient of the Māori Women's Development Business Collaboration Award for her work with Ngāti Whatua Orakei Kaumatua and Kuia. She was appointed as the first Kaiāwhina at the School of Optometry and Vision Science and was recognised for service to the profession in 2023, receiving the Dennis Pickup Clinical Educator Award.

Currently, Renata is the senior optometrist and director of Occhiali Optometrist, the sole 100% Māori-owner/operated clinic. She is also a co-chair of the Strategic Indigenous Taskforce for The Optometry Council of Australia and New Zealand, and she is a PhD Candidate in Applying an Indigenous Lens to Optometry to Enhance Equitable Outcomes. She is also a council member of NZAO.

Renata's leadership extends beyond clinical roles. She was a ministerial appointment to the Waitematā DHB, and promotes health strategies that prioritise Te Tiriti values and sustainable futures with long-term intergenerational impact. Her tireless dedication is creating lasting impact, and advancing health equity for indigenous communities in Aotearoa and worldwide.



Christchurch Botanic Gardens: Established in 1863, these expansive gardens span over 21 hectares and are home to a vast collection of exotic and native plants. A stroll through the gardens offers a serene experience, and visitors can enjoy the rose garden, fernery, and the tranquil Avon River that winds its way through.

Sponsor Presenters



Joshua Clark

Professional Education and Development Manager, Alcon

Joshua Clark has recently joined the Professional Education and Development team at Alcon. Joshua graduated with first class honours from UNSW and practiced in the northern suburbs of Sydney for 15 years. He has previously spoken extensively around Australia and New Zealand on contact lenses, dry eye management and new innovations in the industry. Joshua has a passion for improving patient outcomes and positively impacting their lifestyle.

Jac Heale

Executive Broker, Gallagher (formerly Crombie Lockwood)



Jac has 12 years insurance brokering experience at global insurance brokers (including six at Gallagher/Crombie Lockwood) with extensive experience setting up and handling allied health professional insurance benefits. As the Lead Gallagher advisor for NZAO members, Jac is the optometrists go-to person. He also is a regular speaker at industry events on insurance topics.



Lahiru Gunasena

Product Specialist, Zeiss

Lahiru is a product specialist at Carl Zeiss New Zealand servicing chronic disease management product portfolio. He provides workflow and diagnostic solutions for optometry and ophthalmology services. JCAHPO certified, his previous experience offers practical insights in the eyecare sector and currently involved in future-proofing collaborative pathways through digital diagnostic eco system.

Neil Stephenson

Product Specialist, Zeiss



Neil Stephenson works as a Product Specialist for Carl Zeiss NZ Ltd covering a range of areas including ophthalmic diagnostic and surgical microscopes. With extensive experience in medical sales, Neil is also a former member of the British Armed Forces and a former Clinical Psychologist.

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Bronze



EssilorLuxottica



Programme: Friday 20 October 2023

Where to go: All Friday sessions (including the Friday Night Drinks) are in the Conway Rooms, Level 1, Te Pae. Delegate registration is in the adjacent Conway Foyer.

8:00am - 9:00am

Registration

9:00am - 9:15am

Opening Welcome - NZAO President Callum Milburn

Our President officially begins the 92nd NZAO Annual Conference with a welcome and a reflection on the year that was.

9:15am - 10:00am

Dr Marilyn Vricella - 51520 - Amblyopia, Evidence Based Management for the Primary Care Optometrist

Background: This lecture reviews the evidence and discusses recent theories on amblyopia and the various treatment options available. Treatment options in children, the studies /clinical trials that support these treatment options, and how they can be implemented in patient care will be discussed. Each treatment option's indications, advantages, and potential complications will be reviewed. Future therapeutic modalities that are on the horizon will also be discussed.

Methods: This lecture will review prevalence and diagnosis of amblyopia and its associated visual function deficits. It will discuss the theories and historical perspective of amblyopia management. The lecture will also review the optical correction and prescribing guidelines in the treatment of amblyopia. The amblyopia treatment studies will be summarised and the clinical implications of these studies will be discussed. Residual amblyopia and treatment modalities will be discussed. Each current treatment option's pros and cons will be reviewed. Future treatment modalities being studied will also be discussed.

Results: Amblyogenic Factors; Visual deficits associated with amblyopia and treatment based on severity of amblyopia will be broken down. The course will review amblyopia studies (randomised clinical trials) and assess the clinical implications of these studies in younger and older children. This includes results of patching and atropine in moderate amblyopia and severe amblyopia; and bangerter filter in moderate amblyopia. Clinical implications in younger and older children as well as residual amblyopia and treatment modalities (increasing /combining treatment) are discussed.

Conclusion: The main conclusions show that there are multiple treatment modalities for amblyopia in the paediatric population studied.

10:00am - 10:30am

Alex Mann - 51521 - Marketing Re-imagined: A Path to Exceptional Staff, Not Just Clients

Introduction: Exploring connections between staff recruitment and digital marketing in optometry.

Balance and Strategy: Insights into client attraction and team building.

The Importance of the Right Team: A fresh perspective on staff's role in patient experiences.

Key Takeaways: Strategies for success.

Closing Thoughts: A thoughtful conclusion on a transformative approach.

10:30am - 11:00am

Morning Tea

11:00am - 11:30am

Anthony Nevett - 51522 - Eye Outpatient Cases Two Cases from Burwood DRPSS (Potentially Sight and Life Threatening)

Two cases that the Friday photo team were worried enough to get in contact with me to assess the photographs rather than wait for primary grading to occur, which can be 1-2 weeks later. Case 1 looks at rapid on set severe diabetic retinopathy. The second covers the incidental finding of a choroidal melanoma.

11:30am - 12:15pm

Dr Ainsley Morris - 51523 - Retinal Quiz

Contrary to popular belief, the retina is not some dull paper-thin tissue like structure plastered over the back of the eyeball, it is full of mystery and danger. It is in fact the most wonderful and glorious aspect of the globe. It's wonders and intrigue are revealed with dilation, careful consideration and modern imaging. Ainsley will use a series of case presentations in a quiz setting to convert you the wonders that the fundus beholds. Warning – not for the faint hearted.



The **Christchurch Gondola** offers a scenic 10-minute ride to Mount Cavendish's summit, where visitors can enjoy panoramic views, explore walking tracks, learn regional history through the Christchurch Discovery Ride, and dine at the Red Rock Cafe.

Programme: Friday 20 October 2023 - cont.

12:15pm - 1:15pm **Lunch**

1:15pm - 1:45pm **Renata Watene - 51524 - Cultural CPD 101**

Fundamentals for understanding cultural context, including Te Tiriti and its impact for an optometry setting.

1:45pm - 2:30pm **Dr Marilyn Vricella - 51525 - Optometrist's Guide to Examining and Caring for Children with Special Needs**

Background: It is critical for children with special needs to have eye examinations as they can be at high risk for eye disease. It is important for eye care practitioners to be familiar with common ocular findings in children with special needs. This lecture will review common diagnosis and the visual findings that are most prevalent in this population. The lecture will provide background, risk factors, ocular associated findings and optometric treatment of visual conditions. The course will also review the evidence and provide the attendee with practical tips on how to modify the eye exam for children with special needs.

Methods: This course will provide the background and common ocular findings that could be found in children diagnosed with autism spectrum disorder, attention deficit hyperactivity disorder, cerebral palsy, and down syndrome. Cortical visual impairment will also be reviewed. The course will also review methods on how to modify the eye examination specifically for children diagnosed with these conditions as well as any child with special needs. Alternate methods of obtaining clinical data are reviewed.

Results: There is numerous research and publications on vision disorders in children with special needs. The course will review relevant and current studies.

Conclusion: As primary eye care practitioners, it is critical for optometrists to provide comprehensive eye care to a population who can greatly benefit from optometric intervention. This course will provide optometrists the knowledge on what to look for in an eye exam and alternate methods to obtain clinical data.

2:30pm - 3:30pm **Dr Lynley Anderson - 51526 - Ethics - Making Mistakes in Clinical Practice**

Making mistakes is part of being human. Mistakes are common across health care, including optometry. Stopping errors is important, but taking care of our patients and ourselves is also important. In other words, it is what we do in response to when an error occurs that matters.

This presentation will examine some of the causes of error in health care, and some of the known strategies for prevention from the world of aviation and medicine.

There are a number of different duties we have when mistakes in clinical practice occur. These duties are to patients in the way of apologies and acknowledgment of responsibility; to ourselves where we need self-compassion and support; and to the profession. While we need a focus on working to prevent errors, we also need to consider ways to support each other so that we don't lose good people from the profession.

All of these aspects will be discussed, with reference to optometry where possible, to findings from the Health and Disability Commissioner, and to the literature on clinical error.

3:30pm - 4:00pm **Afternoon Tea**

4:00pm - 4:30pm **Renata Watene - 51527 - Interactive Cultural Q&A**

Discussion around cultural considerations when working in an Optometry setting - A probing insight into questions that you may have always wanted to ask.

4:30pm - 5:00pm **Alcon Presentation - Joshua Clark - 51528 - How Does Water Surface Technology Affect Your Patients?**

This presentation explains Alcon's Water Surface Technology in daily disposable contact lenses and how it can benefit patients. In particular, the presentation explores how Water Surface Technology, in conjunction with Alcon's PRECISION BALANCE 8|4™ design, benefits astigmatic contact lens wearing patients. Case studies will be discussed to highlight the benefits of prescribing contact lenses with water surface technology.



5:00pm - 5:30pm **Rochelle van Eysden - Quiz 2023**

This quiz will feature rounds of 10 questions for teams to answer. One round features questions provided by our sponsors about their products to ensure delegates interact with their stands and learn about their latest offerings.

5:30pm - 6:15pm **Friday Night Drinks - including red wine for retinal health**

Programme: Saturday 21 October 2023

Where to go: Most Saturday sessions (including the AGM and dinner) are in the Conway Rooms, Level 1, Te Pae. Delegate registration is in the adjacent Conway Foyer. One workshop will be in Bealey Room 2 (Ground Floor) - details to be advised.

7:15am - 8:30am **Zeiss Breakfast Presentation - Lahiru Gunasena and Neil Stephenson - 51530 - Connecting to Dry Eye – New ATLAS 500 Corneal Topographer and FORUM Software Connectivity**

Sponsored Breakfast



The new ZEISS ATLAS 500 corneal topographer is a multi-modality solution for the anterior eye segment offering corneal topography and comprehensive dry eye assessments. With precise corneal topography and visualisation, the ATLAS 500 has a quick data acquisition capability and connectivity to provide digital documentation. The ZEISS ATLAS 500 provides a comprehensive dry eye report which contains detailed information on a variety of parameters including: meibography, ocular redness grading, tear meniscus height, tear film break up time and on screen OSDI questionnaire. When connected to FORUM software, the ATLAS 500 will afford streamlined dry eye assessment with less manual errors and automatically export dry eye reports saving valuable time.

8:30am - 9:00am **Lora Parsons - 51531 - Orthoptic-ly Speaking**

Case presentations – Highlighting Strabismus, Ocular motility disorders, Binocular functions. Lora's presentation will provide an interesting snapshot into a day of cases found in an Orthoptic clinic encompassing investigations, management, and key take-home pointers for your own reflective practice.

9:00am - 9:30am **Dr Rahul Dwivedi - 51532 - Glaucoma Lasers: MicroPulse & SLT Efficacy – Outcomes from Waitaha Canterbury**

Background: Selective Laser Trabeculoplasty (SLT) is now established as a key treatment option for the management of open angle glaucoma, often used in the early stages of the condition. Trans-scleral MicroPulse Cyclodiode Laser is usually reserved for refractory glaucoma cases with uncontrolled intraocular pressure and used in later stages of the condition. This presentation will focus on the outcomes of both laser modalities in the management of glaucoma at Te Whatu Ora Waitaha Canterbury.

Methods: Retrospective review of sequential patients undergoing SLT and MicroPulse Cyclodiode lasers performed by a single surgeon (RD) at Waitaha Canterbury over a 12-month period between January 2021 to 2022. Data points were collected at the pre-laser visit then at 1-week, 1-month, 3-months, 6-months and 12-months post laser intervals. Primary outcomes included changes in intraocular pressure (IOP), visual acuity (BCVA) and the number of drops/oral Diamox. Secondary outcomes focused on post-laser complications, further laser treatment and the incidence of further incisional glaucoma surgery.

Results: 179 eyes and 43 eyes with a minimum of 6 months follow-up underwent SLT and MicroPulse Cyclodiode Laser respectively in 2021. A >20% IOP reduction from baseline was observed across all time-points for both laser groups ($p < 0.001$) but only the MicroPulse Cyclodiode Laser group displayed statistically significant reduction in drops/oral Diamox at 12-months. Treatment naïve and secondary open angle glaucoma patients (PXG & Pigmentary) achieved the best IOP-lowering results with SLT. No significant changes in BCVA was noted in either group across the 12 month period. The MicroPulse Cyclodiode group had a higher incidence of repeat laser (23% v 4%) and further incisional glaucoma surgery (21% v 6%) compared to the SLT group. Complication rates were low in both groups with post-laser inflammation/IOP spikes being the most common and 1 eye in lost PL vision in the MicroPulse Cyclodiode Laser group v 0 in the SLT group.

Conclusion: We present large volume real-world results for both SLT & MicroPulse Cyclodiode Laser procedures in a local Canterbury population achieving a 25-30% IOP reduction throughout 12 months. Both treatment modalities are a safe and effective treatment option across a wide variety of glaucoma sub-types and severity.

9:30am - 10:45am **Annual General Meeting**

10:45am - 11:15am **Morning Tea**

11:15am - 12:45pm **OPTION 1: Dr Marilyn Vricella - 51533 - The Infant and Toddler Eye Exam Workshop**

Background: This workshop will review optometric techniques used to obtain clinical data in infant and preschool aged children. Additionally, the attendee will have the opportunity to perform these techniques on an infant and on a toddler.

Methods: The workshop will review the key elements of an eye exam for an infant/toddler and techniques used to assess ocular motility, binocular vision, refraction, visual acuity, and eye health in this population. A brief review of history, developmental milestones and parent education will also be included.

Results: Techniques that include hirschberg, krimsky, angle kappa, bruckner, 10[^] test, PASS, Lang, convergence and motility assessment, retinoscopy, mohindra, visual acuity / forced preferential looking, and eye health will be reviewed and/or demonstrated. Differentiating between significant findings vs age norms will be discussed.

11:15am - 12:00pm **OR OPTION 2 (FIRST HALF): Dr Phil Turnbull - 51534 - Preparing the Future Workforce**

The Optometrists and Dispensing Opticians Board (ODOB) presentation will be a 'state of the optometric profession' update, including the latest information from the 2023 workforce survey (which had almost double the number of comments from previous years), and initiatives from the Ministry of Health and Te Whatu Ora's interdisciplinary workforce planning models of care. The presentation will also give information about the specialist optometrist - Ophthalmic laser surgeries scope of practice and provide updates regarding potential future changes to the optometrist scope of practice. Kristine Hammond will also attend as ODOB Board Chair and she will be able to answer questions with Phil if needed.

Programme: Saturday 21 October 2023 - cont.

12:00pm - 12:45pm **OPTION 2 (SECOND HALF): Jac Heale, Gallagher - 51608 - Explaining Insurance Benefits for Optometrists**

Jac Heale at Gallagher (formerly Crombie Lockwood) explains, in plain English, the insurance benefits that are available to NZAO members including what is actually covered, the process for claims and FAQs like 'What policy limit is right for me?'. Jac will also touch on the deteriorating insurance market conditions, why this is important for Optometrists (and business owners) to understand and what Gallagher is doing to help NZAO members navigate these challenges.

12:45pm - 1:45pm **Lunch**

1:45pm - 2:30pm **Dr Elizabeth Conner - 51535 - Paediatric Keratoconus – What Not to Miss**

Background: An update on Paediatric Keratoconus

Can we reduce the burden of disease in keratoconus with the aim that no one should have significant vision loss due to this disease? Perhaps a lofty aim but with early diagnosis and cross linking, it is potentially achievable.

This talk will include a review of the literature and discussion of clinical pearls to identify and manage early keratoconus.

2:30pm - 3:00pm **Dr Rahul Dwivedi - 51536 - Early Outcomes of Minimally Invasive Glaucoma Surgery (MIGS) Performed at Waitaha Canterbury 2022**

Background: MIGS are a group of surgical techniques aimed to reduce the intraocular pressure (IOP) in glaucoma patients through less invasive procedures compared to conventional glaucoma filtration surgery. This review will focus on the early outcomes of the iStent Inject, Kahook Dual-Blade (KDB) goniotomy and PreserFlo MicroShunt implant performed at Te Whatu Ora Waitaha Canterbury in 2022.

Methods: Retrospective review of sequential patients undergoing MIGS performed by a single surgeon (RD) at Waitaha Canterbury in 2022. Data points include the pre-treatment visit followed by 1-day, 1-week, 1-month, 3-months & 6-months post-MIGS visits. Primary outcomes included changes in intraocular pressure (IOP) and number of drops/oral Diamox doses used. Secondary outcomes focused on best corrected visual acuity changes, complications and further surgery.

Results: 57 eyes underwent MIGS in 2022 including 38 iStents combined with cataract surgery, 16 KDB Goniotomy cases combined with cataract surgery and 3 standalone PreserFlo Microshunt implant cases. All MIGS devices displayed statistically significant IOP reductions at 6 months: -7.7mmHg (35.8%) for phaco-iStents, -7.2mmHg (33.5%) for phaco-KDB and -14.5mmHg (53.7%) for PreserFlo Microshunt. Statistically significant VA improvements were noted in the phaco-iStents group alone with statistically significant drop reductions noted in PreserFlo Microshunt group alone. Highest incidence of complications was seen in the phaco-KDB group.

Conclusion: These MIGS devices are effective treatment options in a mixed glaucoma population resulting in early IOP lowering effects across all three groups. PreserFlo group had the most striking results with the greatest reduction in IOP and number of drops used. Phaco-KDB group had the highest complication rates.

3:00pm - 3:30pm **Afternoon Tea**

3:30pm - 4:30pm **OPTION 3: Dr Marilyn Vricella - 51538 - Vision Therapy Techniques to Treat Common Binocular Vision Disorders**

Background: According to the Evidence Based Clinical Practice Guidelines (developed by AOA), after refractive errors, the most prevalent vision conditions in children are accommodative and binocular vision anomalies. These conditions can cause significant symptoms with near work. Providing treatment can alleviate these symptoms.

Methods: The prevalence and treatment of eye movement disorders, convergence insufficiency, convergence excess, and accommodative dysfunction is well documented. Vision Therapy for the treatment of these eye conditions shows it is a viable treatment option.

Results: Specific vision therapy techniques to treat accommodative, non-strabismic binocular vision, and oculomotor disorders will be demonstrated and practiced in this workshop. Additionally sequencing and programming the vision therapy sessions will be reviewed. Techniques that can also be used for home reinforcement will be emphasised.

Conclusion: The Convergence Insufficiency Treatment Trial shows that in office-based vision therapy by a trained therapist along with home reinforcement for convergence insufficiency is successful. Research on vision therapy for post-concussion vision problems (convergence insufficiency / accommodative disorders) is well documented. Optometrists will encounter patients with accommodative, ocular motor and non-strabismus binocular vision disorders. It is important for the care of patients to be able to offer successful treatment options. Understanding vision therapy techniques will assist the optometrists in being able to provide options that can improve these conditions and their associated symptoms.

3:30pm - 4:30pm **OR OPTION 4: Jeremy Crang - Financial Literacy 101: The First Step in a Secure Financial Future**

Why would I want to invest? What would I invest in? How much should I invest? When should I start? How do I do it? This talk is your first step to understanding the basics of investing. The first step in making a more financially secure future for you. Don't leave your financial security to chance. If you have started investing or want to start, this talk will help build your understanding and answer these financial questions.

Programme: Saturday 21 October 2023 - cont.

4:30pm - 4:45pm

Dr Tina Gao - 51539 - Binocular Vision in Amblyopia – Research Updates

Binocular vision is an essential component of the human visual system, and amblyopia is a common binocular vision disorder encountered by optometrists. In this talk, Tina will present her research in amblyopia and binocular vision, translating relevant scientific findings to useful clinical gems for practicing optometrists.

The main project of Tina PhD was the Binocular Treatment for Amblyopia Using Videogames (BRAVO) clinical trial, which resulted in an unexpected finding - that glasses alone can improve vision in ~25% of adults and older children with amblyopia. This has important implications for clinical management. Tina will also present her ongoing and upcoming research: automated eyetracking for clinical testing, assessment and treatment of aniseikonia (image size differences between eyes), and addressing the need for long-term ongoing care for patients with treated amblyopia.

4:45pm - 5:00pm

Lynn Mascarenhas - 51540 - Management Trends for Amblyopia in Aotearoa NZ

Amblyopia, or the 'lazy eye' is the most common cause of monocular visual reduction in the paediatric population. The reduced visual acuity in amblyopia directly relates to limited career options, an increased lifetime risk of bilateral visual impairment in unilateral amblyopia, and a reduced quality of life. Additionally, several aspects of binocularity including reading speed, depth perception and fine motor skills are also impacted by the condition.

Historically, amblyopia treatment regimens have been based on training experience, observations, and clinical impressions of the clinician. However, in the last three decades, there has been development to the amblyopia treatment regimens. Much of this development can be contributed to large-scale, well-controlled clinical studies conducted by global research groups, such as the Paediatric Eye Disease Investigator Group (PEDIG). These studies now allow for formal evaluation of several common amblyopia treatment regimens.

Through decades of large scale, good quality clinical trials, the best care management of amblyopia has certainly evolved. But whether and how these practice updates have been disseminated to clinicians in the community is unknown. Our survey aims to capture the current clinical management of amblyopia in New Zealand, to examine how well recent changes in international guidelines have disseminated to community practice.

5:00pm - 5:30pm

Dr Jaymie Rogers - 51541 - Access to Eye Health Services Among an underserved community in Aotearoa NZ

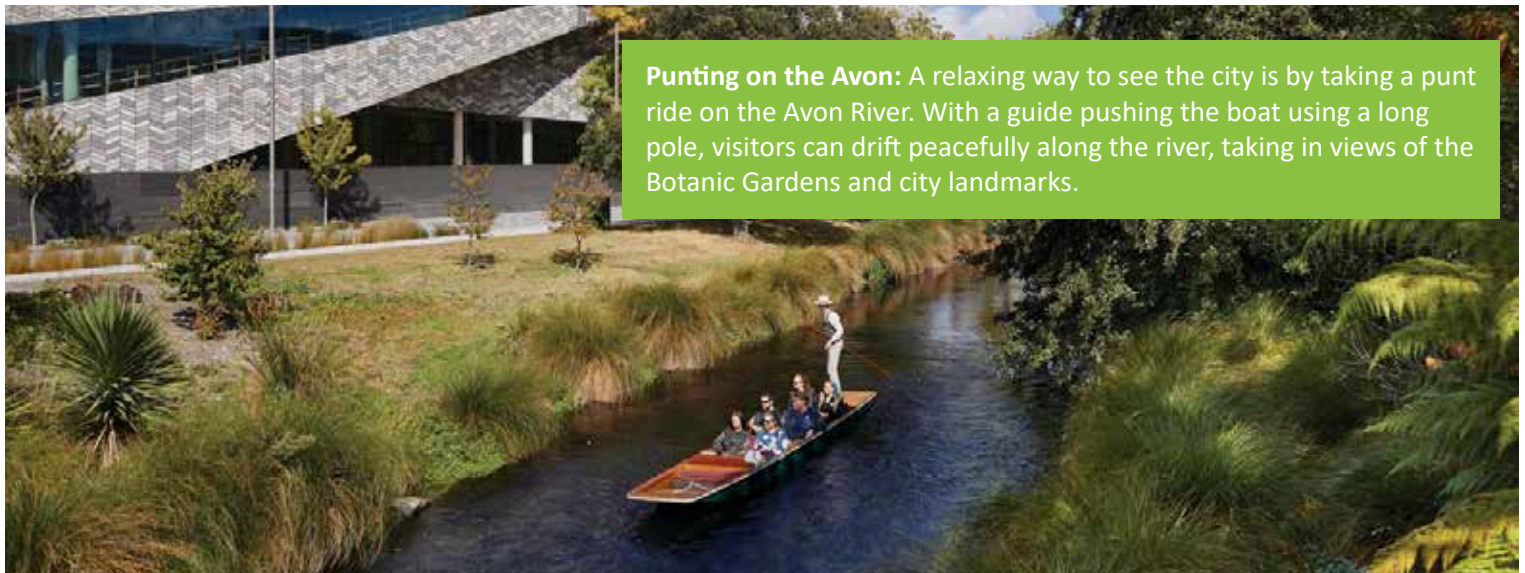
As the global population grows and ages, the prevalence of vision impairment is set to rise unless access to good quality eye health services improves for everyone. Globally, the social distribution of vision impairment is uneven, with population subgroups including Indigenous people and people living in areas of high deprivation more likely to experience worse eye health outcomes. In Aotearoa there is limited information on inequities in accessing eye health services. In this presentation I will share findings from a study focused on adults with vision impairment, who were identified from a door-to-door vision screening survey conducted in an underserved community in Tāmaki Makaurau. Eligible participants were invited to undertake a full eye examination at a temporary local community eye clinic. Participants identified with uncorrected refractive error were provided with cost-subsidised spectacles. I will share what I learnt from this group, including their historical eye service use, the main causes of their vision impairment, the extent of referable conditions, their uptake of referral and the key barriers to reaching care.

5:30pm

Close

7:30pm - Late

Annual Dinner



Punting on the Avon: A relaxing way to see the city is by taking a punt ride on the Avon River. With a guide pushing the boat using a long pole, visitors can drift peacefully along the river, taking in views of the Botanic Gardens and city landmarks.

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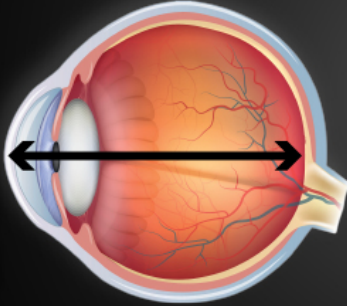
*vs. Dailies Total1® and Acuvue® Oasys 1-Day contact lenses

References: 1. Schafer, J. Steffen, R. Reindel, W.; A clinical assessment of dehydration resistance for a novel silicone hydrogel lens and six silicone hydrogel daily disposable lenses. Poster presented at AAO, October 2020. 2. Data on File. Bausch & Lomb Incorporated, Rochester, NY.

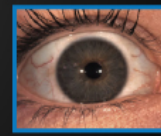
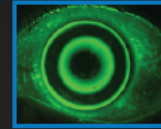
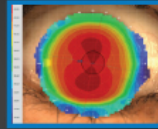
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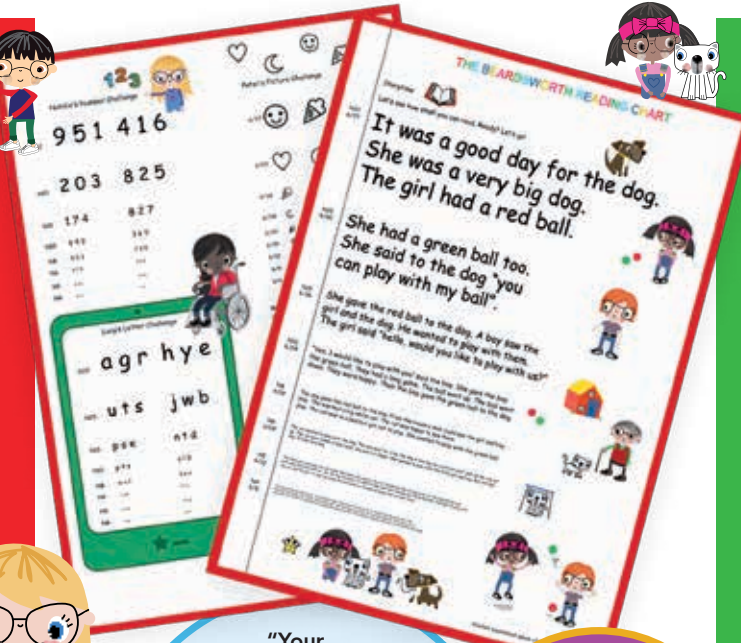
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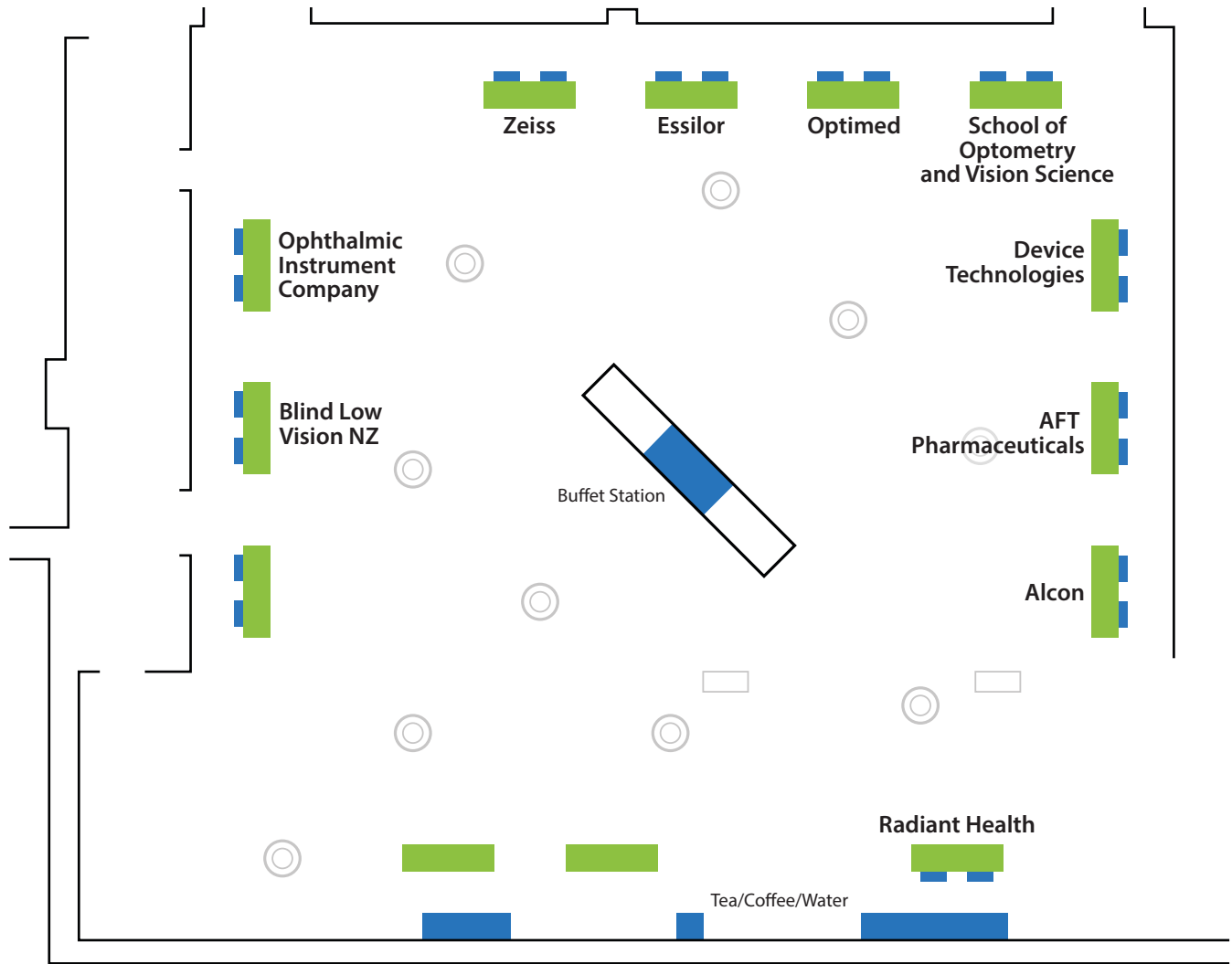
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The **Christchurch Tram** offers a hop-on-hop-off service, allowing tourists to explore some of the city's central attractions at their own pace. The journey weaves through the city streets, providing narrated commentary about the various sights and history of Christchurch.

Sponsors Exhibition

A special thanks to all our sponsors for making this year's event possible. Remember that by engaging with sponsors at their booths, you'll be armed with some of the knowledge to win prizes in the Annual Quiz at 5pm on Friday!



Thank you also to the providers of this year's quiz prizes:



NZAO Conference 2023 Timetable - UPDATED

Where to go: Most sessions (including the AGM and dinner) are in the Conway Rooms, Level 1, Te Pae. Delegate registration is in the adjacent Conway Foyer. Some Saturday workshops (options 2 and 4) will be in Bealey Room 5 (Ground Floor).

Friday 20 October 2023

8:00am - 9:00am	Registration
9:00am - 9:15am	Opening Welcome - NZAO President Callum Milburn
9:15am - 10:00am	Dr Marilyn Vricella - 51520 - Amblyopia, Evidence Based Management for the Primary Care Optometrist
10:00am - 10:30am	Alex Mann - 51521 - Marketing Re-imagined: A Path to Exceptional Staff, Not Just Clients
10:30am - 11:00am	Morning Tea
11:00am - 11:30am	Anthony Nevett - 51522 - Eye Outpatient Cases Two Cases from Burwood DRPSS (Potentially Sight and Life Threatening)
11:30am - 12:15pm	Dr Ainsley Morris - 51523 - Retinal Quiz
12:15pm - 1:15pm	Lunch
1:15pm - 1:45pm	Renata Watene - 51524 - Cultural CPD 101
1:45pm - 2:30pm	Dr Marilyn Vricella - 51525 - Optometrist's Guide to Examining and Caring for Children with Special Needs
2:30pm - 3:30pm	Dr Lynley Anderson - 51526 - Ethics - Making Mistakes in Clinical Practice
3:30pm - 4:00pm	Afternoon Tea
4:00pm - 4:30pm	Renata Watene - 51527 - Interactive Cultural Q&A
4:30pm - 5:00pm	Alcon Presentation - Joshua Clark - 51528 - How Does Water Surface Technology Affect Your Patients?
5:00pm - 5:30pm	Rochelle van Eysden - 51529 - Quiz 2023
5:30pm - 6:15pm	Friday Night Drinks

Saturday 21 October 2023

7:15am - 8:30am	Zeiss Breakfast Presentation - Lahiru Gunasena and Neil Stephenson - 51530 - Connecting to Dry Eye – New ATLAS 500 Corneal Topographer and FORUM Software Connectivity
8:30am - 9:00am	Lora Parsons - 51531 - Orthoptic-ly Speaking
9:00am - 9:30am	Dr Rahul Dwivedi - 51532 - Glaucoma Lasers: MicroPulse & SLT Efficacy – Outcomes from Waitaha Canterbury
9:30am - 10:45am	Annual General Meeting
10:45am - 11:15am	Morning Tea
11:15am - 12:45pm	OPTION 1: Dr Marilyn Vricella - 51533 - The Infant and Toddler Eye Exam Workshop
11:15am - 12:00pm	OR OPTION 2 (FIRST HALF): Dr Phil Turnbull - 51534 - Preparing the Future Workforce
12:00pm - 12:45pm	OPTION 2 (SECOND HALF): Jac Heale, Gallagher - 51608 - Explaining Insurance Benefits for Optometrists
12:45pm - 1:45pm	Lunch
1:45pm - 2:30pm	Dr Elizabeth Conner - 51535 - Paediatric Keratoconus – What Not to Miss
2:30pm - 3:00pm	Dr Rahul Dwivedi - 51536 - Early Outcomes of Minimally Invasive Glaucoma Surgery (MIGS) Performed at Waitaha Canterbury 2022
3:00pm - 3:30pm	Afternoon Tea
3:30pm - 4:30pm	OPTION 3: Dr Marilyn Vricella - 51538 - Vision Therapy Techniques to Treat Common Binocular Vision Disorders
3:30pm - 4:30pm	OR OPTION 4: Jeremy Crang - 51537 - Financial Literacy 101: The First Step in a Secure Financial Future
4:30pm - 4:45pm	Dr Tina Gao - 51539 - Binocular Vision in Amblyopia – Research Updates
4:45pm - 5:00pm	Lynn Mascarenhas - 51540 - Management Trends for Amblyopia in Aotearoa NZ
5:00pm - 5:30pm	Jaymie Rogers - 51541 - Access to Eye Health Services Among an underserved community in Aotearoa NZ
5:30pm	Close
7:30pm - Late	Annual Dinner