



Contact Lens CD-ROM series

You may remember that a few years ago DOCET produced two Contact Lens CD-ROMs, on Fitting Spherical Contact Lenses and Initial Consultation, which were intended to be the first in a series of four.

Unfortunately, the company that DOCET commissioned to produce this series went out of business before CD-ROMs 3 & 4 were completed.

We are very happy to announce that we have now been able to complete CD-ROM 3: Aftercare and Solutions.

In this CD-ROM you will be introduced to the following:

- **Disinfection:** available solutions, how they work and the legal requirements in the UK for marketing solutions for use with contact lenses.
- **Soft and Rigid Lens Cleaning:** the different approaches required by each of these lens types.
- **Patient Education:** how to spot patient non-compliance and how to best advise your patients.

This CD-ROM will be distributed in a few weeks time. CD-ROM 4, on Advanced Fitting, will be ready in the next few months.

Feedback

We are always keen to hear your feedback on the DOCET.info newsletter – do you enjoy reading it? What type of articles would you like to see featured? Do you have any suggestions for this newsletter (or for the Optometric Quarterly audio files)? Please email alena@docet.info

● ● ● DOCET Priorities for 2008/09

In order to provide clinical direction to CET providers planning upcoming events, each year the DOCET Committee agree a list of priorities. The DOCET priorities for the 2008/09 Financial Year (1 April 2008 to 31 March 2009) are:

Yearly

- Therapeutics
- ARMD
- Enhanced Services
- The Anterior Eye
- Acute Presentation

Ongoing

- The 4 DH Pathways (Glaucoma, AMD, Cataract and Low Vision)
- Referral Criteria
- Record Keeping
- Flashes and Floaters
- Children's Vision

● ● ● DOCET Funding Guidelines: notes for CET Providers

A reminder to CET providers wishing to receive DOCET funding that the following rules apply:

- Funding applications will only be accepted via the online form on the DOCET website (www.docet.info)
- The online claim form must be used – no other form will be accepted
- All claims must include full proof of expenditure and the attendance list (including the participants' GOC number)
- The maximum DOCET funding payable per event is £5,000
- Lecturer and workshop leader fees will be capped at £180 per hour
- DOCET will only fund topics relating to the provision of primary health care services – if an event includes lectures or workshops that are not eligible for funding the amount payable will be reduced proportionally
- The timeline that restricted organisations to applying within a particular six-month period for funding for an event running in the following six-month period has been removed; course organisers may now apply no earlier than 12 months and no later than two weeks before an event
- The DOCET website still, however, restricts when events may be applied for; please contact the DOCET office (enquiries@docet.info) for a Special Application Number to circumvent this

A full copy of the guidelines is available on the DOCET website (www.docet.info).

● ● ● Within OQ65

Stem cell therapy in AMD

The London Project to Cure AMD aims to preserve and restore vision in dry AMD using a surgical approach: transplanting retinal pigment epithelial cells cultured from stem cells in a laboratory. Ophthalmic surgeon Lyndon Da Cruz of Moorfields talks to Hugh Breakspear about this exciting new research.



Hugh Breakspear



Lyndon Da Cruz

Pilot's vision

Visual requirements for pilots are something of a moving target. Philip Morgan gets an authoritative update from Adrian Chorley, optometrist to the UK Civil Aviation Authority.



Philip Morgan



Adrian Chorley

Quarterly review

Geoff Roberson reviews recent papers on corneal thickness in glaucoma, cataract surgery in the elderly, dietary prevention of age-related macular degeneration, and the dangers of yoga.



Geoff Roberson

● ● ● Adult Ocular Tumours CD-ROM

At the end of last year DOCET produced a CD-ROM on Adult Ocular Tumours, presented by Professor Bertil Damato, which aims to update practitioners and generally provide a good grounding in a number of key areas dealing with this condition.

The original CD-ROM was, unfortunately, only PC-compatible. We have commissioned additional Maccompatible discs which are now available.

To request a copy please email enquiries@docet.info

Please note that the CET deadline for this project has been extended to Monday, 24 March 2008. 2 CET points are available via the DOCET website (www.docet.info).



Professor Bertil Damato

MCQs

MCQs for OQ65

- In the London Project stem cells are cultured together with?**
 - Autologous RPE cells
 - Embryonic mice fibroblasts
 - Limbal stem cells
 - Undifferentiated cells
- What size of cell patch needs to be implanted to give the patient a reasonable reading area?**
 - 1 x 1 mm
 - 2 x 3 mm
 - 3 x 6 mm
 - 4 x 9 mm
- Which of the following statements about pilot licenses is NOT true?**
 - Class 1 medical certification includes helicopter pilots
 - Private Balloon pilots can self declare their medical status
 - The Class 2 license is recognised throughout Europe
 - The NPPL is valid throughout Europe but only during daylight hours
- Which of the following statements about pilot licenses is true?**
 - Polycarbonate lenses are essential for pilots
 - Both pairs of a pilots spectacles can be tinted
 - Tinted contact lenses are not acceptable for pilots
 - All applicants must pass the Holmes-Wright lantern test
- What percentage increased risk of falls is associated with for each 10% loss of visual field?**
 - 8%
 - 9.5%
 - 20%
 - 46%
- In the ocular hypertension cost-effectiveness study how many millimetres of mercury above the study average IOP brought the cost-effectiveness ratio below the NICE threshold?**
 - 2 mm Hg
 - 4 mm Hg
 - 5 mm Hg
 - 6 mm Hg

Submit your answers online via www.docet.info

MCQs continued

Answers to MCQs for OQ64

1. Approximately how many corneal transplants are undertaken in the UK each year?
 - a. 2,000
 - b. 2,500**
 - c. 8,000
 - d. 40,000
2. Which of the following statements about Descemet's stripping endothelial keratoplasty is NOT true?
 - a. It is only suitable for treating Fuch's endothelial dystrophy**
 - b. No tissue is removed from the recipient
 - c. It is a sutureless procedure
 - d. The graft has to be replaced in 10% of cases
3. In the City University amblyopia study how many children's amblyopia responded to spectacle correction alone?
 - a. 4
 - b. 7**
 - c. 10
 - d. 20
4. In CS for a spot reading task which combination of acuity and contrast reserves will be needed?
 - a. 1:1 and 10:1
 - b. 2:1 and 10:1
 - c. 1:1 and 3:1**
 - d. 3:1 and 3:1
5. In the pressure-to-cornea index (PCI) study which of the following was the mean corneal thickness for glaucomatous eyes?
 - a. 510 μM
 - b. 536 μM**
 - c. 549 μM
 - d. 600 μM
6. According to the Melbourne meta-analysis study outcomes which of the following statements is NOT true?
 - a. Dietary supplements don't help in the primary prevention of ARMD
 - b. Cigarette smoking is the only modifiable risk factor
 - c. Dietary supplements help in the prevention of progression from early to late ARMD**
 - d. The results can only be related to a western population

References

Stem cell therapy in AMD

Da Cruz L, Chen FK, Ahmado A,
Greenwood J, Coffey P
RPE transplantation and its role in retinal
disease
Prog Retin Eye Res 2007; 26(6):
598-635.

Vugler A, Lawrence J, Walsh J et al
Embryonic stem cells and retinal repair
Mech Dev 2007; 124(11-12):
807-29.

Pilot's vision

www.caa.co.uk
(follow links to "Medical",
then "Vision")

Quarterly review

van Leeuwen R, Eijkemans MJ,
Vingerling JR, Hofman A, de Jong PT
& Simonsz HJ
Risk of bilateral visual impairment in
individuals with amblyopia: the
Rotterdam study
Br J Ophthalmol 2007; 91(11):
1450-1451.
Abstract

Stewart WC, Stewart JA, Nassar Q
& Mychaskiw MA
Cost-effectiveness of treating ocular
hypertension
Ophthalmology 2008; 115(1):
94-98.
Abstract

Freeman EE, Munoz B, Rubin G
& West SK
Visual field loss increases the risk of
falls in older adults: the Salisbury eye
evaluation
Invest Ophthalmol Vis Sci 2007;
48(10): 4445-4450.
Full text



DOCET
42 Craven Street
London WC2N 5NG
Tel: 020 7839 6000
Fax: 020 7839 6800
eMail: enquiries@docet.info
Website: www.docet.info