



VOSH SE

**Volunteer Optometric Services to Humanity
Southeast Chapter**

Eye Care Educational Mission – March 2011

THE UNIVERSITY OF THE WEST INDIES SCHOOL OF OPTOMETRY
ST. AUGUSTINE, TRINIDAD & TOBAGO

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School of Optometry
St. Augustine, Trinidad & Tobago



Trinidad & Tobago

VOSH SE

Saturday, March 19

Arrived Port-of-Spain. Met Sandra Wang-Harris, OD, and Petra Bridgemohan, Bsc Optom.

Sunday, March 20

Course preparation: Sandra and I developed a low vision (LV) exam form for the school and inventoried donated supplies sent by Patti Fuhr, OD, PhD and VOSH SE. This inventory was helpful as it supplemented the few devices Sandra already had at the clinic. The large shipments from VOSH SE and Eschenbach had not yet arrived. Also Dawn DeCarlo, OD, MPH, from the UAB Center for Low Vision Rehabilitation in Birmingham, AL donated several monocular telescopes and an MN reading card.

Petra showed me around town and discussed optometry. She is the only public health OD in the country. She visits surrounding environs of Port-of-Spain and provides eye care to these populations. She is able to dilate because she works in the presence of an MD. Diabetes, glaucoma are major health concerns. She also will act as an Attending Licensed Optometrist for students from the school doing external rotations in hospital settings. She hopes that students will take more public health optometry positions in hospitals. Some of these positions are supposed to be created by the time the first class graduates in 2013.





Monday, March 21

The Optometry School at the University of the West Indies is currently linked to the main campus at St. Augustine but will soon be integrated with the Mount Hope Medical Sciences campus. There are 15 students in the second year class, and 24 in the first year class. The school is currently looking to add two more faculty positions for Optometry. The BSc optometry degree is based on the UK model. Optometrists in T&T do not currently have diagnostic or therapeutic privileges.

Lecture 1:

Reviewed general aspects of the LV exam, how to test, document. Sandra and I had developed a LV exam template. Also discussed practical aspects of LV, how patients are affected, and things to consider when working with this patient population.

Lecture 2:

Demonstrated LV devices. Students had not previously had exposure to hand held magnifiers, stand magnifiers, pocket magnifiers, tints, or monocular telescopes. Discussed and demonstrated testing and device use. Role-played exam situations.

Low Vision Clinic 1:

Exams with four patients from the T&T Blind Welfare Association. Exams lasted about 2-3 hours and patients were able to take breaks, have refreshments. This is the first exam the students had ever given! That's challenging enough, but to start on LV patients is quite difficult! They were very professional and worked diligently. Sandra and I acted as facilitators to each student pair that was administering an exam.



Tuesday, March 22

Lecture 3:

Reviewed LV exam form, testing, lessons learned from LV clinic 1.

Low Vision Clinic 2:

Exams with three patients from the Blind Welfare Association. Again, exams lasted 2-3 hours. Sandra and I acted as facilitators.

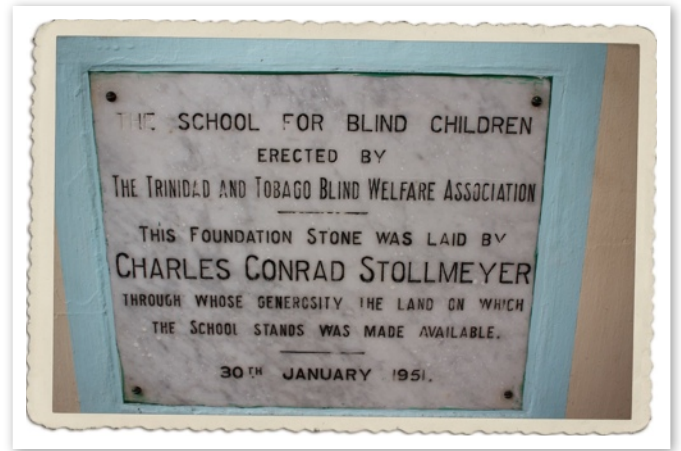


Patients & Devices

For most of the patients we were able to find at least one device, or Rx that helped patients to meet specific goals and improve quality of life. Specifically, we dispensed 4X and 6X monoculars, 7X and 10X handheld magnifiers and 8D 1/2 eyes.

Afternoon Tour, School of the Blind:

Erected by the Blind Welfare Association in 1951. Sandra, Petra and I met the Principal and his assistant and toured the facilities. They have quite a nice computer room with about 15 computers, though I'm not sure how they are using them. They also showed us a Vision 2020 LV kit available online from China with low cost magnifiers and sunshades that could be a great option for dispensing much needed LV devices in T&T. Sandra is developing a clinic where she will go with students to the facility, or other institutions to provide eye care and evaluate children for LV devices/needs.



Wednesday, March 23

Lecture 4:

Reviewed LV Clinics 1&2, discussed lessons learned, etc. Students did a great job and many felt connected to the patients and reported that they would like to incorporate LV into their practices.

Lecture 5:

Presentation on bioptics, bioptic driving, class demonstration with devices that I brought.

Lecture 6:

Presentation on field expansion prisms, including demo video, class demonstration of Peli prism fitting.

Lecture 7:

Presentation on Emerging LV Technology, discussed current advances and future developments in the field of LV.

The students were pretty much exhausted by this point. So we took some pics and called it a day. Sandra and I stopped for some goat curry on the way home, delicious...!



Thursday-Friday, March 24-25

I embarked on a whirl-wind tour of Tobago.

Saturday, March 26

Early departure home. Sandra and her family, and Petra were so very helpful and fun. They answered all my millions of questions, showed me around, informed me of the history of the country, shared their optometric experiences, took me to get street vendor food. I got a great Polo shirt from Sandra and the students with the UWI logo. I so appreciate all the hospitality!

And thanks again to VOSH SE for covering the costs of plane and baggage to get me and the equipment there; and to Patti Fuhr for the opportunity!



Inventory (Suitcase)

Inventory from Patti Fubr,

OD, PhD & VOSH SE

2x Illuminated Magnifier, 6

2x Folding magnifier, 4

Hands Free 2x Magnifier, 2

2X Coil 98mm Hand Magnifier, 1

12.5X Eschenbach Stand Magfr, 1

10 X Eschenbach Head, 1

2.8X Eschenbach Stand Magfr, 1

Half Eyes 8D, 1

44 Button Aspheric Microscope, 1

NoIR Dk Plum, 1

4X Coil Hand Held, 1

9 X Coil Lighted HH, 1

Coil adjustable Max TV, 1

6 X 30 Selsi Monocular TS, 1

8 X Selsi Wide Angle Mon TS, 1

2X Japan Mono TS, 1

4 X 12 Walters Mono TS, 1

10D Half Eye, 1

2X Bar Magnifier, 1

2X Pocket Magnifier, 1

4X Eschenback HH Lighted, 2

Biopic TS, 1

From Dawn DeCarlo, OD, MPH

Lighthouse 6X16 Mon TS, 1

Lighthouse 8X20 Mon TS, 1

Specwell 4X12 Mon TS, 1

2.2X Japan TS, 1

MN Reading Card, 1