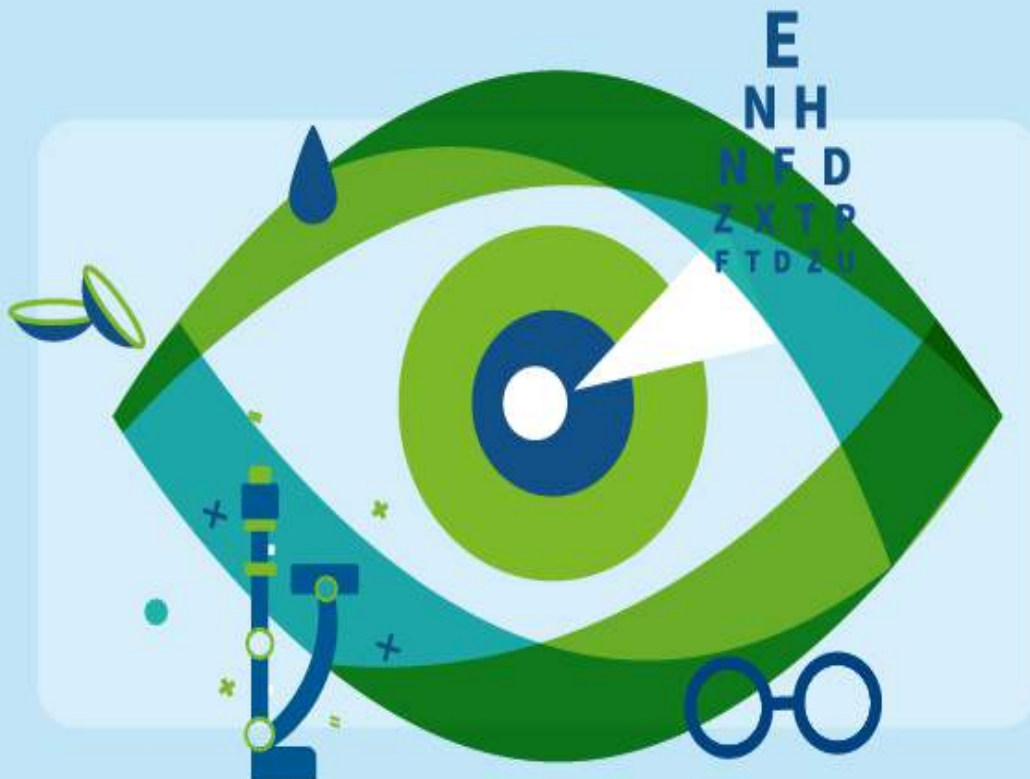


PROGRAMME

NES Optometry Annual Conference 2021



@NESOptometry



#NESOptom21



NES are delighted to welcome you to the virtual 2021 National Conference.

We start the day with a breakfast peer review session. This is followed by a choice of two lectures, the first of which is presented by consultant ophthalmologist Dr Shahriar Nabili who will talk to us about oculoplastics, the second will take the form of a joint presentation and case studies with optometrist Lorcan Butler from The Brain Tumour Charity and consultant neurologist Dr Robin Grant looking at papilloedema.

There is the opportunity to choose 2 of the 4 diverse workshops on offer throughout the day with topics including leadership with two of our NES tutors -Dr Helen Court and Rebecca Daly. Complicated dispenses and why they need to be dispensed by a GOC registrant with ABDO, technology for the sight impaired with Sight & Sound Technology and motivational interviewing with Mairi Albiston from NES physical health directorate.

During the lunch break I hope you will take the time to visit our Expo centre and also have a look at the poster submissions to get an insight into recent optometry audit, research and innovation.

The afternoon session will begin with another workshop session a repeat followed by two more exciting keynote lectures. Consultant ophthalmologist Dr Christine Kiire will be guiding us through diabetic retinopathy whilst consultant ophthalmologist Dr Iain Livingstone is keeping us up to date with the ever increasing need for Teleophthalmology.

We understand that a virtual conference is not the same as a face to face event so this year we are using Hopin platform which enables us to connect 1:1 with peers throughout the event if you wish to catch up with another delegate who you have not seen for a while.

We hope you have a great learning experience.

Jayne Kyle – Conference Lead

**Dr Kathy Morrison & Dr Lesley Rousselet – Programme Directors
and the whole NES Optometry Team**



Time	Description	Speaker	CET
9.00-10.00am	Breakfast Peer Discussion	Rebecca Daly	3
10.15-11.30am	Oculoplastics webinar	Dr Shahriar Nabili	1
10.15-11.30am	Optic Discs – Papilloedema webinar	Lorcan Butler & Dr Robin Grant	1



Time	Description	Speaker	CET
11.45-1.00pm	WORKSHOPS		
	Motivational Interviewing in Health Settings	Dr Mairi Albiston	3
	If Only I'd Known -An Introduction to Assistive Technology for the Visually Impaired	Glenn Tookey Tony Shrubbs Scott Young	3
	Call in the Professionals	ABDO - Fiona Anderson & Brenda Rennie	3
	Improving Communication using the Ladder of Inference	Dr Helen Court & Rebecca Daly	3
1.00-2.00pm	LUNCH, POSTERS & EXHIBITION VIEWING		



Time	Description	Speaker	CET
2.00-3.15pm	AFTERNOON WORKSHOPS – REPEAT OF MORNING		
	Motivational Interviewing in Health Settings	Dr Mairi Albiston	3
	If Only I'd Known - An Introduction to Assistive Technology for the Visually Impaired	Glenn Tookey Tony Shrubbs Scott Young	3
	Call in the Professionals	ABDO - Fiona Anderson & Brenda Rennie	3
	Improving Communication using the Ladder of Inference	Helen Court & Rebecca Daly	3



Time	Description	Speaker	CET
3.30-4.45pm	From Bench to Bedside and Beyond - an overview of the classification and management of diabetic eye disease webinar	Dr Christine Kiire	1
3.30-4.45pm	Teleophthalmology webinar	Dr Iain Livingstone	1
4.45-5.00pm	Close and thanks	Kathy Morrison	



This peer discussion session will discuss a range of cases involving patients attending with symptoms which need to be resolved either by treating or referring. Cases will be discussed in relation to both local and national guidelines.



Rebecca is an IP optometrist and works both in independent practice and for NHS Education for Scotland/ University of Dundee. She gained an MSc in primary care ophthalmology in 2017 and in 2018 a certificate in medical education. Rebecca works closely with the NES PAL Network and has an interest in research. She has also completed the NESGAT glaucoma qualification.



Rebecca Daly

Learning Outcomes (General):

- **1.1.1** Demonstrates an awareness of the importance of taking a good medical history, specifically in a case of angle closure related to a new medication (topirimate)
- **5.2.1** Demonstrates an understanding of the importance of an urgent review of a contact lens wearer presenting with symptoms of a sore eye.
- **6.1.2** Demonstrates an understanding of the signs and symptoms of seasonal allergic conjunctivitis and the importance of ruling out more worrying differential diagnoses e.g. vernal keratoconjunctivitis.

Learning Outcomes (IP):

- **1.1.1** Demonstrates an awareness of the importance of taking a good medical history, specifically in a case of angle closure related to a new medication (topirimate)
- **5.2.1** Demonstrates an understanding of the importance of an urgent review of a contact lens wearer presenting with symptoms of a sore eye.

Learning Outcomes (DO):

- **1.1.4** Understands the mechanism of angle closure with certain medications, specifically in a case of angle closure following starting topiramate for migraine
- **4.1.1** Understands the importance of when to recognise that they have reached the limits of their competence and when to refer for another opinion. Specifically in a case of suspected dacryocystitis that fails to respond to oral antibiotic treatment.



Dr Shahriar Nabili is joining us to discuss oculoplastics and how we can make accurate assessment, deliver appropriate management advice and when to refer to HES for further treatment.



Dr Nabili graduated from University of Glasgow medical school in 1997. He completed both basic and higher surgical training in the West of Scotland Hospitals. The majority of his training was based in the Tennent Institute of Ophthalmology, Gartnavel General Hospital, Glasgow where he also completed 2 further fellowships. Dr Nabili is the founder and previously the lead surgeon for oculoplastic and orbital services in Lanarkshire health board. He is a senior lecturer in Glasgow Caledonian university vision centre. He has published papers in peer reviewed journals and is involved in the training and examining of medical students, opticians and ophthalmic trainees.



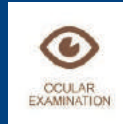
PROFESSIONAL
CONDUCT



OCULAR
DISEASE



OCULAR
EXAMINATION



OCULAR
EXAMINATION



COMMUNICATION



PROFESSIONAL
CONDUCT



Dr Shahriar Nabili

Learning Outcomes (General):

- **2.6.2** Know when referral to the Hospital Eye Service is required for suspicious eyelid lumps and bumps.
- **3.1.2** Recognises typical signs and symptoms of eyelid disease found on ocular examination in order to appropriately treat or refer the patient.
- **6.1.4** Is able to differentiate between benign and malignant eyelid lesions and give appropriate advice to the patient.

Learning Outcomes (DO):

- **3.1.2** Recognises typical signs and symptoms of eyelid disease found on ocular examination.

Learning Outcomes (CLO):

- **1.2.4** Has the required knowledge to provide information to patients about their eyelid conditions.
- **2.7.2** Has an improved understanding of various eyelid disorders and their appropriate management in order to effectively explain to the patient.



This webinar will break down this sight threatening & life threatening condition into 4 distinct stages

- Papilloedema
- Pseudopapilloedema
- Differential diagnosis of both
- Non Referral management Strategies for the above conditions

It will combine a lecture and case studies presentation by optometrist Lorcan Butler from The Brain Tumour Charity and consultant neurologist Dr Robin Grant



Dr Grant Qualified in 1980 from University of Glasgow. He was a Neuro-Oncology Fellow in University of Michigan, USA and became Consultant Neurologist in Edinburgh in 1992 with an interest in Neuro-Oncology.

Dr Grant established the Scottish Adult Neuro-Oncology Network and Cochrane Neuro-Oncology. and is a Past President of European Association of Neuro-Oncology. He sat on guideline development groups (e.g. NICE) and research bodies and was an examiner for the RCPEd Opth in Edinburgh, Hong Kong and Singapore. Dr. Grant is currently lead of NCRI Brain Supportive & Palliative Care Sub-Group. His research interests are in brain tumour related epilepsy, early diagnosis of brain tumours, evidence-based medicine and outcome measures.



Lorcan Butler is a Dispensing Optician & Optometrist. After spending numerous years on the High Street as a Pre-Registration Supervising Optometrist he moved to the charity sector. Lorcan's role as Optical Engagement Manager with The Brain Tumour Charity is to increase the awareness among the UK optical community on the presenting signs & symptoms of a brain tumour in an eye exam. Lorcan has spoken regionally & nationally at Optometry Wales, Optometry Northern Ireland, Association Optometrists Ireland, multiples & independent CET events. Lorcan has so far provided training to over 4,000 ECPs in 2020-2021.



Dr Robin Grant & Lorcan Butler

Learning Outcomes (General):

- **1.1.2** To understand how to undertake an appropriate clinical history of a patient presenting with symptoms suggestive of papilloedema
- **2.7.2** To understand the local referral pathway for suspected papilloedema to ensure timely assessments
- **6.1.3.** To understand the clinical signs of papilloedema, and what investigations are required when this is suspected

Learning Outcomes (DO):

- **8.1.2** Understands symptoms a patient may present with if Papilloedema or raised Intra-Cranial Pressure is suspected
- **8.1.6** Refers patient with headaches and other associated symptoms based on a triage to appropriate person. Realise the urgency if no optometric appointment available- to refer to the hospital.



This workshop will focus on upskilling delegates in Motivational Interviewing skills when applied to the Physical health setting. Teaching will be provided on the spirit of MI, the importance of maintaining rapport as a vehicle to assist health behaviour change, how to reduce discord in consultations, and how to increase importance and confidence for change. Opportunities will be provided for delegates to try out these skills in small groups via break out rooms.



Mairi has been Head of Programme in the Physical Health workstream, Psychology Directorate, since 2016, and she is trained as a Clinical Psychologist. Dr Albiston has a clinical background in psychological adjustment to cardiac conditions, adult mental health, and trauma. She is also Head of Programme in the Supervision workstream, NES, and a Clinical Psychologist in NHSGGC weight management.



Dr Mairi Albiston

Learning Outcomes (General):

- **1.1.3** Understands the importance of building a positive working relationship with patients and the implications this has for their care
- **2.4.2** Recognise and deal appropriately with concerns and questions that patients may have regarding their eye care. Understand how a compassionate approach has positive implications

Learning Outcomes (DO):

- **1.1.3** Understands the importance of building a positive working relationship with patients and the implications this has for their care
- **2.4.2** Recognise and deal appropriately with concerns and questions that patients may have regarding their eye care. Understand how a compassionate approach has positive implications

Learning Outcomes (CLO):

- **1.1.3** Understands the importance of building a positive working relationship with patients and the implications this has for their care
- **2.4.2** Recognise and deal appropriately with concerns and questions that patients may have regarding their eye care. Understand how a compassionate approach has positive implications

If Only I'd Known -An Introduction to Assistive Technology for the Visually Impaired

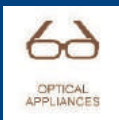
Glenn Tookey, Tony Shrubbs & Scott Young



This interactive workshop will discuss and introduce technology that is available for the visually impaired. It will look at case studies each covering a sight loss condition. Technology to support the condition will be presented and demonstrated live. Delegates will then discuss the impact of the condition, the needs of the patient and which of the presented technologies might suit the condition best.

This workshop is presented by Sight and Sound Technology who is the UK and Ireland's leading supplier and Master Distributor of hardware and software to the blind, visually impaired and those with learning and reading difficulties. Their solutions have been specifically designed to improve quality of life at work, at study or in the home.

If Only I'd Known- An Introduction to Assistive Technology for the Visually Impaired



Glenn Tookey, Tony Shrubbs & Scott Young

Learning Outcomes (General):

- **1.1.1** Demonstrate the ability to obtain appropriate history and symptoms from low vision patients to be able to match optical and technological solutions to work, lifestyle and personal requirements.
- **2.5.3** Develop a greater understanding of up-to-date and technologically advanced opto-electronic and software solutions for patients with low vision.
- **4.4.1** Demonstrate the ability to appropriately advise patients with low vision on the availability of modern optical and non-optical aids and provide relevant advice, whilst considering the impact of their visual impairment

Learning Outcomes (DO):

- **1.1.1** Demonstrate the ability to obtain appropriate history and symptoms from low vision patients to be able to match optical and technological solutions to work, lifestyle and personal requirements.
- **4.2.2** Demonstrate the ability to appropriately advise patients with low vision on the availability of modern optical and non-optical aids and provide relevant advice, whilst considering the impact of their visual impairment
- **6.1.9** Demonstrate the ability to consider the symptoms associated with untreatable Age-Related Macular Degeneration and develop a management plan to maximise the patient's usable vision and quality of life using optical and electronic aids, artificial intelligence applications and traditional training techniques.
- **6.3.1** Develop a greater understanding of the availability and use of modern optical and non-optical low vision aids including computer software for the visually impaired.
- **8.1.2** Demonstrate an understanding of the symptoms associated with common causes of low vision including Age-Related Macular Degeneration and Retinitis Pigmentosa.



The purpose of this workshop is to support dispensing opticians in good dispensing outcomes but also to encourage optometrists to consider all the facts when passing over a patient to a non-registered colleague for a dispense.

The attendees will be asked in each case study to identify why the patient should be dispensed by a qualified GOC registrant, as opposed to a non-optimally qualified member of the practice team, owing to the complications that are present in the prescription and/or patient circumstances.



Call in the Professionals - ABDO

Fiona Anderson & Brenda Rennie



Brenda Rennie FBDO is an experienced dispensing optician currently employed in independent practice in Fife. Brenda is ABDO Regional Lead for Scotland, an elected ABDO Board Member, an Optometry Scotland Executive member and an ABDO Ophthalmic Dispensing Practical Examiner. She is an experienced CET facilitator of online discussion workshops and peer discussions at both at face-to-face events and online, for ABDO and NES.



Fiona Anderson BSc(Hons) FBDO R SMC(Tech) FEAOO, qualified as a registered Dispensing Optician in August 1986. Fiona worked for an independent group in the north east of Scotland for 25 years & held various roles including Practice Manager, Area Manager & Training Manager. After 2 years working as a locum, Fiona joined Ythan Opticians, in June 2012 as Retail & Dispensing Director. In addition to her time in practice Fiona is a theory & international practical examiner for ABDO, a workshop support lecturer for ABDO College and writes and delivers continuing education & training (CET) for ABDO both in the UK & abroad & for the NHS in Scotland. She has also presented at EAOO.



Fiona Anderson & Brenda Rennie

Learning Outcomes (General):

- **2.10.1** Develop a greater understanding of the need to work clearly and collaboratively with dispensing opticians and other healthcare practitioners to ensure patient-centred care.
- **4.1.1** Demonstrate the ability to identify concerns in a prescription and provide appropriate dispensing solutions and/or action plans.
- **4.1.5** Demonstrate the ability to advise on suitable spectacle dispensing solutions for a range of prescriptions, taking into account the patient's personal circumstances.

Learning Outcomes (DO):

- **1.2.4** Communicate clearly and effectively with patients regarding implications of their pathological or physiological eye condition and how it may affect spectacle dispensing considerations.
- **4.1.1** Demonstrate the ability to identify concerns in a prescription and provide appropriate dispensing solutions and/or action plans.
- **4.1.2** Demonstrate the ability to advise on suitable spectacle dispensing solutions for a range of prescriptions, taking into account the patient's personal circumstances



This interactive discussion workshop will explore self leadership and in particular 'The Ladder of Inference' as a tool for improving communication and relationships at work.



Dr Helen Court graduated with 1st class honours from Cardiff University in 2001 and in 2007 gained her PHD. Helen is an experienced optometrist and has an active research and teaching portfolio. In 2010 she gained her postgraduate certificate in university teaching and learning. She currently works for NHS Education for Scotland as a Senior Postgraduate Tutor in optometry and holds honorary senior lecturer and fellow posts at both Cardiff University and Edinburgh University respectively. She has extensive experience of developing and delivering clinical teaching and has facilitated peer review/discussion and discussion workshops. She is currently the Leadership and QI workstream Lead for NES Optometry.

Improving communication using the 'Ladder of Inference' – Leadership workshop



Dr Helen Court & Rebecca Daly

Learning outcomes (General):

- **1.2.5** Understands the importance of good communication within the practice team with the ultimate goal of delivering the best patient care.
- **2.10.5** Understands the importance of good communication within the practice team, how to preempt misunderstandings and to resolve conflicts in order to deliver the best patient care.
- **6.1.1** Reflect on appropriate management of patient triage, and in particular looking at red flag symptoms.

Learning outcomes (IP):

- **1.2.5** Understands the importance of good communication within the practice team with the ultimate goal of delivering the best patient care.

Learning outcomes (DO):

- **2.10.5** Understands the importance of good communication within the practice team, how to preempt misunderstandings and to resolve conflicts in order to deliver the best patient care.
- **8.1.6** Reflect on appropriate management of patient triage, and in particular looking at red flag symptoms.
- **9.1.1** Understands the importance of self-leadership when it comes to relationships with other members of the team and how tools such as the ladder of inference can be used to preempt misunderstandings and assumptions that can lead to poor outcomes both for the team and for patient care.

From Bench to Bedside and Beyond

An overview of the classification and management of
diabetic eye disease

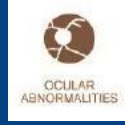
Dr Christine Kiire



This lecture will look at risk factors of diabetic retinopathy, how to grade and manage diabetic eye disease, appropriate referral routes in required timescales. Dr Kiire will also cover current and newer treatment options provided under the HES.



Dr Christine Kiire is a consultant ophthalmologist with a special interest in diabetic retinopathy, based at the Oxford Eye Hospital. Her doctoral thesis was on genotype-phenotype correlation of diabetic macular oedema in type 2 diabetes and, following this, she spent a year in Malawi investigating the effectiveness and cost-effectiveness of laser treatment for diabetic macular oedema in that context. She has also spent time in the US as a Fulbright Scholar looking at the effects of changes in the management of type 1 diabetes on the prevalence and severity of the microvascular complications of diabetes. Although she is primarily a clinician, Dr Kiire has been involved in a broad range of other diabetic retinopathy-related projects. She maintains an interest in studies about ways of identifying best practice in the management of people with diabetes, ways of reducing the risk of people with diabetes developing sight-threatening retinopathy, the development of more durable treatments for diabetic macular oedema, and the currently unmet need in the area of diabetic macular ischaemia.



Dr Christine Kiire

Learning Outcomes (General):

- **1.2.3** Know how to discuss diabetes and associated risk factors of diabetic retinopathy with a patient in a way they will understand.
- **2.1.8** Know how to support patients with diabetes by giving advice of effects of lifestyle choices to positively impact their health
- **6.1.11** Understand the treatment options for the various stages of diabetic eye disease.

Learning Outcomes (DO):

- **1.2.3** Know how to discuss diabetes and associated risk factors of diabetic retinopathy in a way they understand.
- **2.1.8** Know how to support patients with diabetes by giving advice of effects of lifestyle choices to positively impact their health and wellbeing.
- **8.1.3** Understands the treatment options of various stages of diabetic eye disease



This webinar will cover the essentials to remember during a remote consultation, new and emerging technology and how teleophthalmology is changing eyecare.

Graduated in pharmacology, then medicine from University of Aberdeen. Trained in ophthalmology in West of Scotland.

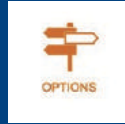
First digital project involved collaboration with Kay Pictures and release of iSight Test on iOS. Co-founded the PeekVision Collaboration, contributing to smartphone-based retinal camera design and validation in LMIC, and PeekAcuity (Android), used widely for school screening in LMIC

Undertook MD with University of Glasgow (New Technologies in Infant Vision Testing), developing and validating digital alternatives to present card-based standards. Since 2015, Consultant Ophthalmologist NHS Forth Valley, interest in Uveitis and Neuro-Ophthalmology.

Since 2020, National TeleOphthalmology Lead with Scottish Govt. leading role in implementing Scotland's National Ophthalmology EPR. Member of OpenEyes Design Authority.

Lead on Scottish Government funded Technology Enabled Care Test of Change (TEC) Project: Tele-ophthalmology: Improving emergency ophthalmology triage using VOIP technology.





Dr Iain Livingstone

Learning Outcomes (General):

- **1.1.2** Knows how to use appropriate questions to elicit relevant detail from patients during a telephone consultation.
- **2.8.1** Understands the guidelines around the legal responsibilities of keeping and maintaining patient records when carrying out remote consultations.
- **6.1.3** Identifies when and if further investigation is required, developing an appropriate action plan to account for the patient's situation.

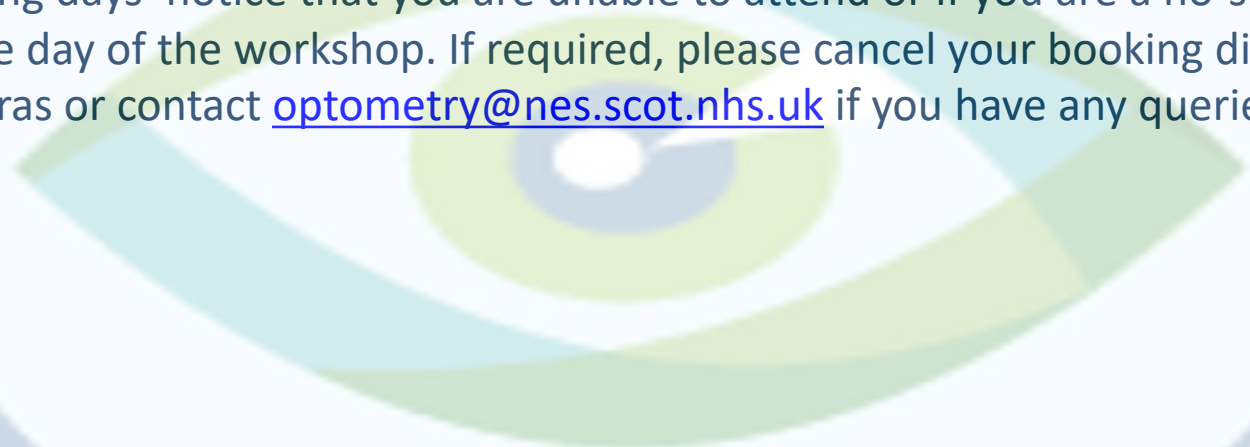
Learning Outcomes (IP):

- **2.1.1** Knows how to take an effective history and symptoms during a remote consultation when patient requires prescribed medication.

Learning Outcomes (DO):

- **1.1.2** Knows how to use appropriate questions to elicit relevant detail from patients during a telephone consultation.
- **2.8.1** Understands the guidelines around the legal responsibilities of keeping and maintaining records when carrying out remote consultations.
- **8.1.6** To be able to develop a management plan for a patient presenting with acute ocular symptoms that may be indicative of sight or life threatening disease.

- All bookings can be made via the course booking section on Turas <https://learn.nes.nhs.scot/8792/optometry/course-booking>
- Please note: There is no charge to attend any of the events. However due to limited workshop capacity we reserve the right to invoice you for a contribution of £50 toward the cost of your place, if you fail to give us 5 working days' notice that you are unable to attend or if you are a no-show on the day of the workshop. If required, please cancel your booking directly on Turas or contact optometry@nes.scot.nhs.uk if you have any queries.



This resource may be made available, in full or summary form, in alternative formats and community languages.
Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk** to discuss how
we can best meet your requirements.



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