AONA VISION

The national newsletter of the Australian Ophthalmic Nurses' Association

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Letter from the President

AONA Victoria

Well it doesn't take long for the year to go when you're busy as I am sure you all are with ever increasing practice demands and increasing numbers of patients. If you're like me the days never seem long enough, including days off.

Many apologies for the cancellation of the December clinical meeting but due to circumstances beyond our control it was unable to proceed, but we will be organising another wetlab early next year to ensure members get their membership entitlements. Alcon are very keen to assist so we thank them for the eager support.

At the last Biennial conference there was a majority response which opted for meetings to be held in conjunction with RANZCO and to hear nurses present, so the committee is aiming to deliver member requests. To do this we are supporting our Tasmanian members by assisting them in holding a day clinical meeting in conjunction with RANZCO in Tasmania in February next year. It is a good chance to support your ophthalmic colleagues in Tasmania, enjoy the Tassie hospitality and have a short break.

For more information see advert in newsletter or on our website, program details will be finalised in January. The day will be a combination of addresses by both medical and nursing personnel as well as clinical practice activities.

So all in all their will be the usual 4 clinical meetings for free with an extra RANZCO "nurses" meeting at a reduced rate.

We have started preparations for our Biennial conference in September 2010 so put Saturday 4th September in you diary. It will be earlier than usual as we aim to support our South Australian members with their clinical meeting in November, in conjunction with RANZCO. *con't P2*

con't At the AGM the existing committee members were returned and 2 new Melbourne based members plus an interstate member joined the committee. It's great to have a variety of perspectives; urban, rural and interstate. As meetings are now teleconferenced (even when we meet face to face, anyone who can't make it can use the teleconference facitilites). We always welcome new insights.

We have been in discussion with Nurses Board Victoria in regard to nurse prescribing and National registration in regard to our specialty. We will update you early in 2010 with those discussions. It's great to see AONA Vic continuing to be invited to participate in projects to represent the specialist area of ophthalmic nursing.

You will be pleased to know our membership is steadily increasing with many first time members joining. Our membership stands at 112 at the end of October. The constant member base has nearly doubled in 6 years. We have also gained the support of new sponsors.

It is being suggested that an Ophthalmic Nursing Journal may commence again, this time in partnership with Orthoptists so please fill in the survey in the newsletter & when it's up and running think about articles you might like to contribute. It depends on nurses to support it to ensure it's survival.

So I will keep this note brief as people are busy with their end of year rush but I would like to take this opportunity to members for their support, to say a big thank you to the committee members their voluntary work and professional commitment to the association's continuance.

Thanks for reading & best wishes for a Happy Christmas & a bright and prosperous New Year to everyone.

Pam Armstrong

President

CITY UNIVERSITY LONDON

School of Community and Health Sciences

City University London

Survey for Quarterly Nursing and Orthoptists Journal

At the recent World Association of Eye Hospitals Conference, nursing discussed the development of a journal for nurses, and possibly orthoptists and optometrists. Mark Allen Publishers in the United Kingdom has expressed an interest in publishing this journal on a quarterly basis. In order to determine if the journal would be financially viable the questions on this questionnaire must be answered.

Please take a few minutes to answer this questionnaire and return it to:

Christina Constantinou
School of Community and Health Sciences
West Smithfield Site
20 Bartholomew Close
London
EC1A 7QN

Christina.Constantinou.1@city.ac.uk

Thank you for your interest in developing a journal for ophthalmic nurses.

A copy of the survey has been attached with the newsletter to enable you to add to your website or email/post it to your members.

AONAQ President's Report

December 2009

For many of us December is a mad flurry of activity leading up to Christmas. For the AONAQ Management Committee it means a short respite in activity until the New Year when we will begin planning for the February Clinical Meeting.

As President I would like to sincerely thank the AONAQ Committee for their brilliant teamwork and their dedication to delivering educational opportunities to our members in 2009.

Next year I look forward to implementing some educational opportunities for the Management Committee. The aim of this will be to support them in the performance of their elected positions.
One of my first actions as President was to ensure that each member of the Management Committee was provided with a binder containing information about:-

- Current Committee Contact List
- Calendar of events for 2010
- History of AONA Queensland
- Aims and objectives of AONAQ
- Constitution
- Incorporated Associations
- Role descriptions
- Desirable characteristics for performing each role

During 2010 the Committee will continue to develop and fine tune the binder contents so that they will become a valuable resource to be passed on to new committee members.
I am also pleased to have been approached by a couple of members who have expressed interest in joining the committee next year.
Our meeting on Nov 14th just before the National RANZCO (Royal Australian and New Zealand College of Ophthalmologists) Scientific Congress was a very successful in terms of outstanding speaker quality, great delegate interaction, quality venue but sadly was relatively poorly attended with only 48 delegates. It is disappointing to see such a
quality educational event go largely unsupported by the membership. As a result all Queensland members subsidised the event.
The day started with an excellent joint presentation by Dr Geoff Painter and Kerrie Legg RN who spoke about the joys and challenges of being involved in ophthalmic overseas development programs.
Dr David Posselt then gave a very comprehensive presentation about pupils, normal, abnormal, weird, dilating, constricting, assessing etc. Leasa Giles RN & Infection Control Practitioner gave us a wonderful insight into her daily work in this field along with tips on how to examine and improve our practice in the event of an endophthalmitis occurring in our workplace. She also provided a number of useful and relevant website links.
Finally Professor Michael Collins from QUT gave a very informative and entertaining talk on Contact Lenses accompanied by wonderful slides.
Following lunch we held a forum where delegates posed questions and the panel and other delegates responded. We covered a broad range of topics and I am sure that for many it was both affirming and confronting to hear the responses. It certainly provided plenty of food for thought and improving evidence based practice. It was great to hear from our New Zealand colleagues and also from interstate colleagues. Notes on the forum were distributed to the participants. We then enjoyed a fabulous networking session sponsored by Alcon.
Watch the website for details of the upcoming February Clinical Meeting.

On behalf of the committee I wish you all an enjoyable festive season and a productive New Year.

Linda Mahoney
President AONAQ

Quick Quiz

Question 1
The vitreous humor, which occupies about 80% of the eye's interior, is composed mostly of what?
a) Inorganic salts?
b) Water?
c) Hyaluronic acid?
d) Collagen fibrils?

Question 2
What is the point of the sharpest, most accurate visual acuity in the eye?
a) Fovea centralis?
b) Macula?
c) Retina?
d) Optic disc?

Question 3
Which test can detect early stages of macular degeneration, the leading cause of irreversible blindness in Australia?
a) Colour vision test?
b) Amsler grid test?
c) Blind spot test?
d) Visual field test?

Question 4
The optic nerve is also known as what cranial nerve?
a) Cranial nerve II?
b) Cranial nerve III?
c) Cranial nerve IV?
d) Cranial nerve VI?

Question 5
A palsy in which extraocular muscle will result in *esotropia* (turning inward) of the affected eye?
a) Medial rectus?
b) Lateral rectus?
c) Superior oblique?
d) Inferior oblique?

Question 6
Which of the following procedures will not improve aqueous outflow?
a) Iridectomy?
b) Cyclodestruction?
c) Trabeculectomy?
d) Goniotomy?

Question 7
Pharmaceutical agents used to minimise scarring following trabeculectomy are...
a) 5-fluorouracil
b) Mitomycin-C
c) Both a) & b)
d) Neither a) nor b)

Question 8
What percentage of aqueous humour leaves the eye through the trabeculum (trabecular meshwork)?
a) 10%?
b) 60%?
c) 90%?
d) 40%?

Question 9
If a patient has a stroke effecting the whole of their left optic radiation, what visual field defect will they get?
a) Right homonymous hemianopia?
b) Left homonymous hemianopia?
c) Right unilateral hemianopia?
d) Left unilateral hemianopia?

Question 10
In a case of optic neuritis, in addition to blurred vision the patient may report..
a) Aquired loss of colour vision?
b) Reduced perception of light intensity?
c) Orbital pain, especially on eye movement?
d) All of the above?

Answers P5

AONA NSW

NSW Presidents Report
December 2009

It seems that cataract surgery has been the topic of conversation for those in Ophthalmology and the general public and no doubt the saga will continue.

Members had a wonderful "hands on clinical day" at Sydney Eye Hospital in September and thanks to all who provided the mentoring on the day.

For the first time AONA was invited to meet with the RANZCO members who are part of the International Special Interest Group for discussion about how we can take a more active role in providing support for members who travel to other countries providing Ophthalmic services.

Presentations were orientated to some of the issues around equipment,
skills required, social challenges to be faced , what is acceptable practice (or not) in a different environment.

A group of nurses (including members from Queensland) met in the afternoon to discuss ideas about future progression. Members from NSW who may be interested in this area should contact us with the view to making information available for others through our web site.

The end of year clinical was a wonderful evening with a wonderful presentation by Barbara Roberts who was awarded a Order of Australia Medal earlier this year for all her fantastic service to Ophthalmic Nursing. Thank you for the inspiration.

The committee would like to wish you all a safe, happy and healthy holiday season and we look forward to seeing you all again next year.

Jenny Keller
President

AONA NSW 2010 Calendar

Saturday 20 February
Prince of Wales Hospital.
Edmund Blackett Building.
"Is your workplace a flourishing environment?"
"Learn secrets of being happy at work"
Ingrid Studholme
(psychologist)
Registration details to follow.

Saturday 19 June
Sheraton on the Park
Annual conference

Saturday 25 September
Outreach program
Venue to be announced

Friday 26 November
End of year celebration

Answers:
1. (b), **2.** (a), **3.** (b), **4.** (a), **5.** (b), **6.** (b), **7.** (c), **8.** (c), **9.** (a), **10.** (d)