

Optometry DistList

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Today's subjects

- Inviting subscription & contributions to Optometry Distlist
- 5 of the Best Mobile Apps for Users who are Blind or Visually Impaired
- Prevalence and Associated Factors of Myopia in High-School Students in Beijing
- Fish spotting lenses: How to pick the right one
- Optometrist at LVPEI (Job Opening)
- OE India Position Description – Programme Officer (Job Opening)

Subject: **Inviting subscription & contributions to Optometry Distlist**

IVI invites contribution of articles to our initiative, *Optometry Distlist*, a bi weekly e magazine catering to the wider Optometry and eye care community in India and overseas.

The Distlist features interesting developments in eyecare and optometry including national and international events, job openings, news updates, research work, and initiatives undertaken by various organizations. The subscribers for the e magazine include students, educators, researchers, practitioners, entrepreneurs and those from the wider eye care industry. We have a little over 1000 subscribers since we began in 2014. To subscribe to Optometry Distlist, please write to us at: info@indiavisioninstitute.org

Contributions in any of the realms mentioned can be mailed to info@indiavisioninstitute.org. In case of a published work, please include the website link pertaining to the contribution. Articles authored by the contributor must accompany references.

For further information, please write to info@indiavisioninstitute.org

Date: Monday, 28 December 2015

From: C Vijayalakshmi (vijichid@gmail.com)

Subject: **5 of the Best Mobile Apps for Users who are Blind or Visually Impaired**

Braille Works looks to the tech world this week by highlighting some of the most useful apps which play a role in the visually impaired community.

Apps have made life easier for many people living with blindness or a visual impairment. Being able to read things that are only in visual print, was a task that might have required a non-sighted person to seek the help of another. But apps in combination with the ever growing presence of technology grant people new ways of reading and doing really anything in new ways: we learn to read with our ears and write with our voices.

5 mobile apps for the blind that have really made a difference:

[LookTel Money Reader](#) instantly recognizes currency and speaks the denomination, enabling people experiencing visual impairments or blindness to quickly and easily identify and count bills.

The [KNFB Reader](#) converts printed text into high quality speech to provide accurate, fast, and efficient access to both single and multiple page documents with the tap of a button on the iPhone.

[TapTapSee](#) is designed to help the blind and visually impaired identify objects they encounter in their daily lives. Simply double tap the screen to take a photo of anything, at any angle, and hear the app speak the identification back to you.

[Color ID Free](#) uses the camera on your iPhone to speak the names of colors in real-time.

[Be My Eyes](#) – Be the eyes for a blind person in need of help remotely through a live video connection if you are sighted or be assisted by the network of sighted users if you are blind.

For full article, please visit: <https://brailleworks.com/5-top-mobile-apps-for-the-blind/>

Date: Tuesday, 29 December 2015

From: Abhishek Kalbarga (abhishek.kalbarga@indiavisioninstitute.org)

Subject: **Prevalence and Associated Factors of Myopia in High-School Students in Beijing**

Purpose

To evaluate prevalence and associated factors for myopia in high school students in Beijing.

Methods

Grade 10 and 11 high school students were randomly selected from nine randomly selected districts of Beijing. The students underwent non-cycloplegic auto-refractometry and an interview.

Results

Out of 4798 eligible students, 4677 (93.4%) students (mean age: 16.9±0.7years; range: 16–18 years) participated. Mean refractive error of right eyes and left eyes was -2.78 ± 2.29 diopters and -2.59 ± 2.50 diopters, respectively. Prevalence of myopia (defined as ≤ -1.00 diopters in the worse eye) was 80.7% (95% Confidence Interval (CI): 79.6–81.8%). Out of 3773 students with myopia, 1525 (40.4%) wore glasses daily. In multiple logistic regression analysis, a higher prevalence of myopia was associated with longer time spent for near work (OR = 1.43; 95%CI: 1.06–1.93), shorter near work distance (OR = 1.87; 95%CI: 1.55–2.26), lower frequency of active rest during studying (OR = 1.40; 95%CI: 1.16–1.70), and parental myopia (OR = 2.28; 95%CI: 1.80–2.87). The interaction between

distance from near work and time spent for near work was statistically ($P = 0.03$) significant.

Conclusions

A prevalence of about 80% for myopia and a prevalence of about 10% for high myopia in students aged 16 to 18 years and attending classes of grade 10 and 11 in a Chinese metropolitan region is another example of the high prevalence of moderate and high myopia in metropolitan areas of China. With this young myopic generation getting older, myopia as cause for visual impairment and blindness may further increase in importance. Future studies may address whether active rests during studying with looking into the distance are preventive against myopia development or progression.

For full article, please visit: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4372519/>

For further reading: <http://www.abc.net.au/news/2015-12-19/childrens-eyesight-damaged-from-lack-of-outdoor-time/7040942>

Date: Saturday, 02 January 2016

From: Sneha A (sneha.krishnan@indiavisioninstitute.org)

Subject: **Fish spotting lenses: How to pick the right one**

Sunglasses have been popular for many years with anglers who need to reduce reflected glare from the water surrounding them so that they can locate and observe fish.

Yellow light is the enemy of all anglers. Glare reflected from surfaces such as water is generally horizontally polarised. Polarized lenses contain a special filter, which blocks this type of horizontally reflected yellow light, reducing glare. The biggest benefit of reducing harsh reflective glare from the surface of the water, for anglers, is that once glare is removed, the wearer can see through the surface to what's underneath. Good, 100% polarised glasses will allow an angler to possibly see down as far as 20ft beneath the surface, depending on their position and the clarity of the water.

Lens tint can be important as well. Different coloured lenses will block out different types (colours) of light, allowing the user to see things differently. Yellow, gold and amber tinted lenses filter minimal light and are especially good for low light conditions and increasing contrast – this is particularly good for morning and evening fishing and great on overcast days. Blue and Green mirror tinted lenses are better for filtering extremely bright light and almost eliminate all harsh reflective glare– this is particularly good for clear sunny days or throughout the day when light is directly overhead. This leaves dark brown, grey and silver lenses – these offer middle ground filtering, therefore they work well in changing conditions or as an all-round lens to do the job.

When looking for a pair of sunglasses for fishing, firstly it's important to pick 100% polarised lenses so that you can spot fish and secondly it's important to choose the right lens tint for the conditions you plan to fish in.

For full article, please visit: <http://www.worldseafishing.com/lure-fishing/fish-spotting-lenses-pick/>

From: Shrikant Bharadwaj (bharadwaj@lvpei.org)

Subject: **Optometrist at LVPEI (Job Opening)**

The research laboratories of Dr Shrikant Bharadwaj and Dr L S Varadharajan at the L V Prasad Eye Institute (LVPEI) is looking for bright, smart and enthusiastic optometrists to participate in research activities of the lab. Dr Bharadwaj's lab focuses on how the optical distortions of the eye affect spatial and depth vision. The laboratory uses a combination of psychophysical and computational techniques for understanding this question. Rajan's lab focusses on studying mechanism subserving different visual functions, the way these are altered in individuals with amblyopia and the elderly, and the methods to alleviate these affects.

Candidates applying for these positions are expected to have a strong knowledge of clinical research methodology, logical reasoning, writing and presentation skills. Knowledge of computer programming (e.g. matlab, python) are desirable but not necessary. The candidate will however be expected to get used to these programming language within a short time of their tenure in the lab. This position is ideal for an Optometrist with a research bent of mind and interest in vision psychophysics. The candidate shall participate in all activities of his/her lab for 4 days of the week and will be engaged in patient care for the remaining 2 days. Candidates with Masters degree in Optometry with good research experience and Visual Sciences or an undergraduate degree in Optometry with good research experience are encouraged to apply.

Candidates who are interested in the aforementioned positions may apply with their latest CV and cover letter to Dr Shrikant Bharadwaj at bharadwaj@lvpei.org or to Dr L S Varadharajan at rajan@lvpei.org.

For further information, please write to Shrikant Bharadwaj (bharadwaj@lvpei.org)

From: Santosh Moses (mosess@operationeyesight.com)

Subject: **OE India Position Description – Programme Officer (Job Opening)**

Working Conditions and Job Requirements

- Frequent travel to partners' hospitals and project locations (2 weeks a month)
- Extended working hours to accommodate head office hours or work

- Act as an ambassador for OE in a variety of professional and social settings
- A post graduate in Public health/Healthcare management with a background in Optometry is desirable.

Primary Responsibilities

- Planning and Budgeting
 - Participate actively in the formulation/ review of India Country Programme Strategy
 - Contribute towards development of OE India annual business plan
 - Prepare quarterly, semi-annual and annual work plans and budgets in coordination with partner hospitals
 - Develop project proposals
- Capacity Building
 - Build capacities of partner hospitals and provide technical advice and support to partners and HBCEHP project teams
- Monitoring and Reporting
 - Prepare implementation and monitoring plans for all partner hospitals and monitor the progress periodically
 - Conduct on-site monitoring visits regularly to ensure objectives are being met
 - Ensure all information with regards to progress and development of the partners is captured in the appropriate formats and shared with the India Office as per agreed timelines
- Communication
 - Support development of communication material for the India office
 - Write case stories for donors
- Research and Advocacy
 - Identify research ideas and develop proposals
 - Build relationships with partner hospitals and Government agencies and NGOs in OE's geographic areas of intervention to further OE's objectives

Interested candidates can email their resumes to Arvind Babu (babua@operationeyesight.com)

For more information, please write Arvind Babu (babua@operationeyesight.com)

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Instructions for DistList postings are as below:

IVI invites contributions including latest updates and new developments in Optometry, innovative ideas, optometry job vacancies, conferences, links to interesting articles and other latest happenings.

All contributions need to be in word format (not more than two to three paragraphs including a title).

Send in your contributions with your name and contact details to info@indiavisioninstitute.org