**OANJ Spring 2024 Agenda**

**Fundamentals of Accommodation & Convergence**

**Hours**:  1 hour

**Presenter:**  Pete Hanlin

Accommodation and convergence are mutually influenced by each other in the human visual system, and are influenced by spectacle lens correction. This course provides dispensing opticians with a foundational knowledge of the ACA ratio, phorias, and how accommodation and convergence are influenced by refractive correction.

**Psychological Safety in the Workplace**

**Hours**:  1 hour

**Presenter:**  Pete Hanlin

Physical safety in the workplace is regulated and ensured by OSHA; however, psychological safety in work environments is largely self-governed. The ability to take interpersonal risk is a crucial component of psychological safety- and studies show this ability is lacking in most in most work environments. Employers who provide a psychologically safe environment enjoy higher staff retention and better productivity. This course details the importance, components, and establishment of psychological safety.

**Upgrade your Standard SV**

**Hours**:  1 hour

**Presenter:**  Kathy Shiller

Currently we use 80% of single vision, with 70% being spherical or aspheric designs. How can we improve upon a lens design that has been around for more than 100 years.

**Intro to Soft Contacts**

**Hours**:  1 hour

**Presenter:**  Andrew Bruce

This course will begin with a brief history of soft contact lenses and then proceed to introduce soft lens materials and FDA classifications. Key terminology will be reviewed, prior to exploring the many benefits provided by soft lenses. Fitting considerations will then be explored. Moving on, the major components involved in fitting soft lenses will be presented including, calculating vertex corrected powers, and selection of lens design, base curve, lens diameter, material, and modality. Examples of how to calculate vertex compensated powers and spherical equivalent powers will also be presented. The importance of preparing your patients for success by providing education and guidance will also be discussed.

**Why Contacts**

**Hours**:  1 hour

**Presenter:**  Andrew Bruce

This course will begin with a basic overview of refractive errors and discuss the use of eyeglasses and contact lenses as the primary means of correction. While glasses provide one solution, why not expand the patient’s freedom by recommending contact lenses. Why shouldn’t the patient have the option to alternate between both glasses and contacts, depending on their needs? This will be discussed, in addition to some industry statistics regarding consumer interest in contact lenses. The general benefits of contact lenses will be explored, together with the added benefits they provide for patients dealing with vision conditions such anisometropia, antimetropia, and aniseikonia. In addition, the resulting practice benefits will be reviewed. Due to technological improvements, patients who may have been unsuccessful contact lens wearers in the past, or may have been told, years ago, that they were unsuitable for contacts, may now have better luck.

However, the eye care professional needs to initiate the conversation; ways to do so will also be presented.

**Optical Illusions**

**Hours**:  1 hour

**Presenter:**  Judy Quinones

What you see is not what you get! If you are looking to be optically amazed, this course is for you. Discover the truth behind optical illusions and why when you fool the eyes you can’t help but trick the brain into seeing what is not really there. This course will help you understand how optical illusions can deceive your brain. It will give you an insight into how complex, and still fully unknown, our visual system actually is.

**Cost: $51 members, $89 nonmembers**