

N.C.L.E. Courses

Phyllis Rakow, COMT, FCLSA(H)



Phyllis Rakow is Director of Contact Lens Services for The Princeton Eye Group, a multi-specialty eye care practice with three offices in central New Jersey. She is a JCAHPO-certified Ophthalmic Medical Technologist, an NCLE Advanced-Level Contact Lens Technician, and an Honored Fellow of the Contact Lens Society of America. She has lectured throughout the United States and Canada, writes for numerous trade and professional publications. She served a three-year term on the Board of Directors of the Contact Lens Society of America, and is currently serving her third term on the Board of Directors of the National Contact Lens Examiners and is a member of the RGPLI Advisory Committee. She has written a chapter, *Art and the Eye*, that was published in the 8th edition of *The Ophthalmic Assistant*.

The Aging Eye: Basic Principles of Geriatric Care

8:00 - 9:00

1 Credit

The average life expectancy in the United States has increased from 47 years in 1900 to over 76 years today. Between 2010 and 2030, aging baby boomers are expected to swell the older population in the U.S. by 75%, from 40 million to 70 million, while the population under age 65 will increase by only 6.5%. This lecture will provide an overview of geriatric eye care, touching on the causes, clinical features, and management of the most common or important eye conditions and discuss how these conditions affect acuity and comfort with contact lenses as well as the visual expectations of patients toward their new spectacle correction.

New Options For The Presbyopic Contact Lens Wearer

9:00 - 11:10

2 Credits

Industry statistics indicate that 100,000,000 Americans currently require bifocal correction, yet 97% of the bifocal contact lens market remains untapped. Advances in bifocal contact lens technology have resulted in a number of new lenses and fitting options for presbyopes. This course will cover patient selection, current soft and rigid bifocal designs, fitting pearls based on the lecturer's experiences in a predominantly senior citizen practice, disposable bifocal contact lenses, solving problems with near vision, distance vision, intermediate vision, comfort, and handling.

Art And The Eye

11:10 - 12:10

1 Credit

This course will look at ocular pathology, particularly that of the aging eye, through the eye of the artist. Defective vision can have a profound effect on our lives: our personalities, our interests, our careers, and the means by which we express ourselves in art and literature. This lecture will explore the vision defects of famous artists, spanning the centuries, from el Greco to Georgia O'Keeffe, and how their paintings and sculpture are a result of their visual impairments. Visual defects to be covered include myopia, astigmatism, cataracts, macular degeneration, diabetic retinopathy, xanthopsia, and dacryocystitis. Opticians, contact lens technicians, and ophthalmic medical personnel will achieve a better understanding of how these types of pathology affect vision by viewing slides of the artwork of Cezanne, Renoir, Monet, Degas, Van Gogh, Pissarro, Cassatt, and others before and after their sight became impaired.

Troubleshooting Contact Lens Problems

1:30 - 3:30

2 Credits

This course will cover problems that arise in contact lens wearers after they have been successfully fit and how to solve these problems. They include:

- Problems related to the lens fit
- Problems related to reduced visual acuity
- Problems related to lens care and patient non-compliance
- Problems related to lens discomfort
- Problems related to hypoxia
- Problems resulting in red eyes or other pathology of the eyes and adnexa

Identifying and Managing Complications of Soft Lens Wear

3:30 - 4:40

1 Credit

Long-term success with contact lenses depends upon thorough patient education, good compliance with the wear and care regimens, and regular follow-up visits to ascertain that instructions are being followed, that the cornea, conjunctiva, and lids remain healthy, and that any problems with solution sensitivity, changes in near or distance acuity, or comfort are addressed in a timely manner. This course will cover follow-up care of patients wearing daily and extended wear soft spherical, aspheric, toric, bifocal, and tinted lenses. It will introduce the SOAP method (Subjective, Objective, Assessment, Plan) of evaluating both symptomatic and asymptomatic patients