



Independent Study in Biology (Optometry)

BY: HOWARD HO, DR. BITA
SABRIPOUR

About the Office

- ▶ **Location:** 301 NW 84th Ave #205, Plantation, FL 33324
- ▶ **Hours:** Monday – Saturday 9 AM – 3 PM, Wednesday 9 AM – 6:30 PM
- ▶ **Phone:** (954) 236-5656
- ▶ **My Schedule:** Tuesdays 11:30AM – 2PM and Saturdays 10AM – 2PM
- ▶ **How I found this Office:** Referred by Intern Taylor Veneza, was shown a flyer from the office

Activities

- ▶ Contact Lenses
- ▶ Patient Filing/Data Entry
- ▶ Ocular Disease (Ex: Keratoconus)
- ▶ The Examination
- ▶ Business Aspects of Optometry
- ▶ Nonprofit Organization: See Your Future

Contact Lenses

- ▶ I would store various contact lenses into the proper storage areas based upon the brand, type, and prescription of contact lenses. These prescriptions included power, diameter, and base curve.
- ▶ By performing this task, I learned the differences between soft, rigid gas permeable, and colored contact lenses.
- ▶ Additionally, I learned the fitting of various types of prescriptions including astigmatism and multifocal.
- ▶ Lastly, I learned the differences between clear monthly and daily lenses.

Patient Files

- ▶ At the office, I use a program called RevolutionEHR to scan patient documents.
- ▶ When this is done, I would insert these documents into the corresponding paper charts and alphabetically sort out these files.
- ▶ From performing these tasks, I learned that there is a significant difference between filing electronically and paper filing.
- ▶ Filing electronically is much more efficient and saves both time and money as compared to paper filing.
- ▶ Thus, when I start my own practice in the future, I plan on filing using only electronic means.

Ocular Disease

- ▶ At the office, I have shadowed Dr. Sabripour and have encountered multiple patients with ocular conditions.
- ▶ One of these ocular conditions that I further researched is called Keratoconus.
- ▶ Keratoconus is a ocular condition in which the cornea becomes an irregular cone shape and is classified by irregular astigmatism and apical protrusion.

Keratoconus (Continued)

- ▶ Onset is typically between 10 and 20 years, and the damaged vision in one eye is observed due to worsening myopia and astigmatism.
- ▶ Due to the asymmetry associated with this condition, the fellow eye usually has normal vision.
- ▶ Late Signs: increasing central or paracentral corneal thinning, bulging of the lower lid, iron deposits at the base of the cone, and central/paracentral corneal scarring.
- ▶ Treatment plans: spectacle correction gives suboptimal vision, rigid gas permeable lenses is the best treatment option which provides the best vision and reduces the progression of the condition, and corneal transplant is the last resort when the cornea has become too thin and RGP lenses are no longer an option to correct the lenses.

The Examination

- ▶ I have shadowed Dr. Sabripour as she operated the phoropter and autorefractor in the exam room.
- ▶ She uses the autorefractor to get a preliminary measurement for the glasses.
- ▶ The phoropter is to fine-tune the prescription for the glasses.
- ▶ Dr. Sabripour has a trial-lens set to simulate what the patient can experience with glasses on.
- ▶ This is where Dr. Sabripour fits the contact lenses and treats the diseases of the eye.
- ▶ Lastly, there is a sink for her and her patients to wash their hands before the exam and applying contact lenses.

Business Aspects of Optometry

- ▶ I have learned several business skills and techniques for running an optometry office during my independent study.
- ▶ For example, I learned that a great way to run a successful practice would be to get in contact with all kinds of people from different companies, organizations, schools, and businesses. This type of networking is important for expanding and growing a practice.
- ▶ Additionally, I learned that it is always beneficial to learn and perform tasks that may be outside of the normal daily routine of an optometrist. (Ex: An optometrist learning how to perform the tasks of an optician in case the optician is not at the office a certain day.) A business owner needs to learn/perform tasks at every level within the practice to know how to train and manage the staff properly.
- ▶ Lastly, patients always come first, so as an optometrist it is crucial to provide patients with the highest quality eye care. The staff should also be providing this same customer service to the patients. There should not be a disconnect between how a doctor performs and how the staff behaves.
- ▶ Furthermore, when a patient visits for an eye exam, it is always crucial to offer maximum eye care, including applicable contact lenses, glasses, and sunglasses. Many times, patients need to be informed about what specific eye care they require as they may not be aware of what specific eye care treatment they need.

Nonprofit Organization: See Your Future

See Your Future is a nonprofit organization co-founded by Dr. Sabripour. This organization focuses on providing eye care to underprivileged student athletes and survivors of human trafficking.

My goal of assisting was to contact the athletic directors and coaches in middle and high schools of Broward County. My goal was to inform the coaches about our program to assist with contacts for the athletes to perform better.

I have also been in the process of searching for a grant for See Your Future.

In the near future, I hope to provide eye care and free contact lenses to the underprivileged high school athletes who come into our office. I value my vision since I wear glasses and I know first-hand how important it is to be free of glasses and blurry vision with playing sports, so I have naturally gravitated to that aspect of the project.

I hope by the end of my independent studies course that I will have put together a formal project for the underprivileged student athletes and we plan on calling it the Howard Contact Lens Program.