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Speice 3A

Independent Study and Mentorship

27, September 2018

Behind the Glass and Frames

Assessment 4- Research

Date: September 27, 2018

Subject: Eyeglasses

Works Cited:

Bekker, Mary. "Eyeglasses." *The Gale Encyclopedia of Nursing and Allied Health*, edited by

Jacqueline L. Longe, 4th ed., vol. 3, Gale, 2018, pp. 1395-1397. *Health & Wellness*

Resource Center,

<http://link.galegroup.com/apps/doc/CX3662600434/HWRC?u=j043905010&sid=HWR>

C&xid=843275f5. Accessed 27 Sept. 2018.

Assessment:

The intention for this week was to find at least two articles to annotate and assist with my research. I wanted to find an article that detailed about eyeglasses, and another that explained how optometrists determine prescription strengths for each of their patients. However, I was able to find an article that explained both how glasses work and the process behind how doctors diagnose a patient and provide a prescription.

At the beginning of the article, the author explained how glasses function and their general purpose. While reading, I learned that there are several different types of frames,

glass, plastic, and prescription strengths, depending on the condition of the eyes. While comparing nearsightedness and farsightedness, glasses are used to bend images in certain ways that correct the eye condition. In other words, the glass utilizes the light to correct pictures in different ways, in order to bring them back to the retina fix nearsighted or farsighted optical issues. While I continued reading, the article mentioned various different types of glass and the coating that patients can add on the glass, in order to help prevent scratch marks, provide UV protection, etc.. While this text listed off all the different types of glass, I started thinking of ideas for my original work piece.

I began to think more about how this detailed and large amount of information could be put to good use for people purchasing glasses for the first time. My first thought was creating a catalog for individuals would may not know what the cheapest and most necessary parts should be added to their glasses. As a glasses owner myself, I am aware that additional coating, such as UV protection or scratch mark resistance on the glasses, costs money and the expenses add up. While paying for the frame, glass type, coatings, and prescription, buying glasses can get expensive. With this, I would want to develop a way for people to visually see the cheapest and most necessary glasses possible for their investment. After all, a simple pair of glasses should not have a hefty price tag, all to just sit on someone's nose and help them see. This idea is temporary, but it is the first idea that jumped to mind while I was processing the information I was reading in my article.

This article not only provided detailed information on glasses and the complexity behind the glass, but also gave insight on the steps in which optometrists take to provide a prescription for a patients. Optometrists must examine the eyes, determine factors of the

eyes (including but not limited to ocular mobility, alignment, and accommodation measurements), and measure the patient's eye distance (PD). In this article, the steps are extremely vague and simple. Although, this information is helpful in that now I have insight on at least the basic procedures to finding the correct prescription for a patient. Now I want to continue to look deeper into how optometrists examine the eyes, what machines are used, or even what the prescription numbers truly mean on official doctor documents and notes.

As I was reading, new vocabulary terms were appearing and I was learning plenty of new content. There was one part of this article that shocked me and forced me to think more about how it works. In the piece, the author writes how although generic reading glasses can be purchased over-the-counter, they are not recommended for individuals who need prescriptions, but rather for "standard" people. This made me think what classifies someone as "standard" and how would someone know if they needed actual glasses, rather than cheap reading glasses? Over-the-counter reading glasses are cheap and an easy fix to a small visual problem. However, as I was reading this section of the article, I was wondering if people would just buy reading glasses in hopes that they would correct their vision. It would make sense, considering it is a cheaper and more affordable option than purchasing brand-name prescription glasses. This subject is important to me and sparks interest because my father owns a pair of reading glasses but does not need prescription glasses. I wonder if he may need prescription glasses but does not know it, or if the reading glasses are actually ruining and damaging his eyesight. Other thoughts ran through my head, such as what causes reading glasses to be so generic and universal to anyone who may need them? With cheap reading glasses, no personalized or special prescription is needed. This information leads me

to wonder if anyone can become reliable to reading glasses rather than prescribed glasses.

Are over-the-counter reading glasses a potential threat for the optometry field? These questions are valid because with such an inexpensive and effective option, people will resort more to over-the-counter glasses.

Lastly, while reading the concluding half of the article, the author wrote that “It is normally expected that people will achieve 20/20 vision while wearing corrective lenses”. This sentence stood out the most in the piece because this is a question I have been asking thus far throughout my research. However, even though professionals and articles state that corrective lenses result in focusing the eyes back to 20/20 vision, I would like to personally ask this question on one of my mentor interviews or visits. Getting the personal opinion of an optometrist would be vital to my questions I have been asking, regarding corrective lenses.

The research conducted this week has truly led me to think deeper overall. I am able to bring in more personal experiences, ask meaningful questions, and grow more in my interest of optometry. Next week will be the last Research Assessment required in ISM. For this final paper, the articles and research will be geared more toward how optometrists specifically diagnose a patient with a prescription. The purpose of this is to collect the most information as possible in this region of my research, in order to have the most knowledge I can, leading into professional interviews.

[Annotated Article](#)