

Lily Jones

Speice 3A

Independent Study and Mentorship

15, February 2019

Observing Patient Appointments

Assessment 15- Observance

Observed: Dr. Carey Brooks: Interactions/Appointments with patients

Profession: Optometrist (O.D.)

Location: Frisco Eye Source

8049 Preston Rd Ste 200, Frisco, TX 75034

Date: February 15, 2019

Time: 10:00am

Assessment:

Coming into the first observance session with Dr. Brooks, the goal was to shadow her while she interacted with various patients throughout the day. Additionally, I would learn about the different machines and what each does during a typical appointment with each patient.

The first individual, Patient One, came into the office for an examination and a contact fitting. First, Dr. Brooks used an Auto Refractor to scan each one of Patient One's eyeballs. This machine measures the eyes and reads how well the eyes are able to focus with light. When the eye is centered and fits within the margins of the rings on the monitor, Dr. Brooks is able to take a picture of the eye. This screening from the Auto Refractor is able to

get an accurate reading of each one of Patient One's eyes, and then prints a receipt with the information. After this, Dr. Brooks and Patient One advance to the NCT machine. The NCT reads the pressure of Patient One's eyes and takes pictures of them. Lastly, the next part of the examination was the using the Optomap technology. This piece of technology is used in replacement of dilation. Most patients do not prefer to have their eyes dialated, and rather choose the Optomap option. Once multiple pictures of Patient One's eyes were taken and completed, we advanced to another examination room.

Next, Dr. Brooks used the Phoropter to test out different prescription lenses on each on of Patient One's eyes. Patient One was instructed to describe which set of lenses were easier to see out of, while reading off lines of letter from across the room. From this process, Dr. Brooks was able to adjust the lenses based on Patient One's feedback. Once this was completed for both eyes, Dr. Brooks used another machine with both a narrow light and magnification, to observe the iris of each eye, to ensure that everything was clear and healthy.

From the information collected from the examination process, Dr. Brooks pulled up Patient One's pictures and discussed the results. Essentially during this process, an optometrist is looking for any abnormalities, such as glaucoma, freckles, tears on the edges or back of the eyes, etc. An optometrist also points out the optic nerve and macula to the patient. In Patient One's case, everything was healthy.

The next and final steps of Patient One's appointment was a contact lens fitting. Patient One was receiving contacts for the first time and needed to learn how to insert and

remove them. In a contact fitting, optometrists will help their patients with this new adjustment and assist in practicing with the contacts.

Once Patient One had completed the appointment, Patient Two came in for a similar exam. Patient Two went through the same examination process and results were documented. Additionally, Patient Two was in need of a new prescription. More examinations were needed and more lenses were tested on the patient, in order to find the exact lens Patient Two needed. With that, Patient Two tried on different glasses at the front of the office while Dr. Brooks read her prescription on her old glasses. These glasses had progressive lenses in them, which means the patient is able to see in all directions. Patient Two's appointment concluded the majority of the observance day with Dr. Brooks, excluding a few patients that walked in with minor concerns such as picking up glasses or getting their frames tweaked.

From this experience, I learned what the different machines look like, what they do, and what a typical healthy eye is supposed to look like. Additionally, I learned that nearsighted eyes usually can not handle a higher power prescription. While shadowing Dr. Brooks, the information I learned helped remind me how much time goes into each patient, in order to ensure that they receive the best eye care. This successful observance with Dr. Brooks allowed me to not only learn how a normal appointment with a patient would look like, but also how an optometrist will use both the information read from the machines and the patient's feedback during the examination. Being able to find the perfect fit for the patient requires patience, precision, and time.

