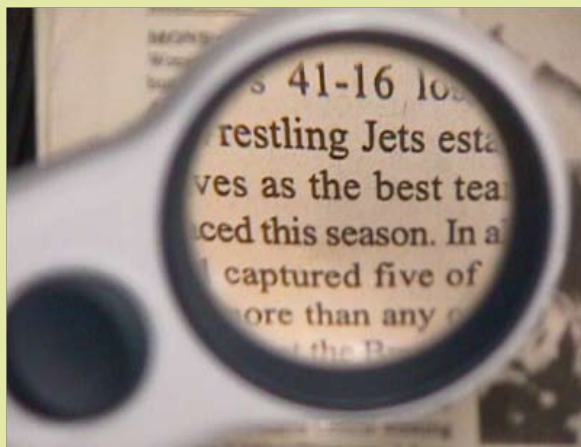


OUTLOOK

J O N E S E Y E I N S T I T U T E

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February is AMD/Low Vision Awareness Month



In order to understand the seriousness and importance of this awareness, please do the following: Take your left hand and cover your left eye. Now make a fist with your right hand. Take your right fist and place it directly in front of your right eye. The only thing you should see is images in your periphery or side vision. Now imagine that this is how you are to function within the world.

More than 15 million Americans are affected by AMD, and it is the leading cause of visual impairment and legal blindness among people 50 years and older. It progresses painlessly, leaving many AMD

patients unaware that they have the disease. Age-Related Macular Degeneration primarily destroys the sharp central vision controlled by a spot at the back of the retina called the macula. Sharp central vision is needed to read, drive, identify faces, watch television and perform daily tasks that require straight ahead vision.

AMD does not affect the peripheral vision and will never lead to complete blindness. Degeneration often starts in one eye and progresses into the other eye over some years. There are two forms of AMD—Wet (neovascular) and Dry (atrophic). Dry AMD occurs in 90% of all cases and is the result of thinning retinal pigment epithelium (RPE) and can affect color perception. The wet form affects only 10% of AMD cases and is the more severe of the two. It occurs when delicate abnormal blood vessels form under the retina and begin to leak fluid and blood, causing scarring that leads to loss of sharp vision. Although there are no accepted forms of treatment for Dry AMD, Wet AMD has seen the most progress with more options and medications being developed and researched on a continuous basis. Significant research findings prove that the nutrients Lutein and Omega-3 are critical to eye health.

See your ophthalmologist or visit the Jones Eye Institute regularly for early detection of AMD.

The following are some signs of AMD:

- Straight lines such as telephone poles, the sides of buildings or streetlight poles, look wavy.
- Written text and/or type can appear blurry.
- A dark or empty spot may block the center of your vision.

If you notice any of these changes, schedule a dilated eye exam as soon as possible.

Vision rehabilitation by a low vision specialist can help persons with AMD to make the best use of their remaining vision. **Low Vision patients are seen by Dr. Richard A. Harper every Thursday on the 7th floor clinic area of Jones Eye Institute.**

REFERENCES:

http://www.associatedcontent.com/article/139675/february_is_national_amdlow_vision.html?cat=5
http://www.countmeincalendar.info/show_campaign.php?calid=11&campaignid=1158&categoryid=78&banner_area=3&camp_dates=01%20Feb%20-%2001%20Mar%2020095.



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EYE CARE PROFESSION RECEIVES U.S. OCCUPATIONAL LISTING

The Joint Commission on Allied Health Personnel in Ophthalmology (JCAHPO) announces that the ophthalmic allied health profession received official notification of approval for a separate occupational classification, Ophthalmic Medical Technician, from the United States Bureau of Labor's 2010 Standard Occupational Classification (SOC) Committee. JCAHPO calls the new occupational classification a landmark decision.

"This is a historic milestone for the ophthalmic allied health profession," remarks JCAHPO President William F. Astle, M.D., F.R.C.S(C), Dipl., A.B.O.

Under the 2000 SOC listing, ophthalmic assisting was classified under Other Healthcare Support Occupations (Medical Assistants). Ophthalmic Medical Technicians are now classified under the major category of Health Technologists and Technicians, and the sub-group of Health Practitioner Support Technicians and Technologists. The former grouping excluded important tasks and responsibilities of Ophthalmic Medical Technicians that require more advanced, clinical, and overall medically detailed skills and knowledge than those of the general Medical Assistant. The new occupational listing encompasses all three core levels of JCAHPO certification.

The 2010 SOC system is used by federal statistical agencies to classify workers into occupational categories for the purpose of collecting, calculating, and disseminating data. For an occupation to be accepted for inclusion in the SOC, it requires a set of uniquely identifiable skills. The first set of skills is related to the complexity and range of tasks and duties, including knowledge and experience. These are defined by preparation levels and credentials, and considered necessary for new entrants to an occupation (skill level). The second set is related to both the type of work performed and the nature of the work activities. JCAHPO leadership notes that the SOC decision will facilitate heightened public awareness and aid in recruiting more people into the profession.

Jones Eye Institute Welcomes three new employees



Cheryl Jones is our new Point of Service Coordinator. She holds a medical assistant certificate and has 15 years of clerical experience. She has been married for 10 years and enjoys playing cards.



Denenda (Dee) Hester is our new Ophthalmic Assistant. She is a Certified Ophthalmic Assistant and Certified Optician. She and her husband have been married 6 ^{1/2} years and have a 16 month old son, Walker. She enjoys crossword puzzles.



Julie Daniels is our new Point of Service Coordinator. She has a Bachelor of Science Degree in Education and enjoys reading. She has been married 19 years and her husband is serving in Afghanistan with the Air Force. She has two sons, 18 and 13.

We congratulate Cheryl, Dee and Julie in their new positions as they become an "essential part" to our JEI team.

WE CREATE
COMFORT,
HOPE &
HEALING
FOR OUR PATIENTS
& FAMILIES.

TEAM EXCELLENCE

by Donna Mattingly

Being a lover of music and that “good ol’ back-beat rhythm,” it is very difficult for me to stand still whenever I hear it. I’m either singing along or tapping my foot (sometimes both).

As a parent and grandparent, I love to watch my kids and grandkids play sports. And when that familiar chant on the court begins...you know the one... “DE-FENSE (stomp stomp), DE-FENSE (clap clap)”...well, I join right in with the crowd. I just can’t help myself.

There are times when DE-FENSE (stomp stomp) is fun and good and even necessary to win the game. But I have to admit—too often I take the defense when I shouldn’t. Wouldn’t it be better if we could accept feedback and constructive criticism with a positive attitude, and not get on the defense? After all, we are all on the same team here.

Here are some helpful hints on giving and receiving helpful feedback to team members:

- 1) Start with a positive. Everyone has positive attributes. Be honest and sincere and point out something positive about the situation or the person. Let them know at least one thing they did well in the circumstance.
- 2) Focus on the problem—the behavior or the action and not the person or the personality. Remember, you want to help, not hurt.
- 3) Discuss in a timely manner.
- 4) Be willing to listen—don’t interrupt or allow yourself to be distracted. Be fully attentive and treat the individual the way you wish to be treated when it is your turn to speak.
- 5) Keep cool, calm and collected—work together to resolve the issue.
- 6) Always be respectful of others.
- 7) End with a positive. Focus on another positive attribute and share this with the individual. Again, unless your comments are sincere and honest, you will not be received as such.

If we give and receive feedback (both positive and constructive), most importantly with sincerity and respect, and help each other as a team, I believe we can all win!



On Saturday, May 16, Jones Eye Institute, together with our sponsors, will host a very first annual endurance ride to help raise awareness and funding for eye research and Outreach. Starting and finishing on the North Little Rock river trail at Burns Park, riders will be able to enjoy beautiful scenic river trails on both North Little and Little Rock sides, crossing over the Big Dam and Broadway bridges. This ride is for all levels of cyclists (even beginners) and there will be three ride options designed to fit any fitness level. This endurance ride will start at 8 a.m., the course will close at 3p.m., and you can ride the route as many times as you like within that timeframe. A luncheon coupled with a band will start at noon, so even if you don’t want to ride you can still come and enjoy the event. We are looking for volunteers to work the event, as well as cyclist to participate. Registration fee is \$35. For more information on registering or volunteering please contact Shannon Hughen-Giger at 686-5150.

ANNOUNCEMENTS

Bala Manickam completed his Ph.D. on January 29, 2009, under the guidance of Dr. Nalini S. Bora. Congratulations, Bala!



Thursday, March 12, is World Glaucoma Day. In celebration of this day, Jones Eye Institute will host a Lunch and Learn about Glaucoma, open to UAMS faculty, staff and students to come for a short presentation, patient testimonial and informational exhibits. Free pizza and drinks will be served for the first 80 attendees, so please call 526-6000, ext 2600, to confirm your attendance.

On Saturday, March 14, Jones Eye Institute will host a CME event entitled “Ophthalmic Pearls for the Non Ophthalmologist” from 8 a.m. until 4 p.m. This CME Event will cover everything a primary care doctor should know about eye problems, from injuries to basic eye exams. Short lectures and workshops will be held throughout the day that will cover such topics as red eyes, diabetes, glaucoma, strabismus, pediatric eye exams, changes in an aging eye, macular degeneration, dry eyes, cataracts, flashes and floaters, and common eye injuries and how to prevent them. The course director for this event is Dr. Bhairavi Kharod.



Natalie Etheridge and Brandon Tillman attend the UAMS Day recruitment fair at Philander Smith College on Feb. 19.

Calendar of Events, Birthdays and Anniversaries

Birthdays

February 2 – Tina Faulkner
February 2 – Cynthia Bond
February 15 – Dr. Bhairavi Kharod
February 17 – Dr. Gissur Petursson
March 11 – Dr. Ammar Safar
March 13 – Pam Whitlock
March 14 – Dr. John Shock
March 17 – Angie Eubanks Covert
March 20 – Dr. Inci Dersu

Anniversaries

February 2 – Karin Aletter, 11 years
February 11 – Tiffani Goodwin, 2 years
February 17 – Pam Whitlock, 5 years
February 22 – Kathryn Eisele, 4 years
February 22 – Donna Mattingly, 4 years
March 3 – Shane Carter, 1 year
March 3 – Shontonia Roberts, 1 year
March 7 – Susan Zimmerman, 10 years
March 8 – Shirley Hankins, 16 years

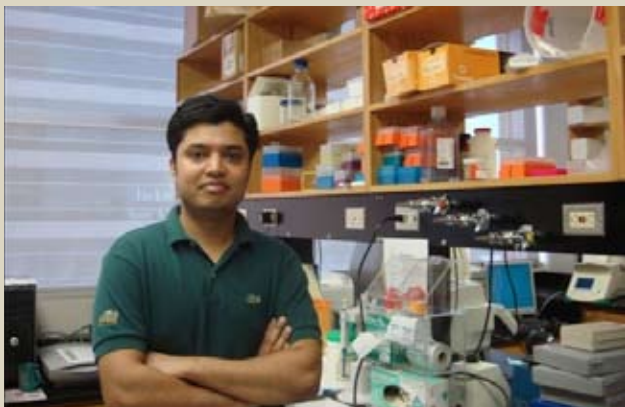


A baby shower was held in late January in honor of Amy Taylor. Amy had her new baby boy on Feb. 17 and his name is Drew Landon Taylor. Amy is point of service coordinator at JEI.



All Eyes on You:

Bala Manickam



What music or books are you currently enjoying?
Indian light music, not a big fan of books!

Who has most influenced your life?
My parents

What inspires you?
Intellectual conversation, soft melodies and the serenity of nature

Tell us about your family.

We are a beautiful family of four; mom, dad and my younger sister. My dad is a retired Assistant Educational Officer and mom is a homemaker. My sister is married and has a kid.

What do you generally enjoy most when you are away from work?

I'm a couch potato; watch a lot of television and I'm kind of married to my laptop. I love to hang out with my friends and listen to Indian music.

Choose three dinner guests from any period of time. Who would they be?

- Jerry Seinfeld
- My niece (18 months old) who is such a sweetheart and I would love to have a conversation with her at the dinner table without even understanding a word what she speaks.
- The almighty god, whosoever it may be.

Where would you go on a dream vacation?

A trip to Europe and Australia

What do most people not know about you?

I'm a Veterinarian. I'm a bit shy and can be romantic sometimes!



Pet of the Month_

Our Big Little BooBoo

Meet BooBoo, a little Min Pin (Miniature Pinscher) that belongs to the Mattingly (Donna Mattingly) family. The only difference in a full-blooded Doberman Pinscher and a Min Pin is about 100 pounds. While the two look identical (except for size), they are not really related at all. It is said that both breeds have German Pinscher

ancestors, but the Min Pin is not a smaller version of any breed. BooBoo was a surprise birthday present for my daughter, Sarah, on her seventh birthday. She weighs in at 7½ pounds soaking wet (BooBoo, not Sarah), and thinks she is just as big as the next dog. She reminds me of Superman... she can leap small buildings and run faster than a locomotive. In all honesty, she is incredibly fast and can jump about five times her own height. She is a wonderful little watchdog, and loves to cuddle. Her favorite spot is in front of the fireplace or snug under her favorite blanket. And, as you can see above, her favorite team is the Razorbacks!

We almost lost Boo recently...she snuck out the front door of a friend's apartment while my son was visiting there, and our hearts were broken until we miraculously got her back. Long story short, after many flyers were posted and many friends were graciously keeping watch (and many tears were shed), we received a call that someone had found her, and a long two days later she was safe and sound at home again. BooBoo will be 12 this August, and we love and enjoy her each and every day! She's just a little dog, but she takes up a BIG space in our hearts.



March

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20	21
22	23	24	25	26	27	28
29	30	31				