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Stay Connected



**MIDWESTERN
UNIVERSITY**

Tomorrow's Healthcare Team

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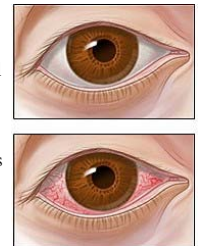


Spring is Here

Eyecare & Allergies

It's that time of year when the sun is shining, and the flowers are beginning to bloom. While the scenery can be beautiful and breath taking, allergies season begins, and it is important to be knowledgeable about eyecare. During the Spring, our eyes can be affected in several ways; eye allergies can likely cause redness, swollen or puffiness, watery or runny, burning, itchiness and/or a sinus infection that causes eye irritation and other reactions.

Eye allergies are very common and can even be hereditary. Eye allergies can also be treated with eye drops and medication pending the severity of the situation. According to the "Dr. Russel Lazarus article "Eyes and Allergies": if your allergy symptoms are not relieved by over-the-counter medications, your eye doctor can prescribe medicated eye drops or oral medication.



Picture belongs to Myhealthalberta.ca

- **Artificial tears eye drops:** Artificial tears both moisten the eyes to soothe irritation, and wash allergens away.
- **Preservative free eye drops:** Preservative-free drops are recommended because they contain fewer additives which can further irritate the eyes.
- **Eye drops for moderate to severe allergies:** These are usually decongestant eyes drops, importantly these type of eye drops are not recommended if you have glaucoma. These eye drops are over-the-counter and are used to reduce redness by narrowing the blood vessels in the eye. They are available in two forms: decongestant only, and decongestant with an antihistamine— recommended for relief of severe itching.

Prescription eye drops and medications:

- **Antihistamine eye drops:** reduce itching, redness and swelling. These drops provide fast relief, but need to be used frequently throughout the day, as the effects tend to last only a few hours.
- **Mast cell stabilizer eye drops:** prevent the release of histamine and other chemicals that cause the allergic reaction. These drops must be used *before allergen exposure* to prevent itching.
- **Antihistamine and mast cell stabilizer eye drops:** are a combination eye drop that treats and prevents eye allergies. These drops are inserted twice a day for fast, long-lasting relief of itching, burning, tearing, and redness.
- **NSAID eye drops:** (Nonsteroidal anti-inflammatory drugs) relieve itching, but may cause burning or stinging when inserted, and need to be used four times a day.
- **Corticosteroid eye drops:** treat chronic and *severe* itching, redness and swelling. These steroidal eye drops should only be used long term (more than two weeks) under a doctor's supervision as they can cause an increased risk of infection, glaucoma and cataracts.

Oral antihistamines

If eye drops are not sufficient in treating your allergies, your eye doctor may recommend an oral antihistamine for further relief." (Lazarus, Russel. *Eye and Allergies*. Optometrist Network).

By not providing the proper eyecare, people can cause more damage than intended. Be sure to research and call your doctor, they will be able to give you the best treatments for your condition.

(Lazarus, Russel. *Eye and Allergies*. Optometrist Network. <https://www.optometrists.org/general-practice-optometry/guide-to-eye-health/eyes-and-allergies/>)

MWU CCO Career Fair

Midwestern University is hosting our **First Annual Career Fair** this Spring.

Our Career Fair has two main goals:

1. For our students to hear from guest speakers regarding practice management.
2. For our students to have access to a job & networking fair that includes guests looking to promote their practice, company, and/or career opportunities.

The event will take place on the academic campus at 555 31st Street, Downers Grove, IL 60515. A classroom will be reserved for our guest speakers, but the job and networking fair will take place outside the classroom in an open space set up with tables:

Career Fair: Friday, April 21, 2023

3:00-3:15pm	Registration
3:15-4:00pm	Guest Speaker #1
4:00-4:30pm	Sponsor Exhibits & Job/Networking Fair (light hors d'oeuvres)
4:30-5:15pm	Guest Speaker #2
5:15-6:00pm	Sponsor Exhibits & Job/Networking Fair



For more information, or if you would like to register for one or more tables (or co-sponsor the event with an ad), please send me an email at jgialousakis@midwestern.edu. If you are unable to attend but would still like to submit an ad for your practice, please email me as well.



Clinical Rotation Spotlight

Jenny Geevarghese, O.D.

Assistant Professor

Jenny Geevarghese, O.D. graduated from the University of Illinois at Chicago (2009) with her Bachelor of Science, Biology. She went on to complete her doctorate at Arizona College of Optometry, in 2014. Dr. Geevarghese completed her residency training in Primary Care/Ocular Disease at VA Hospital in Newington, CT. Dr. Geevarghese specializes in Ocular Disease (Macular Degeneration, Diabetic Retinopathy, Glaucoma), Primary Eye Care, Pre/Post operative care, and Soft Contact lenses. She joined Midwestern University in October of 2020, as an assistant professor and clinical instructor in the primary care and advanced care glaucoma clinics. Dr. Geevarghese decided to go into Optometry to be able to educate, help save vision, promote good ocular health, while connecting with patients. Dr. Geevarghese chose to be a part of Midwestern, not just because it is a great school (which she can attest to as she is also alumni from Arizona), but it also gives her the opportunity to give back to the profession of optometry and connect with students through courses and various organizations that promote giving back to the community like SVOSH. Dr. Geevarghese likes to spend time playing with her kids, watching movies, hiking, and trying new food spots!

Thank you and keep up the job well done!

Preceptor Corner: Student Expectations

Preceptors are essential to our students when training in clinical education. They are quite knowledgeable about the basic precepting principles and expectations it takes to train medical students. Let review some opportunities students should expect:

“Student Expectations:

- ◆ Students should be familiar with policies, clinical hours and procedures to follow.
- ◆ Arrive on time, have all equipment necessary and be ready for patient care.
- ◆ Communicate goals for the rotation and areas for increased abilities
- ◆ Communicate any misunderstandings early
- ◆ Preceptors have the best intentions for your success. If there is another way to better communicate with you, let them know that.
- ◆ Any absence from the clinic should be taken very seriously and all individuals must be notified as early as possible especially if patient care is impacted.
- ◆ Understand that you will be making mistakes in your learning process. It is your job as a student intern to remediate mistakes as quickly as possible and prevent similar mistakes from happening again.
- ◆ Be a self starter, always ask questions.
- ◆ Identify, record and analyze pertinent history and problems presented by the patient.
- ◆ Demonstrate the necessary skills to examine and evaluate the patient to arrive at a rational diagnosis.
- ◆ Independently formulate a treatment and management plan and understand the implications of various treatment and management options.
- ◆ Provide preventative care, patient education and counseling to a level of understanding by the patient.
- ◆ Recognize when it is necessary to obtain a consultation and to coordinate care provided by healthcare providers and/or other professionals.
- ◆ Demonstrate knowledge of professional, ethical, legal, practice management, and public health issues applicable to the delivery of optometric care.
- ◆ Effectively communicate orally and in writing with other professionals and patients.
- ◆ Finish charting promptly and provide feedback to students as appropriate”.

(<https://optometriceducation.org/clinical-preceptor-training-toolkit/>)

Calendar of Eye/Vision Awareness

March: Save Your Vision Month/ Workplace Eye Awareness Month

April: Sports Eye Safety Month/ Women Eye Health & Safety Month

May: Healthy Vision Month/ Blind Awareness Month



KEEP IN TOUCH

We would love to hear about any updates on you and your site! Presented a poster or lecture at a conference? Providing new services at your site? Earned a fellowship or diplomate status? Let us know. You may be featured in one of our upcoming newsletters.

You may contact the Assistant Director of Rotations, Dr. Daniel Deligio, at ddelig@midwestern.edu or 630-743-4853, or Clinical Education Coordinator, Shannen Hamlin, at shamli@midwestern.edu or 630-743-4812.

DO YOU WANT TO KNOW WHAT’S GOING ON AT CCO?



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IMPORTANT DATES AND REMINDERS:

Last Day of the Spring Quarter	May 19, 2023
Submit Final Grades	May 26, 2023
Start of Summer Quarter	May 30, 2023
CCO Commencement Ceremony	May 24, 2023

INTERESTED IN CE EVENTS AND OTHER OPTOMETRY RESOURCES?

Visit our **CCO Preceptor Resources** page at <https://www.midwestern.edu//academics/degrees-and-programs/doctor-of-optometry-il/current-preceptors.xml>