



WORLD OPTOMETRY DAY
March 23rd, 2022

The Trinidad and Tobago Optometrists Association's theme for 2022 is "Vision for the Future". Optometry is a healthcare profession that is autonomous, educated and regulated (licensed/regulated). As primary healthcare practitioners of the eye and visual system, optometrists provide comprehensive eye and vision care which includes refraction and dispensing, detection/diagnosis and management of disease in the eye and rehabilitation of conditions of the visual system.

Our duty and first priority is to our patients' eye and general health and vision. To do this, we should continuously update our knowledge and skills by regularly attending CPD courses. There are several sub-specializations within optometry that we can pursue to enhance the care we provide, some of which include myopia control, orthokeratology, low vision, binocular vision, therapeutic contact lenses and sports vision.

There have been many advancements in the optometric industry by way of screening and diagnostic equipment which aid in refraction, early detection, diagnosis and co-management of ocular disease. This allows us to refer the patient to the ophthalmologist or other appropriate consultant at an earlier stage of their ocular condition/ disease thereby ensuring that the patient has the best care available to them.

While refraction and dispensing of spectacles can be the bread and butter of optometry, ocular health is far too important to ignore. 80% of all vision loss can be prevented. TTOA stands with the World Council of Optometry and believes that 'stand-alone refractions' should not be offered as a service.

The future of optometry is to be found in the delivery of excellent eye in partnership with the 3 Os of Eyes- the optician, the optometrist and the ophthalmologist and other medical practitioners.

Happy World Optometry Day!