Hands-on Workshop: Spectacle Measurements and How to Perform Them

Course Instructor:
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Course Length: Two hours – ABO
Course Level: Ophthalmic Level 2
Intended Audience: All Ophthalmic Personnel
Subject Category: ABO Domain 5

Course Description:
This hands-on workshop will present the basics for the optician/technician introducing measurements. All measurements will be discussed and how to perform them correctly and why. Various methods of measurements will be presented. Hands-on skills will be stressed.

Learning Outcomes:
At the completion of this course the participant should:

- Describe the boxing measurements of a frame
- Be able to accurately measure each part of a frame
- Explain the differences between different distances of PD measurements
- Perform accurate measurements of different types of multifocals
- Understand how the Optical Center height measurement may affect vision
- Identify the proper length for a temple for a particular patient

Teaching Method: Lecture/hands-on workshop, using audience participation

AV Requirements: Laptop projector with screen the appropriate size for the room, flipchart with markers, hand tools, frames, PD rulers, CRP, etc.

Optical Bootcamp Part 1: Spectacle Measurements and How to Perform Them

Outline

- **Introduction – 5 minutes**
    - This course will include a short lecture followed with a complete hands-on experience for the participant
- Things we will discuss
- **Boxing system of measurements – with diagrams – 5 minutes**
    - 54□18/145
    - A measurement
    - B measurement
    - ED
    - DBL
    - Frame PD
    - C measurement
    - Temple length
        - Types of temples and where to measure

- **Patient PD – 5 minutes**
    - What is a PD
    - Binocular PDs
    - Monocular PDs
    - Distant PDs
    - Intermediate PDs
    - Near PDs
    - Specific distances

- **Seg Heights - MRPs – 5 minutes**
    - Lined bifocal
    - Lined trifocal

    - Progressive Addition Lenses
    - Blended segments
    - Special instructions
- Single vision OC placement
- Height Vs. Drop
- **Using the measurements to order lenses/eyewear – 5 minutes**
- Calculating minimum blank size
- Calculating decentration
- Discussion and measurement of tilt and wrap and how to compensate for it
- Discussion and measurement of vertex distance and the importance of compensation

Second part of course will be hands-on with participants and instructor/instructors demonstrating each measurement and different types of devices used for each.