

## TUCSIN ALUMNI 2013

### Inside this issue:

What is a OPTOMETRIST ?	
Education and Career path	2
Where to study OPTOMETRY?	3
TUCSIN AA OPTOMETRY Professionals & Contact information	4

Optometry (optometry), the word is derived from the ancient Greek word optos and metron, meaning "watching" and "measure" respectively. It is depending on the rise and development of spectacles. It can be said no development of glasses, the there is no optometry. Therefore, in the last century, people have defined the optometry as the "study of light and a relative philosophy", and is of an art.

# Career Focus - OPTOMETRIST

Volume1, Issue 15

29 July 2013

It is said that our eyes are considered to be the mirror of our personality. They reflect the kind of person we are and use expressions to communicate without words. Most importantly, they help us to see our beautiful world and add meaning to our everyday life. Having yearly eye exams is the first and most important part of your vision health care.



### What is an Optometrist

Optometrists specifically deal with human vision and aim to give patients clear and normal eyesight. They measure the efficiency of their patient's eyes and where necessary, take steps to improve or prevent deterioration of vision. They examine eyes for vision problems, disease and other abnormal conditions and test for proper depth and colour perception and the ability to focus and coordinate the eyes.

Optometrists specialize in visual defects of the physiological healthy eye. They are able to prescribe spectacles or contact lenses to rectify or alleviate visual defects such as far-sightedness, short-sightedness, astigmatism (image distortion) and presbyopia (far-sightedness as the result of age).

They may prescribe corrective eye exercises or other treatment not requiring drugs or surgery. They may also give advice on environment

al factors which affect visual efficiency. They evaluate the specific needs, working demands and hobbies of their patients in order to prescribe the most suitable correction.

Optometrists should not be confused with ophthalmologists or dispensing opticians. Ophthalmologists are physicians who perform eye surgery, and diagnose and treat eye diseases and injuries. Like optometrists, they also examine eyes and prescribe spectacles and contact lenses. Dispensing opticians fit and adjust spectacles and may fit contact lenses according to prescriptions written by ophthalmologists or optometrists.

Should optometrists detect any disease or pathological abnormalities in the eye, they refer patients to an ophthalmologist (eye specialist or surgeon) for medical treatment.

In addition, optometrists consult with educators on preventive vision care for school children, and with public officials and management to help eliminate vision hazards. Optometrists promote eye hygiene and general eye safety, and also inform people about correct reading habits and lighting.

This area, known as preventative or environmental optometry, forms an important part of their work. Optometrists are also consulted by institutions to develop vision-training techniques for enhancement of specific visual skills. One such technique is speed-reading, a programme utilized by many tertiary educational institutions.

## OPTOMETRIST - Education and Career Paths

### Some satisfying aspects of this career

- helping others and working with people
- working in a semi-medical field
- the opportunity to open your own business

### Some demanding aspects of this career

- sometimes having to deal with difficult and unpleasant people
- the expense of setting up own practice, as a fair amount of equipment is required

### Requirements

An optometrist should:

- have the desire to help others;
- get along well with others;
- have business ability;
- be tactful and disciplined;
- be able to communicate well;
- have some technical and manual skills;
- be able to work accurately;
- have good eye-hand coordination;
- desire to promote the visual well-being of members of the general public.

### School Subjects

National Senior Certificate meeting degree requirements for a degree course

National Senior Certificate meeting diploma requirements for a diploma course

Each institution will have its own minimum entry requirements.

Compulsory Subjects: Mathematics, Physical Sciences

Recommended Subjects: Life Sciences

### Training

Degree: B Optometry - UJ, UFS, UL. The duration of the course is 4 years of full-time study. After the completion of the degree course, students may be expected to complete a one-year internship before registration as professional optometrists.

Diploma: N.Dip: Optical Dispensing and B.Tech - CPU. The duration of the course is three years. A fourth year of study culminates in the BTech Optometry. From their third and fourth year, students have contact with patients. Students are required to complete a one-year internship.

Optometrists are required to register with the Namibia Optometric Association before they may practise.

### Employer

- Hospitals and clinics
- Schools of optometry at universities and the university of technology in Johannesburg
- State and provincial administrations
- Research institutions
- Private practice
- In partnership or group practice with other optometrists, each specializing in a different field.



## Where to study OPTOMETRY ?



- All applications for admission to B. Optometry are subject to selection.
- The closing date for submission of applications for selection is end-May.
- All prospective students for the above fields of study must write the NBT test (National Benchmark Tests). Results of this test will serve as additional guide for selection.
- Students who intend to follow a degree in B. Occupational Therapy must provide proof of having visited an occupational therapy practice.

### **Method of selection**

A holistic approach is followed in the selection process based on a points system including academic achievement, cultural activities, and sport.

For detailed information please view the current [selection policy for the School for AHP](#).

Final selection will only take place in January, after the final Grade 12 results are obtained.

### **Application for Admission**

- Application forms for admission to the University together with the selection form, application fee, medical report, health questionnaire and photographs must reach the University simultaneously.

Completed applications for admission and enquiries regarding programmes must be addressed to:

Student Academic Services  
Room 159D  
George du Toit Admin Building  
UFS  
P.O. Box 339  
Bloemfontein  
9300

## **BURSARIES**

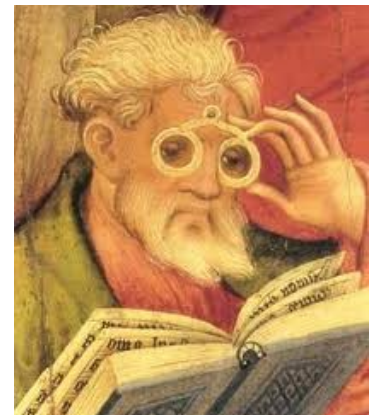
**Namibian Optometric Association** offer bursaries to students that are Namibian Citizens and who successfully completed their first year of optometric studies. Applications will be considered in accordance to the guidelines set out by the Namibian Optometric Association. The bursary will be N\$ 10 000.00 per year of successful study from the second year of studies.



Application forms should be completed by the applicant **PERSONALLY** and submitted to the NOA with certified copies of the following:

- Namibian birth certificate
- Grade 12 certificate and results
- Official first year University results
- Proof of registration with University

If your application is successful you will be invited for an interview. You will be required to work in Namibia after completing your studies.



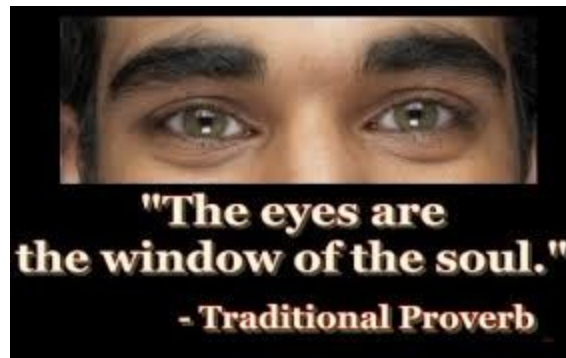
For more information contact the Secretary at NOA @ +264 61 230091

**Reference :** <http://www.noa.com.na>

**TUCSIN ALUMNI 2013**

**TUCSIN AA OPTOMETRY Professionals**

Ms Jana (Harmse) Kotze completed her B.Optomety at the Randse Afrikaanse University in 2000. She is the owner and manager of Torga Opticals in Whk. Jana was a DAAD scholarship grantee from 1998—2000.



Phone: 061 224840

Fax: 061 222544

E-mail: [wle@iway.na](mailto:wle@iway.na)

We're on the web:  
[www.tucsin.org](http://www.tucsin.org) as well as on  
Facebook  
Please go and "like" us on  
Facebook