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Tomorrow's Healthcare Team

PROTECT YOUR EYES!

Warmer weather and summer days are coming, and with it come the outdoor celebrations with family and friends. June and July are dedicated to eye safety against fireworks and UV exposure.

Every year there are about 1,400 eye-related injuries due to fireworks. These injuries are often linked to firecrackers, sparklers, and bottle rockets, which are easily bought in stores in many states. By knowing the risks, many can save their sight and those around them as 65% of people injured are bystanders. By spreading awareness and encouraging others to **leave it to the professionals, don't let kids play with fireworks, namely sparklers which burn at 2,000 degrees, and to keep their distance**, vision injuries can be kept to a minimum during the holidays.

Fireworks aren't the only danger to our eyes as many still leave their eyes unprotected from the sun. Studies have shown that sun damage may increase the risk of cataracts and growths on the eye, including cancer. Dark lenses are not enough, and it is recommended to always buy sunglasses that are labeled "UV400" or "100% UV Protection."

Learn more about fireworks and UV eye safety at <https://www.aaopt.org/eye-health/tips-prevention-list>.

REMINDERS

As Chicago College of Optometry prepares for our students to advance in their program, please let us know of any changes in your site requirements.

Our soon-to-be third-years will be making their rotation site selections sometime in August. If you haven't already, contact Ms. Nadine Antonio to verify your slot availability.

Our incoming fourth-years will be starting their first quarter of rotations June 1, 2021. They should be reaching out with introductions in the coming weeks. If there is any paperwork that needs to be signed outside of the original agreement, please send it to Ms. Antonio or Dr. Daniel Deligio copies so it can be reviewed by our legal team and included in our records for future site assignments.

If you have any other questions, please feel free to contact us.

Midwestern University, Chicago College of Optometry, Rotations

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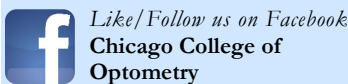
Get SunSmart!



**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](mailto:ddelig@midwestern.edu) or 630-743-4853, or Sr. Administrative Assistant, Rotations, Nadine Antonio, at [nanton@midwestern.edu](mailto:nanton@midwestern.edu) or 630-743-4812.

**DO YOU WANT TO KNOW WHAT'S GOING ON AT CCO?****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>

**CLINIC SPECIALTY: MYOPIA CONTROL**

Midwestern University Eye Institute has seven doctors who practice in our Myopia Control Clinic. Our Pediatric optometrists include Drs. Jenelle Mallios, Clinton Prestwich, and Samantha Rice who work alongside our Contact Lens specialists, Drs. Vakishan Nadarajah, Jessica Jose, Daniel Deligio, and John Gialousakis in providing excellent care for their patients with progressing or school-age myopia. Our myopia control treatments/services include orthokeratology, atropine, multifocal contact lenses, multifocal glasses as well as the IOL Master in monitoring the length of the eyeball.

To learn more or for referrals please visit our website at <https://www.mwuclinics.com/illinois/services/specialty/eye/for-health-professionals> or call us at 630-743-4500.

**CLINICAL ROTATIONS SPOTLIGHT**

**JEANIE C. LUCY, O.D., M.P.H., FAO**  
*Assistant Professor*

Dr. Jeanie Lucy earned her Bachelor of Science in Visual Science from the Illinois College of Optometry. She received a Master in Public Health from the University of

Illinois at Chicago and her Doctor of Optometry degree from the Illinois College of Optometry. Before joining Midwestern, Dr. Lucy was President and CEO of three primary care practices in Chicago and adjoining suburbs and has worked in hospital-based optometry as a staff member at Advocate Trinity Hospital Department of Ophthalmic Surgery. She specializes in early detection, treatment and prevention of glaucoma and public health interdisciplinary medicine.

**Specialties: Primary Care, Public Health**

**PRECEPTOR CORNER:****STUDENT SELF-EVALUATIONS**

Self-evaluations have proven to be useful in building competent and confident clinicians. There are a variety of ways for preceptors to facilitate self-evaluation while they have students rotating through their site.

**Journal Writing:** Having students write reflective journals after their assignments helps “foster active participation in their learning...[and] to establish a pattern of self-reflection which can lead to a pattern of life-long learning.”<sup>1</sup> Especially effective is if the preceptor provides their own feedback about strengths and weaknesses as it provides opportunities for teachable moments.

**Self-Assessment:** One study had students grade themselves using the same rubric their preceptors had and showed that the difference in percentages were close to the faculty’s grade.<sup>2</sup> Similar to journal writing, this can help facilitate life-long learning and, if done early enough in the program, can help the preceptor tailor their clinical teaching and remediation for the student.

While these are only two methods of self-evaluation, by examining expectations and goals as a preceptor, there are many other ways to get your student to be more engaged in their own learning and encourage them to never stop improving as a clinician.

<sup>1</sup> Carlson N, Chu G, Denial A, Stacy L. THE USE OF REFLECTIVE JOURNAL WRITING IN OPTOMETRIC CLINICAL EDUCATION. *Optometry and Vision Science*. 2002;79(Supplement):43. doi:10.1097/00006324-200212001-00076

<sup>2</sup> Peters RJ, Woehrl MB. CLINICAL USEFULNESS OF STUDENT SELF-EVALUATION: Poster # 21 (OE-310). *Optometry and vision science*. 1994;71:99.

**SPRING CALENDAR****March**

Workplace Eye Wellness Month

**April**

Sports Eye Safety Month

**May**

Healthy Vision Month

**5/24 Last Day to Submit Final Evaluations**

**June**

Fireworks Eye Safety & Cataract Awareness Month