

## The Eye Institute Opens Satellite Office at University of the Sciences

The Eye Institute has established a satellite facility – the fifth of its kind – on University of the Sciences’ Philadelphia campus to offer comprehensive eye exams, contact lens fitting and dispensing services to benefit USciences’ undergraduate and graduate students, faculty and staff as well as their families.

The clinical space contains three new, fully-equipped exam rooms complete with electronic health records, a pre-screening area and a contact lens dispensing area, located in the Physician Assistant Studies Suite within the Integrated Professional

Education Complex better known as IPEX on the USciences campus, Room 254. Dr. Laine Higa serves as the main provider and see patients with Salus University Pennsylvania College of Optometry interns.

“We’re very excited to partner with USciences for this on-campus optometry clinic,” said John Gaal, vice president of Clinical Operations at Salus. “Being able to provide comprehensive vision care, especially contact lens exams and fittings, to the students, faculty and staff at USciences will provide great additional experiences for our students.”



## Chestnut Hill Reopens After Renovations



The Eye Institute (TEI) at Chestnut Hill recently completed renovations and equipment upgrades, which has allowed for better patient care. Phase one of the renovations included the installation of automated ophthalmic testing devices in five of the exam rooms. The new digital refractive technology, auto phoropters, will not only save time but will also make comparing old and new prescriptions easier. The new equipment will help better serve the patients and community of Chestnut Hill as well as benefit students of Salus University Pennsylvania College of Optometry (PCO) who rotate through the clinical site and see patients. (cont. page 2)

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The second phase involved physical renovations designed to provide state-of-the-art facilities which are more patient friendly. Changes included the relocation and expansion of the reception area to improve patient accessibility and flow; the addition of an examination room to increase the number of patients able to be seen; the addition of a designated contact lens room for storage and fitting and the

reconfiguration of the diagnostic testing area. The clinic was closed for two weeks for these renovations, but re-opened for patient care earlier this summer.

Other changes included new signage and additional staff, which included an ophthalmic technician. These changes will help with increased patient visits and a more efficient patient flow which will also decrease patient appointment times.

"The new technology and renovations will allow PCO students to see more patients with state-of-the-art equipment in a modern setting much like those in private practice settings" said Dr. Carlo Pelino, Chestnut Hill chief. "It will also benefit the patients with increased appointment availability and decreased exam time."

To schedule an appointment at TEI at Chestnut Hill, call **215.276.6111** or visit **SalusUhealth.com/TEI**

## TEI's School Vision Programs Continue to Make an Impact

For many years, The Eye Institute (TEI) has provided vision care services to economically disadvantaged children enrolled in Philadelphia's public schools. Each year vision care teams from TEI work collaboratively with public school nurses to assist them in providing state-mandated vision screenings to their children. When a child fails the vision screening, TEI makes arrangements to transport the child to one of TEI's locations to receive a comprehensive vision and eye health examination. Children who need eyeglasses receive two pairs - one for home and one for school. TEI provides vision screenings to over 4,000 children every school year and comprehensive eye care services to several hundred of the children who fail the screenings. The financial resources necessary to support this important community initiative come from the "Looking Out for Kids" charity fundraiser as well as additional support from community foundations.

Working collaboratively with The School District of Philadelphia nurses, TEI provided the following services to children in Philadelphia's public schools during the 2018-2019 academic year:

- Vision screenings to 4,200 children
- Comprehensive vision and ocular health examinations to 240 children by transporting them to The Eye Institute
- Distributed 408 pairs of eyeglasses to public school children

### Norristown Area School District

In 2013, a vision care team from TEI started providing comprehensive vision care services to economically disadvantaged children enrolled in the Norristown Area School District (NASD), a suburban school district outside of Philadelphia.



A rotating school-based vision clinic was established in a space at one of the schools in the district. TEI's vision care team examined children one to two days per week in the school until all children who were in need of care were seen. The vision clinic was then moved to another school to continue rendering care to children in need. TEI has provided services to NASD children for six consecutive years. During the 2018-19 academic year, TEI's vision care team provided 132 comprehensive eye exams and 224 pairs of glasses on-site for NASD students.

### Cheltenham, Jenkintown, Abington and Souderton School Districts

TEI's vision care team also provided eye care to children in Cheltenham, Jenkintown, Abington and Souderton school districts with the University's Mobile Vision Care Unit this past academic year. The "Big Red Bus," as it is affectionately nicknamed, includes all the essential equipment needed to complete a comprehensive vision exam. Using the mobile unit, 149 eye exams were performed and 252 pairs of glasses were dispensed to children in these four school districts.

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## TEI's School Vision Programs Continue to Make an Impact (cont.)

### William Penn, Chester-Upland and Delaware County Charter School Districts

In Delaware County, TEI conducted eye exams for children in the William Penn, Chester-Upland school districts and Delaware County Charter School. In those districts combined, 278 eye exams were performed and 472 pairs of glasses were dispensed during the 2018-2019 school year.



## Contact Lens Exam and Tips

If you wear or want contacts, you need a contact lens exam in addition to a comprehensive eye exam. Your eye doctor will perform special tests during a contact lens exam to evaluate your vision with contacts. A series of additional measurements, including the measurement of the front curvature of your eyes, a tear film evaluation, and the size and type of contact lens best suited for your eye shape will be performed.

With the results of those tests, your eye doctor can provide a contact lens prescription that is the right fit for your eyes. An eyeglass prescription is no substitute for a contact lens exam because the two are very different. The numbers on your contact lens prescription often

differ from those on your glasses prescription. An improper fitting or prescription of contacts can damage the health of the eyes.

Once you have the correct fit and prescription for contacts, you'll need to decide whether you want disposable contacts or extended wear, and if you want your contacts to be colored. Contact lens specialists at TEI can fit you with a trial pair of contacts. In about seven to 10 days, you'll need a follow-up exam to make sure you have adjusted to your new lenses.

New contact lens patients at TEI are given complete instruction in lens handling, including insertion and removal techniques, and in lens care prior to taking diagnostic lenses home.

### TIPS FOR GOOD CONTACT LENS PRACTICE:

- Always wash your hands before touching your lenses.
- Clean, rinse, and disinfect your lenses each time you remove them.
- Immediately remove your contact lenses if you experience any pain or discomfort.
- Close contact lens solution bottles after each use to minimize bacteria and contamination.
- Do not use expired lenses or lens care solutions.
- Clean your lens case daily with mild soap and hot water and let air dry.
- Never shower, swim or use a hot tub while wearing contact lenses.
- Never clean your contact lenses with tap water.
- Never use eye drops or solutions not intended for use with contact lenses.
- Do not over wear your lenses beyond the period recommended by your eye care professional.

**Call The Eye Institute at 215.276.6111 or visit [SalusUhealth.com/TEI](http://SalusUhealth.com/TEI)  
to schedule your appointment today!**



The Eye Institute (Oak Lane)  
1200 West Godfrey Avenue  
Philadelphia, PA 19141  
**Appointments:** 215.276.6111

The Eye Institute (East Falls)  
One Falls Center  
3300 Henry Avenue, Suite 104  
Philadelphia, PA 19129  
**Appointments:** 215.276.6111

The Eye Institute (Chestnut Hill)  
Chestnut Hill Plaza  
7630 Germantown Avenue, #4  
Philadelphia, PA 19118  
**Appointments:** 215.276.6111

The Eye Institute (Norristown)  
1401 DeKalb Street  
Norristown, PA 19401  
**Appointments:** 610.278.7787

**[SalusUhealth.com/TEI](http://SalusUhealth.com/TEI)**

The Eye Institute is the clinical optometric practice of Salus University.

## SAVE THE DATE

Join the Pennsylvania Ear Institute (PEI) for  
a Fall Open House:

**Saturday, October 19, 2019**

8380 Old York Road  
Suite 1200  
Elkins Park, PA 19027

You will have an opportunity to meet our  
audiologists, learn about new hearing  
technology, receive complimentary  
hearing screenings and more!

