

# Know Right to Prescribe Right

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## ABSTRACT

**Introduction:** -Dispensing the right power is not the only job of an optometrist or dispensing practitioner but also counseling patients with all the points in mind such as the need of occupation, type of work patient has and requirement of the patient's need should also be noted.

**Case Report:** - A 68-year female has got operated on 02/03/2022 for cataract (both eyes pseudophakic) in a charitable eye hospital in Navi Mumbai, Maharashtra. She was given the spectacle power for both distance and near after one month of her surgery for her refractive error. After getting the power due to her inconvenience she delayed making her glasses and went to some local optical store where she checked her refractive error and made her spectacle.

**Conclusion:** - Troubleshooting is an excellent skill of optometrist that defines their knowledge and skills. Patient's compliance should be made as a prior noted before dispensing with all his needs. Asking patient open ended question about need of patient's occupation, patient's work type is crucial.

**Keywords:** Dispensing, Spectacle Power, Patient Counselling, Refractive Error

## INTRODUCTION

Dispensing the right power is not the only job of an optometrist or dispensing practitioner but also counseling patients with all the points in mind such as the need of occupation, type of work patient has and requirement of the patient's need should also be noted.<sup>1</sup> Poor counseling can lead to a burden for making glasses twice to the patient.

## CASE DETAILS

A 68-year female has got operated on 02/03/2022 for cataract (both eyes pseudophakic) in a charitable eye hospital in

Navi Mumbai, Maharashtra. She was given the spectacle power for both distance and near after one month of her surgery for her refractive error. After getting the power due to her inconvenience, she delayed making her glasses and went to some local optical store where she checked her refractive error and made her spectacle. After few days of using those spectacles, the patient was having discomfort. The patient came to VA OPTICS, Panvel for the trouble, she was facing because as she was dispensed only single vision glasses for distance. Though she needed correction for near still it was not considered in the previous prescription

given that she was wearing. History was noted and did the refraction. The patient's compliance with the glasses was noted and due to lack of dispensing skills and without understanding the requirements of the patient, she came up with such discomfort of dispensing only single vision glasses without knowing the need of the patient. As she wanted budget friendly so was simply convinced to take single vision without asking her work and considering her old age.

## DISCUSSION

The patient spends almost 4-5 hours a day reading mythological books. She also does household chores consisting of more near jobs<sup>2</sup>. She faced burden of making the glasses twice as her work type and requirement were not acknowledge. Understanding the requirement of the patient our team dispensed her with bifocal glasses as per her requirement of her work<sup>3</sup>. She was given discount of 40% to reduce the burden of paying for glasses twice.

## CONCLUSION

Troubleshooting is an excellent skill of optometrist that defines their knowledge and skills. Patient's compliance should be made as a prior noted before dispensing with all his needs. Asking patient open ended question about need of patient's occupation, patient's work type is crucial. Every time dispensing right power does not give better vision but also counseling them according to the patient need is crucial. Patient may seek for low cost so our target should not be dispensing a low cost simply for a sake of sell. Pros and cons of their chosen low-cost single vision should be shown if any. Instead noting their work type explaining them about the suitable eye wear trying to

gain confidence with our counselling should be the mission of dispensing spectacles and Contact lenses.

## Declaration by Authors

**Ethical Approval:** Not Required

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