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K readings, corneal thickness and demarcation line 3 months after accelerated pulsed corneal cross linking

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Purpose: To evaluate demarcation line, K readings and corneal thickness 3 months after accelerated pulsed corneal cross linking in patients with keratoconus.

Setting: Eye Care Center, Maadi, Cairo.

Methods: In this prospective, interventional, clinical study, patients with grades 1-2 keratoconus (Amsler-Krumeich classification) underwent epithelium off pulsed accelerated (30mW/cm²) (Avedro Inc., Waltham, MS, USA) CXL for 8 minutes (1 second on/ 1 second off) after application of an isotonic riboflavin solution (0.1%) with HPMC (hydroxyl propyl methylcellulose, HPMC; VibeX Rapid, Avedro Inc., Waltham, MS, USA) for 10 minutes. Corneal imaging (CSO Sirius) was done before and 3 months after the treatment. Anterior segment OCT was done 3 months after the treatment.

Results: This study included twenty eyes of 14 patients, 4 males and 10 females. Mean age is 30 years. Mean preoperative flattest K (K1) was 47.97 D while mean post operative K1 is 47.6 D. Mean preoperative steepest K (K2) was 51.15 D while mean post operative K2 is 50.7 D. Mean preoperative central corneal thickness (CCT) was 486 microns, postoperative CCT is 469.9 microns. Demarcation line is easily detected in 17 eyes of 12 patients, mean depth is 199.5 microns.

Conclusion: Accelerated pulsed cross linking causes a decrease in the K readings and the central corneal thickness. Apoptotic effect demonstrated by corneal demarcation line can be detected at depth of 199.5 microns.

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A critical analysis of leadership styles and the engagement of physicians at the Port of Spain general hospital

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Engagement is a concept that has a continuing relevance in the workplace. Numerous academic researchers report a strong link between employee engagement and organizational performance. To gain insight into how to enhance employee engagement levels, this study was conducted to investigate the relationship between employee engagement and four leadership styles – autocratic, democratic, transformational and transactional. This research focuses on the Port of Spain General Hospital, a major trauma centre in Trinidad and Tobago and aims to determine which leadership styles are most appropriate in providing a positive impact on engagement in order to develop a leadership framework that incorporates and optimizes physician engagement which will better enable the organization to achieve its missions and goals. The participants involved in this study were comprised specifically of physicians who are currently employed at the Port of Spain General Hospital. Open-ended questionnaires used were geared towards collecting data that could possibly shed light on the current levels of engagement of each participant and their perceptions of leadership and leadership styles at the hospital. Results highlighted that engagement levels in a hospital setting may be associated with a physicians' perception of the leadership style used by his/her direct supervisor. Data collected was supported by the literature reviewed which proposes that leadership styles such as democratic and transformational leadership are more likely able to promote greater levels of engagement as perceived by physicians. However, leadership styles such as autocratic and transactional were perceived negatively and could be considered as less suited to optimize engagement levels.

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