

Socially Distanced Practice for 2021, or 2020 Finally in Hindsight

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Abstract:

Highlighting tools available now to the clinician and patient, in various aspects of practice.

Low Vision and Assistive Technology, Cognitive Processing

iOS 14 Assistive Technology:

New Features, including

- Headphone Audio Customization for increased clarity
- Double/triple tapping (Helpful for both auditory and visual disability)

Amazon Prime Video and Netflix have libraries of titles with audio descriptions

We've spoken previously re: Amazon Echo capabilities for the partially sighted.

Options for its portability

Echo Auto

GGMM D3/ D3+ Battery Pack for Echo Dot
(Not yet available for 4th Gen)

Never underestimate the value of non-visual aids. Low-Vision and Partially sighted patients now have affordable, instant access to time and weather anywhere, news, music, *voice-dialed speakerphone*, *voice-enabled radio and clock radio*, timers (and you can also ask Alexa to do something like awaken you at 6:50 AM to the Beatles), information on anything, trivia games (and even some degree of robotic companionship, if needed).

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Some options to generate wireless hotspot, to use where Wifi not available:

Tether to phone
Franklin T9 Mobile Hotspot
Muama Ryoko

To be able to borrow library ebooks and utilize eReaders' functions like varying contrast, luminance and type size, there is an advantage to having an eReader that is compatible with the library's format.

Kindle and Kobo (v4.10) have direct compatibility with Overdrive (TTS tends to be easier on Kindle).

As noted before, many free Kindle titles are available on Amazon.com, bookbub.com (site or daily email), Project Gutenberg, and through other sources. Free Kindle viewing apps are available on various PC, tablet and smartphone platforms, though they tend not to have as many features as those on actual Kindle hardware. Also subscriptions, e.g., Scribd, Amazon Prime, Kindle Unlimited

A LV patient can build an extensive Kindle library for pennies. Remember that Alexa will read many titles in your Kindle library aloud.

Lighting, for LV patients, and to promote general visual hygiene

Many low-cost options with variable color temperature; generally look for at least 4000 - 5000 Kelvins, CRI (Color Rendering index) as close as possible to 100

- Remember that each person reacts differently – get subjective responses and preferences

Verilux Lamps, Desk and Floor

Home Concept Bright Reader full-spectrum lamps

OttLite Wellness Series (97 CRI) Desk, Floor, Clamp lamps

Other lamps with variable brightness/color temperature, e.g., Taotronics models

Mobility and Navigation

OrCam, MyEye 2.0 Wearable, Reads text, barcodes; face recognition

Light Detector app (and other similar) Audible tone and speech output

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Tap Tap See app (iOS, Android) (Automatically) takes/sends photo and identifies (e.g. “Brown cardboard box on brown wooden table.”)

Seeing AI app (Microsoft, for iOS):
Artificial Intelligence, using camera to:

- Read Printed Text
- Recognize Handwriting
- Read Document
- Identify product from barcode
- Identify faces, gender, age estimate! (Can save name)
- Identify currency (of 8 Nations, so far, requires iOS11)
- Describe scene
- Color identifier
- Sense illumination Level

(iPhone 12 Pro’s LiDAR scanner enables spatial audio [with headphones] and haptic proximity)

Remember the Milk app (iOS, Android)– breaks down tasks to manageable size, map feature for streamlining

MS ‘To Do’ app (iOS, Android) Even free version integrates with Alexa for voice input. You can use voice to add to task list or shopping list, and it will appear on the phone.

Color deficiencies

Color-Identifying function in Seeing AI and Tap Tap See apps (above)

Vision Therapy

Binocularity

VideoPad version 10 (Mac, Windows) – generate disparate images to construct anaglyph video source:

Anaglyph Workshop and Stereogram Workshop Win and Mac tabberer.com

Can create Holmes Card for Brewster Stereoscope

Use free-space BI stereograms as tool for greater compliance in VT Homework and Home VT

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StereoPhoto Maker Pro (Still/Video, Web Pages) (Note learning curve) stereo.jpn.org

Guide: <http://www.stereo.jpn.org/eng/stphmkr/spmbeginnersguideillustrated.pdf>

Stereogram Mysteries 3D (iOS, Android) Note that BI fusing, especially Random Dot with no monocular cues, may be difficult when using small screen

Stereogram Factory app (iOS)

Stereogram for Cardboard app (Android)

Eye3d – Regaining Eyesight app (iOS)

3D Stereograms 2 app (iOS)

Draw 3D Make your own app (iOS)

3D Stereo Photo Viewer app (Android)

Collection of free anaglyph targets/movies still available on Roku, as previously presented.

Video can be used with prisms, flippers, and with antisuppression, as in MFBF.

Eye-Hand, Intersensory, Bilateral Coordination, Color Matching

OT at Home app (iOS)

Therapy Activities Reader (iOS)

Link that Gugl Match app (iOS) Construct chains of the same color

General Practice

Eye Handbook (iOS, Android) Information, Testing, e.g., NV Acuity, Amsler, Color Vision plates, Worth 4-Dot, CS, OKN, Fixation targets, Penlight, Videos

Smart Optometry app (iOS, Android) Testing, incl for dynamic retinoscopy

EyeTestsEasy app (iOS)

GlassesOn (iOS, Android) PD-measurement app

Eye Chart HD – Screen Vision (iOS) Multiple VA charts

eyeCuity: NV Card app (iOS, Android)

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Systemic Health, Practice Management

Note mention of Zoom Communications here, last year. We had no idea how important and indispensable this then-obscure company would become, within a short time.

Disinfecting appliances

Smartwatches than can monitor BP/HR/SpO2 (or some of the above, some with add-ons on select models)

Apple Watch
SmartSwiss
FitBit Versa 2
Ooxyl

(For information only: Properfocus, VisionPro adjustable eyewear)

SmartDOT Another appliance that purports to protect from EMF

Gigaset Phones with Eco Mode Plus to reduce radiation – Note that mode still disabled in North American models

Some useful free portable apps that can be run from flash drive

Word Processing:

LibreOffice Portable

Graphics/ photo manipulation:

GIMP Portable
Inkscape

SARS-CoV-2: Current Insights and Observations: What We Know, and What we Don't Know

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Epidemiological factors, considerations and modifications in patient care and management, when dealing with the COVID-19 pandemic are discussed, including those requiring special attention in behavioral practice.

- **CDC Guidance**

- **Recommendations and precautions for:**
 - **General Health and Medical Practice – all Specialties**
 - **General Optometric Practice**
 - **Considerations in Behavioral practice**

- **Sorting out information and assimilation new information, awaiting longitudinal data – An ongoing dynamic process**

- **Importance of PPE and hand hygiene**

- **Discussion of vaccines and management options, mechanisms, efficacy, availability, indications and contraindications**

- **Virtual Continuing Education and Collaboration – its advantages, disadvantages and opportunities.**

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- **Observations from virtual teaching experience on multiple platforms**

- **“It’s a new world out there.” We realize the importance of social interaction, but must be open-minded in changing times, taking the best parts from each new opportunity and modality. In the author’s opinion, one of the few positive things to come from this pandemic has been our proficiency in videoconferencing, something many of us had previously relegated to the distant future. The knowledge should be utilized going forward, where indicated.**

- **Access is now increased for the disabled, those quarantined, living at a distance, and those otherwise unable to attend in person.**

- **Suggestions of virtual options for future conferences, lectures, study groups.**