

# CPD NEWS

## for Dispensing Opticians

**JUNE 2019**

**Issue 90**

- **O=MEGA 19** Please note that an email will be sent to all DOs once accreditation is finalized for this event.
- **The CPD cycle finishes on 30 November THIS YEAR! You have until then to gain the required 20 points.** All DOs should read the FAQ section in this newsletter, and be aware of the ODOB penalties if you do not reach your requirement. Remember that you may complete a course only ONCE for CPD. Please log in to the ADONZ website regularly to monitor your progress: [www.adonz.co.nz](http://www.adonz.co.nz)
- **A number of DOs are completing online modules from the publications listed in this newsletter.** Please be aware that not all modules on these websites are approved for CPD for NZ DOs. Check this newsletter to make sure that the modules you complete are accredited for NZ DOs. **Do not** submit them for CPD recording if they are not listed here as approved.

### IMPORTANT STUFF TO KNOW:

#### CULTURAL COMPETENCE POINT REQUIREMENTS *(see page 5)*

- **ALL DOs** must gain **at least one** cultural competence CPD point **per CPD cycle**.
- **NEWLY REGISTERED DOs** must incorporate a **Treaty Workshop or some form of Treaty learning** as part of CPD during the first two years of registration with the Board.

#### HOW TO LOG IN AND CHECK YOUR BALANCE AT ANY TIME AT [www.adonz.co.nz](http://www.adonz.co.nz)

- Find the **ACCESS YOUR CPD** box (on the right side of the screen)
- Enter your **registration number** eg 61-00XXX and **password**. Use “**default**” as your interim password if you’ve never logged in before, and please change your password once you have logged in successfully for the first time. *Students – use your email address until you become registered.*
- Once you’ve logged in, check your details and your CPD entries. Contact ADONZ if there are any problems: [info@adonz.co.nz](mailto:info@adonz.co.nz)

**REMEMBER IT IS YOUR RESPONSIBILITY TO MONITOR YOUR CPD!**



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CPD NEWS

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# FREQUENTLY ASKED QUESTIONS ABOUT CPD

<p><b>Question:</b> When does the CPD cycle start and finish?</p>	<p><b>Answer:</b> The current CPD cycle began on 1 December 2017 and will finish on 30 November 2019. This is known as the 2018-2019 cycle. The next cycle will begin on 1 December 2019 and finish on 30 November 2021. This will be known as the 2020-2021 cycle. The CPD cycle for DOs will always end on an <b>odd</b> numbered year.</p>
<p><b>Question:</b> How many credits do I need to gain each year or cycle?</p>	<p><b>Answer:</b> You are required to gain <b>20 credits per cycle</b>. A CPD cycle is <b>24 months long</b> and you have the full 24 months of a current cycle to gain them. All credits will be entered and up to date for all DOs by the end of a current cycle.</p>
<p><b>Question:</b> Is there a requirement to gain a certain number of the different “types” of CPD? ie Clinical / Ethical / Cultural competencies</p>	<p><b>Answer: YES – PLEASE SEE BELOW FOR REQUIREMENTS.</b> <b>As of December 2015, practitioners will note that the new standards require completion of cultural competence CPD as part of the Board’s recertification programmes (all DOs are now required to incorporate cultural competence training as part of each CPD cycle).</b></p> <ul style="list-style-type: none"> <li>• All DOs must gain <b>at least one cultural competence CPD point per CPD cycle. You may gain a maximum 5 cultural points per cycle.</b></li> <li>• <b>Newly registered DOs</b> must incorporate a <b>Treaty Workshop or some form of Treaty learning</b> as part of CPD during the first two years of registration with the Board.</li> </ul> <p>The ODOB recommends that you gain some credits in all competencies ie clinical competence, ethical conduct and cultural competence. The ADONZ recognizes that it may be difficult to find ethical and cultural related points at times. The ADONZ Annual Conference usually provides one point in each of these competencies each year. The Codes of Practice for DOs are available on the ADONZ website: <a href="http://www.adonz.co.nz/resources">www.adonz.co.nz/resources</a> Please read the codes and be aware of your obligations.</p>
<p><b>Question:</b> How do I check my balance and find out how many CPD points I have?</p>	<p><b>Answer:</b> Monitor your CPD balance at any time by going to the ADONZ website: <a href="http://www.adonz.co.nz">www.adonz.co.nz</a> You don’t have to be a member of ADONZ – you will get different options depending on your membership status. <b>To log in for the first time:</b> Go to the <b>ACCESS YOUR CPD</b> box in the right-hand corner of the home page. Use your registration number eg <b>61-00XXX</b> and <b>“default”</b> as your interim password. Once you have logged in successfully please change your password so that the system can retrieve it if you forget it. If you need help to log in, please contact the ADONZ office.</p>
<p><b>Question:</b> What happens if I don’t gain the required 20 points in time?</p>	<p><b>Answer:</b> The ODOB will require you to complete a deficit self-audit and you may have a condition placed on your scope of practice requiring you to remedy your CPD deficit and meet half of the current CPD requirement within a shortened time frame. You will also be required to complete the outstanding credits during the next CPD cycle. <b>Example:</b> if you only gained 16 credits during the cycle, the outstanding 4 will carry forward - you would be required to gain 24 in the next cycle. <b>The ODOB will notify you of your specific requirements and the timeframe in which to remedy your deficit.</b></p>
<p><b>Question:</b> What happens to extra points if I gain more than the requirement within a current cycle?</p>	<p><b>Answer:</b> Credits can be carried forward to the next cycle, but at a rate of 50% up to a maximum of 30 credits. <b>Examples:</b> if you gained 4 extra credits, 2 would carry forward to the next cycle. If you gained 30 or more extra credits 15 would carry forward.</p>
<p><b>Question:</b> Where can I gain CPD points to meet the requirement?</p>	<p><b>Answer:</b> Ways to gain your CPD requirements are listed in the monthly CPD News (<b>this is the only place where you will find this information</b>). The CPD News is updated every month and posted on the ADONZ website home page. If important CPD news is available it will be emailed to all DOS. Every DO should keep email contact details current with ADONZ at all times to ensure that they are kept up to date with CPD announcements.</p>
<p><b>Question:</b> Why do I have to gain CPD?</p>	<p><b>Answer:</b> CPD is a requirement of the ODOB once you are registered and hold an APC. The Board has set the requirement of 20 CPD points per 24 month cycle as a means to monitor the competence of DOs to practice.</p>
<p><b>Question:</b> I have an APC due for renewal – how many CPD points do I need to have in order to be able to renew?</p>	<p><b>Answer:</b> The APC period is different to the CPD cycle as APCs are renewed annually in March. The CPD cycle lasts for 24 months, starting on 1 December, and finishing on 30 November on an odd numbered year. You must gain 20 CPD points during that time. Your CPD requirement for the previous cycle must be up to date to renew your APC for the current year. The ODOB will look at your CPD balance for the previous cycle (ADONZ reports this to the ODOB at the completion of a CPD cycle) when renewing your APC.</p>

**ANY ATTEMPT TO GAIN CPD FRAUDULENTLY IS STRICTLY PROHIBITED AND WILL BE REFERRED TO THE ODOB. Section 172 of the HPCA Act provides that a person commits an offence if they knowingly make a false declaration on their behalf, or on another person's behalf. The Board may refer the matter to a Professional Conduct Committee to determine whether the act amounts to professional misconduct. The PCC also has the option of referring the matter to the police.**

## OTHER FREQUENTLY ASKED QUESTIONS

<p><b>Question:</b> What do I do if I go on leave (or stop working for a period of time) and still hold an APC?</p>	<p><b>Answer:</b> If you go on leave for a period of time you <b>must</b> contact the Registration &amp; Recertification Officer at the ODOB (<i>contact details on last page</i>). She will let you know the correct procedure for your circumstances. You have the option of not holding an APC for the time while you are away. <b>Remember that if you hold an APC you must gain the CPD requirement of 20 credits.</b></p>
<p><b>Question:</b> I've been audited and have a question...</p>	<p><b>Answer:</b> Audits are a requirement of the ODOB - <b>NOT</b> the ADONZ. If you are required to complete an audit at some stage, please direct all questions to the Board Registration &amp; Recertification Officer (<i>contact details on the last page of this newsletter</i>).</p>
<p><b>Question:</b> Where do I find the Codes of Practice for DOs?</p>	<p><b>Answer:</b> The Codes of Practice for DOs (and other CPD forms and documents) are available on the ADONZ website: <a href="http://www.adonz.co.nz/resources">www.adonz.co.nz/resources</a> or <a href="http://www.adonz.co.nz">www.adonz.co.nz</a> and click on <b>RESOURCES</b>. You don't need to log in to be able to find this information. If you can't find what you're looking for, please contact the ADONZ office and it will be emailed to you: <a href="mailto:info@aodnz.co.nz">info@aodnz.co.nz</a></p>
<p><b>Question:</b> What is the difference between the ADONZ and the Optometrists &amp; Dispensing Opticians Board (ODOB) and what do they do?</p>	<p><b>Answer:</b> <b>The Association of Dispensing Opticians of NZ Incorporated (ADONZ)</b> is your professional association formed to help and promote DOs and students. The ADONZ is non-profit and membership is not compulsory, but there are many benefits including the monthly E-News, job vacancy notices, networking, HR resources, and business advice. Free membership for students and reduced membership rates for newly graduated students are available. CPD is provided by ADONZ through different methods at a reduced cost to members (i.e. ADONZ National Conference and DVDs). The ADONZ is a member of the <b>International Opticians Association (IOA)</b>. The ADONZ is contracted by the ODOB to record and report CPD for all dispensing opticians. The ADONZ maintains up to date records of credits gained which can be monitored by DOs through the ADONZ website. ADONZ also provides administrative support for the ODOB DO CPD Accreditation Committee which considers all CPD applications. The CPD News is produced by ADONZ and is available to <b>all</b> DOs and students each month.</p> <p><b>The Optometrists &amp; Dispensing Opticians Board (ODOB)</b> is made up of four optometrists, two dispensing opticians and two lay members. It is established to carry out functions determined by the Health Practitioners Competence Assurance Act 2003. The HPCA Act sets out the functions of authorities under Part 6 Section 118 (am). The ODOB is the Government appointed regulator of optometrists and dispensing opticians in NZ. The Board's task is to ensure the on-going protection of the New Zealand public by employing methods for ensuring that optometrists and dispensing opticians are fit and competent to practise their professions. The Board fulfils this role by prescribing the qualifications required for registration as an optometrist and dispensing optician, by setting and maintaining standards of clinical and cultural competence and ethical conduct for the two professions, and by promoting on-going education and training in the two professions.</p>
<p><b>Question:</b> How do I update my details with ADONZ and the ODOB?</p>	<p><b>Answer:</b> To update your details with ADONZ please EMAIL them to Hayley at the office: <a href="mailto:hayley@adonz.co.nz">hayley@adonz.co.nz</a> <b>Please do not just update your details on the ADONZ website</b> – this will not update your details throughout the system and you will miss out on important information. Contact Annette McCoy at the ODOB directly to update your details with them: <a href="mailto:Annette.McCoy@odob.health.nz">Annette.McCoy@odob.health.nz</a></p>
<p><b>Question:</b> What letters can I use after my name when I'm qualified?</p>	<p><b>Answer:</b> Post nominal letters are the letters that you use after your name when you're qualified. All DOs who qualify through ACOD, TAFE NSW/OTEN or RMIT (Australia) with Certificate IV in Optical Dispensing qualification should use the following letters: <b>RDONZ</b> (no gaps or dots required). If you qualified from outside of Australasia you should use the letters that you gained upon completion of that qualification ie FBDO (UK) etc.</p>

# IMPORTANT - USE OF DISPENSING OPTICIAN TITLE

Use of the "Dispensing Optician" title is protected and only registered practitioners are allowed to use this. If you are not registered, or if you are still studying to become a DO you are not allowed to use this title.

You may not be aware that the term "optical dispenser" should also not be used by persons that are unregistered. Section 7 of the HPCA Act 2003 states: *"A person may only use names, words, titles, initials, abbreviations or descriptions stating or implying that the person is a health practitioner of a particular kind if the person is registered, and is qualified to be registered, as a health practitioner of that kind"*.

The Ministry of Health's view is that the title "optical dispenser" is so similar to the title "Dispensing Optician" that there is a real risk of consumers being misled. The Ministry's approach in enforcing the Act is to first seek compliance. In cases where the persons are unwilling to comply with the Act, the Ministry will seek to prosecute. Prosecutions under Section 7 carry with them a fine of up to \$10,000. Please make sure that you and the people you work with comply with the Act.

If you know of people who are incorrectly using the title, you can send the ADONZ their details and we will follow up with them. If the situation is not fixed promptly at that time, ADONZ will then refer it to the Ministry of Health.

**STUDENTS** - ADONZ recommends that all enrolled optical dispensing students use the title **Student Dispensing Optician** or **Trainee Dispensing Optician**. Other titles are confusing for the public and may not accurately convey your status.

# WAYS TO GAIN CPD

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## INSTRUCTIONS for articles and/or online modules

**WEBSITES LISTED BELOW ARE RUN BY THEIR PROVIDERS.** Contact the provider if you have questions about their website and how the sites work (contacts listed with their details below).

**EMAIL (FORWARD) YOUR RESULTS CONFIRMATION to the ADONZ office** in order to have your credits recorded: [info@adonz.co.nz](mailto:info@adonz.co.nz). The confirmation should be the email/notification that you receive from the provider with your results, or a results summary page, or a certificate. Please do not post originals as these will not be returned to you. The confirmation must include the following: your name / pass mark (or stating that you have passed or failed) / the article title and reference number. **ADONZ is NOT automatically informed of your results from providers** unless indicated in the listing below.

- **NZ ACCREDITED ARTICLES as listed below with a NZ ID number:** Go to the appropriate website, complete the article and submit it to the provider for marking. Instructions to help you with the process are usually available on the applicable website and you will receive confirmation of your marks directly after submission or by return email. Most articles from large publications are free and are posted on each website early in the month. You may have limited time to complete a current article before the answers are published and closed for submission. When you register to complete articles from overseas publications it is helpful if you use your NZ registration number so that it is printed on any results.
- **ARTICLES NOT ACCREDITED FOR NZ (or listed as pending in this newsletter):** Please **DO NOT** complete articles that are not listed as approved. Please wait until approval is listed here and points allocated, and only then submit for entering.

**PLEASE NOTE:**

- Many websites listed below are from **outside** of New Zealand and the CPD that they provide is assessed on a case by case basis for NZ DOs.
- You should be familiar with the NZ DO Codes of Practice to help you decide if the article is relevant to NZ DOs, and will therefore be accredited here.
- Credits or points allocated on the different websites do not usually translate directly to NZ.
- There may be articles listed below that are no longer available to complete. Closing dates are published here if known, or check the applicable website.
- Each article/module may only be completed **once** for cpd.

## ■ ARTICLES

**TO ORDER:** Please email the following to the ADONZ office: **your name / registration number / name and ID number of the article that you wish to order**

You will be invoiced (if applicable) and the articles will be emailed to you once payment is received. All answers are to be submitted by email to ADONZ for marking – full instructions are given when you receive the article(s).

<b>Provider</b>	<b>Dr David Wilson</b>				
<b>Provider contact</b>	ADONZ: <a href="mailto:cpd@adonz.co.nz">cpd@adonz.co.nz</a>				
<b>Details</b>	Please email ADONZ to request this article. The pass mark is 70% <i>Issues relating to the recording of back vertex distance measurements have been highlighted in some self-audits submitted to the ODOB and an item on this was published in a previous Board e-communication. The ODOB encourages practitioners to refresh their knowledge and complete this CPD.</i>				
Title	Cost	Closing date	NZ ID#	Type	Credits
VERTEX DISTANCE AND PANTOSCOPIC ANGLE – A REVIEW	FREE		A459	CLINICAL	2.0

<b>Provider</b>	<b>Mary Sue Hopper</b>				
<b>Provider contact</b>	ADONZ: <a href="mailto:cpd@adonz.co.nz">cpd@adonz.co.nz</a>				
<b>Details</b>	Please email ADONZ to request these articles. The pass rate is 70%. If you do not pass, you are permitted to re-submit your answers for marking.				
Title	Cost	Closing date	NZ ID#	Type	Credits
COMMUNICATING WITH CLEAN LANGUAGE	NZD\$35		A190	CLINICAL/ETHICAL	1.0
RECORD KEEPING	NZD\$35		A199	CLINICAL/ETHICAL	1.0
HEALTH & DISABILITY COMMISSIONER ACT OF 1994 AND THE COMPLAINTS PROCESS	FREE		A213	CLINICAL/ETHICAL/CULTURAL	0.5
SETTING A PRACTICE STANDARD	NZD\$35		A216	CLINICAL/ETHICAL/CULTURAL	1.0
THE HANDOVER	NZD\$35		A221	ETHICAL	1.0
STYLIST ONE – THE FOUNDATIONS	NZD\$35		A268	CLINICAL	1.0
STYLIST TRAINING PHASE TWO	NZD\$35		A280	CLINICAL	1.0

## ■ CULTURAL COMPETENCE points

**All DOs must gain at least *one* cultural competence CPD point per CPD cycle. Newly registered DOs must incorporate a *Treaty Workshop* or *some form of Treaty learning* as part of CPD during the first two years of registration with the Board. You may gain a maximum of 5 cultural points per CPD cycle.**

- There is currently one cultural competence lecture on DVD available through ADONZ. See the DVD section for more information.
- One cultural CPD point available at the ADONZ Annual Conference each year (*this may not necessarily be Treaty related*).
- The foundation course available through Mauri Ora (Healthcare and the Treaty of Waitangi) is suitable for the requirement of Treaty learning for newly registered DOs.

<b>Provider</b>	<b>Mauri Ora</b>				
<b>Website</b>	<a href="http://www.mauriora.co.nz">www.mauriora.co.nz</a>				
<b>Provider contact</b>	<a href="mailto:support@mauriora.co.nz">support@mauriora.co.nz</a> 09 257 5050				
<b>Details</b>	You must register onto the Mauri Ora website to access and enroll in the online courses. Certificates can be copied off your own computer when you have successfully completed the course. Email your completion certificate to ADONZ.				
Title	Cost	Closing date	NZ ID#	Type	Credits
FOUNDATION COURSE - HEALTHCARE AND THE TREATY OF WAITANGI	NZD\$49		A435	CULTURAL/TREATY	2.0

<b>Provider</b>	<b>Ministry of Health e-learning</b>				
<b>Website</b>	<a href="http://www.learnonline.health.nz">www.learnonline.health.nz</a>				
<b>Provider contact</b>					
<b>Details</b>	<b>LearnOnline.Health.nz</b> is a vocational training resource hub for New Zealand's community of health practitioners, providing a collaborative approach to educational resources for the health sector. There is a growing number of courses available provided by different organisations for health workers either studying or working in different fields of practice. Create a new account on the website to register and access the course.				
Title	Cost	Closing date	NZ ID#	Type	Credits
FOUNDATION COURSE IN CULTURAL COMPETENCY	FREE		A424	CULTURAL	1.0

## ■ DVDs

**INSTRUCTIONS** for DVDs are sent to you from the provider once the order is complete.

***New titles may be available during the 2020/2021 cycle.***

<b>Provider</b>	<b>ADONZ</b>
<b>Provider contact</b>	<a href="mailto:cpd@adonz.co.nz">cpd@adonz.co.nz</a> or <a href="mailto:info@adonz.co.nz">info@adonz.co.nz</a>

<b>Details</b>	Email the following details to ADONZ: <b>Your name / registration number / ID and title of the DVD</b> you wish to buy. An invoice will be emailed to you, and your order will be processed once payment is received. The pass mark is 70%. DVDs are yours to keep and may be completed ONCE for CPD.					
Title	Cost		Closing date	NZ ID#	Type	Credits
	ADONZ Members	Non-members				
AGE RELATED MACULAR DEGENERATION - DR STEPHEN GUEST - HAMILTON EYE CLINIC	\$30	\$60	N/A	CD231	CLINICAL	1.0
OCULAR TRAUMA - DR STEPHEN GUEST - HAMILTON EYE CLINIC	\$30	\$60	N/A	CD232	CLINICAL	1.0
TIKANGA IN PRACTICE - RIRIPETI HARETUKU - MAURI ORA ASSOCIATES	\$30	\$60	N/A	CD233	CULTURAL	1.0
FREEFORM PROGRESSIVES AND BEYOND - GLENN BOLTON - INDEPENDENT LENS SPECIALISTS	\$30	\$60	N/A	CD259	CLINICAL	1.0
THE PAL WARRANTY – STEVE DARAS	\$30	\$60	N/A	CD255	CLINICAL	1.0

## EVENTS

### INSTRUCTIONS for attending a CPD event

When you attend a CPD event you will receive an Evaluation Form like this upon entry to the session →. Complete **all** sections of this form at the end of the session (front and back), tear off and keep your CPD receipt for your records. You **MUST** hand in the top part of your Evaluation Form to the organizer of the event so your CPD points can be recorded.

**IMPORTANT:** You **must** fill in the back of the form with your **name and registration number**. If you do not complete this section, CPD points can't be recorded for you. You should **CIRCLE answers** and choose **ONE answer** for each question. Please do not make up your own answers – circle the option that is closest to your opinion. If you make up new or different answers your feedback can not be recorded.

- Please help the office during data entry by placing any additional comments in the bottom section only.
- Please choose one option when giving a score – you can't circle "yes" and "no"
- Please circle the score that is closest to your opinion when rating the course or speaker ie 3 not 3.5

Your evaluation of lectures and presenters is important to maintain high standards and to assess content and level of lectures. Feedback is constantly monitored by the ODOB DO CPD Accreditation Committee. Please fill in the forms giving your honest evaluation of the lecture. Please refrain from making personal or derogatory comments about presenters. Allow **10 working days for your CPD credits to be entered** (please allow longer for large events such as weekend conferences – Hayley is the only one in the office and there are a lot of you!).

**NOTE:** The evaluation form is for **lecture and presenter feedback** only – not feedback about the event in general. If you have feedback about a specific event you should give that to the provider.

Please note that you are not eligible to gain points for attending the same lecture twice within a twelve month period.

All course approvals expire and the course must be resubmitted for re-approval if it has not been presented during the preceding two CPD cycles. Re-accreditation is at the discretion of the ODOB DO CPD Accreditation Committee.

EVALUATION FORM ODOB DO CPD Accreditation Committee <b>Course ID and Title</b> L615 BRINGING IT ALL TOGETHER – HOT TIPS FOR THE SUCCESSFUL DISPENSING OPTICIAN Presenter(s) James Gibbins CPD Credits 1.0 Clinical		<b>Complete this section for CPD credit recording</b> Your name: _____ Registration # 61: _____ <b>L615 BRINGING IT ALL TOGETHER – HOT TIPS FOR THE SUCCESSFUL DISPENSING OPTICIAN</b>																											
<b>Learning Outcomes</b> 1. Head skills (including lens theory knowledge) 2. Hand skills (including practical dispensing tasks) 3. People skills (including communication, empathy, attention to detail and attitude)		<b>OFFICE USE ONLY</b> <table border="1"> <tr> <td>Presenter</td> <td>James Gibbins</td> <td></td> </tr> <tr> <td>Date</td> <td>Friday 26 October 2018</td> <td></td> </tr> <tr> <td>Venue</td> <td>Wakana Hotel &amp; Conference Centre, Auckland</td> <td></td> </tr> <tr> <td>CPD Credits</td> <td>1.0</td> <td></td> </tr> <tr> <td>CPD Type</td> <td>Clinical</td> <td></td> </tr> <tr> <td>Length of lecture</td> <td>50 minutes and 10 minutes Q&amp;A</td> <td></td> </tr> <tr> <td>Accreditation Committee comments</td> <td></td> <td></td> </tr> </table> <table border="1"> <tr> <td>Credits entered</td> <td></td> </tr> <tr> <td>Feedback entered</td> <td></td> </tr> <tr> <td>Finalised</td> <td></td> </tr> </table>	Presenter	James Gibbins		Date	Friday 26 October 2018		Venue	Wakana Hotel & Conference Centre, Auckland		CPD Credits	1.0		CPD Type	Clinical		Length of lecture	50 minutes and 10 minutes Q&A		Accreditation Committee comments			Credits entered		Feedback entered		Finalised	
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<b>Please circle one of the available options for each question</b> <b>1 Were the learning outcomes met?</b> <small>(Learning outcomes listed above)</small> <table border="1"> <tr> <td></td> <td>Yes</td> <td>No</td> </tr> <tr> <td>1</td> <td></td> <td></td> </tr> </table>			Yes	No	1																								
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<b>4 Start Time</b> _____ <b>Finish Time</b> _____ Please give any further feedback or recommendations you feel would be helpful and/or constructive <small>(please continue feedback on the back of this form - you need more space)</small> _____ _____ _____ <small>Please turn over and complete registration and name details</small>																													
<b>Your official CPD receipt</b> Your name: _____ Registration # 61: _____ <b>Course ID and Title:</b> L615 BRINGING IT ALL TOGETHER – HOT TIPS FOR THE SUCCESSFUL DISPENSING OPTICIAN Number of Credits: 1.0 Clinical Date: Friday 26 October 2018																													

# 2019 EVENTS CALENDAR

*\*2019 Silmo Optical Fair Australia has been cancelled*

Month	Date	What's on	Location / Venue	Details
January				
February				
March				
April	14 April 2019	Australian Vision Convention (Dispenser Program)	Marriott Resort and Spa 158 Ferny Avenue Surfers Paradise, Queensland, Australia	<a href="https://www.optometryqldnt.org.au/register-links">https://www.optometryqldnt.org.au/register-links</a> L642 AVC DISPENSING PROGRAM – APPROVED FOR 3 POINTS
May				
June				
July	19 – 21 July	O=MEGA 19	MCEC Melbourne	The Dispensing Lecture Program is pending CPD approval (number of lectures/points to be confirmed). <b>All DOs will be notified of accreditation by email as soon as possible.</b>
August				
September				
October				
November	Fri 1 to Sun 3 November	ADONZ 2019 Annual Conference	Napier Conference Centre	<b>CPD points pending approval Friday – 4.5 points / Saturday – 5.5 points / Sunday 2.5 points</b>
	Sunday 17 November	Eye Institute	Crowne Plaza, Auckland	<b>Details to be confirmed</b>
	<b>END OF CPD CYCLE – MAKE SURE THAT YOU HAVE THE 20 POINTS REQUIRED BY 30 NOVEMBER. Please read the FAQ section for full information about CPD requirements.</b>			
December				

# ■ FIRST AID

**First Aid courses are now approved for CPD. Please check for a provider near you and arrange to complete the course.**

Please submit (email) your certificate of completion to the ADONZ office for recording. Points will be recorded for you depending on the type of course as below. Please confirm the length of your course when submitting your certificate to the office. ie full day workshop (4 points) or refresher course (half point per hour up to 4 points).

Title	NZ ID#	Type	Credits
FIRST AID TRAINING	FA550	ETHICAL	<ul style="list-style-type: none"><li>FULL DAY WORKSHOP (8 HOURS)</li><li>REFRESHER TRAINING</li></ul> 4.0 0.5 PER HALF HOUR OF INSTRUCTION

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# ■ ONLINE MODULES

**IMPORTANT:** The online activities listed in this newsletter are sourced by ADONZ or individual DOs, and have been assessed and accredited by the ODOB DO CPD Accreditation Committee for CPD in NZ. There may be other sources with online articles that might be suitable to be assessed for NZ CPD. If you find an article/module which covers aspects of one or more of the competencies in the Codes of Practice for DOs, then please forward the article including the questions and answers to the ADONZ. ADONZ will look into accreditation on your behalf if you are a member. Please be aware that if the article/module falls outside of the Codes of Practice for DOs in NZ the article will NOT be accredited for CPD in NZ. The Codes are available at: [www.adonz.co.nz/resources](http://www.adonz.co.nz/resources)

## INSTRUCTIONS for articles and/or online modules

**WEBSITES LISTED BELOW ARE RUN BY THEIR PROVIDERS.** Contact the provider if you have questions about their website and how the sites work (contacts listed with their details below).

**EMAIL (FORWARD) YOUR RESULTS CONFIRMATION TO THE ADONZ OFFICE** in order to have your credits recorded. The confirmation should be the email/notification that you receive from the provider with your results, or a results summary page, or a certificate. Please do not post originals as these will not be returned to you. The confirmation must include the following: your name / pass mark (or stating that you have passed or failed) / the article title and reference number. **ADONZ IS NOT AUTOMATICALLY INFORMED OF YOUR RESULTS FROM PROVIDERS** unless indicated in the listing below.

- **NZ ACCREDITED ARTICLES as listed below with a NZ ID number:** Go to the appropriate website, complete the article and submit it to the provider for marking. ADONZ members can find links to many current articles through the ADONZ website in the **CPD COURSES** section: [www.adonz.co.nz](http://www.adonz.co.nz). Instructions to help you with the process are usually available on the applicable website and you will receive confirmation of your marks directly after submission or by return email. Most articles from large publications are free and are posted on each website early in the month. You may have limited time to complete a current article before the answers are published and closed for submission. When you register to complete articles from overseas publications it is helpful if you use your NZ registration number so that it is printed on any results.
- **ARTICLES LISTED AS PENDING:** Please wait until approval is listed here and points allocated, and only then submit for entering. DO NOT submit results for an article that is not approved for CPD as approval is not guaranteed.

### PLEASE NOTE:

- Most websites listed below are from **outside** of New Zealand and the CPD that they provide is assessed on a case by case basis for NZ DOs.

- Credits or points allocated on the different websites do not usually translate directly to NZ.
- There may be articles listed below that are no longer available to complete. Closing dates are published here if known, or check the applicable website.
- Each article/module may only be completed **once** for cpd.

<b>Provider</b>	<b>20/20 Magazine</b>				
<b>Website</b>	<a href="http://www.2020mag.com">www.2020mag.com</a>				
<b>Provider contact</b>	<a href="mailto:cecustomerservice@jobson.com">cecustomerservice@jobson.com</a> for FAQs: <a href="http://www.2020mag.com/ce/TTFAQ.aspx">http://www.2020mag.com/ce/TTFAQ.aspx</a>				
<b>Details</b>	<p>Go to the website and click the “<b>sign in / create my account</b>” box to set yourself up in their system. Click on the <b>Continuing Education</b> box to go to the list of available articles. Follow the instructions in the section above to submit your results to ADONZ for CPD recording in NZ.</p> <p><b>For Certificates:</b> log into your account online at 2020mag.com. Duplicate certificates can be printed at any time for courses passed successfully. Email this to ADONZ for CPD recording.</p> <p><b>NOTE: When these modules were assessed they were free and available – please check the status of them on the 20/20 website in case this has changed.</b></p>				
<b>Title</b>	<b>Cost</b>	<b>Closing date</b>	<b>NZ ID#</b>	<b>Type</b>	<b>Credits</b>
5 REASONS TO ADD A SMART MIRROR, PART 3 MEASUREMENTS	FREE	17/06/2021	A529	CLINICAL	1.0
OUR EYES WEREN'T MADE FOR SCREENS	FREE	27/12/2018	A592	CLINICAL	1.0
WHY YOU SHOULD KNOW HOW FRAMES ARE MADE	FREE	1 DECEMBER 2022	A593	CLINICAL	1.0
KEYS TO AN IDEAL OPTICAL EXPERIENCE FOR KIDS	FREE	1/8/2018	A594	CLINICAL	1.0
BLUE LIGHT REFOCUSED – SEPARATING SCIENCE	FREE		A595	CLINICAL	1.0
COPING WITH CORRIDORS	FREE	1/12/2018	A596	CLINICAL	1.0
MR MATERIAL: PREMIUM, CLEAR, STRONG, THIN WITH VISUAL APPEAL AND INTEGRITY	FREE	1/4/2018	A597	CLINICAL	1.0
FOCUS ON KIDS' EYEWEAR	FREE	28 MARCH 2021	A598	CLINICAL	1.0
CONVERTING WOW TO WOM	FREE	1 MAY 2019	A610	CLINICAL	1.0
PROTECTING OUR AMAZING EYES	FREE	1 JULY 2019	A614	CLINICAL	1.0
WHAT WE KNOW AND DON'T KNOW ABOUT BLUE LIGHT	FREE	1 SEPTEMBER 2019	A643	CLINICAL	1.0
THE MANY MATERIAL BENEFITS OF TITANIUM EYEWEAR	FREE	1 MAY 2020	A644	CLINICAL	1.0
UV BEFORE BLUE LIGHT	FREE	1 APRIL 2020			PENDING
PREMIUM SUN SELLING	FREE	30 SEPTEMBER 2019			PENDING
TRIPLE DEFENSE FOR HEALTHY EYES	FREE	30 APRIL 2020			PENDING
CLOSING THE UV PROTECTION GAP	FREE	1 AUGUST 2019			PENDING

<b>Provider</b>	<b>Association of British Dispensing Opticians (ABDO) – Dispensing Optics</b>				
<b>Website</b>	<a href="http://www.abdo.org.uk">www.abdo.org.uk</a>				
<b>Provider contact</b>	<a href="mailto:general@abdo.org.uk">general@abdo.org.uk</a>				
<b>Details</b>	<p>THESE ARTICLES ARE AVAILABLE <b>FREE TO ADONZ MEMBERS ONLY</b>. All ADONZ members receive free access the ABDO website. If you have not received your personal ABDO membership number and instructions, please contact the ADONZ: <a href="mailto:cpd@adonz.co.nz">cpd@adonz.co.nz</a> Follow the INSTRUCTIONS above to have CPD recorded for NZ.</p> <p><b>NOTE: ABDO have recently updated their website membership system. When you log in you will see two options – choose the secure membership portal and then look through the options for CET quizzes.</b></p>				
<b>Title</b>	<b>UK CET#</b>	<b>Closing date</b>	<b>NZ ID#</b>	<b>Type</b>	<b>Credits</b>

BAND KERATOPHTHY AND CORNEAL DYSTROPHIES	C56777	11/12/2017	A586	CLINICAL	0.5
AMBLYOPIA – AN OVERVIEW OF THE MECHANISMS AND MANAGEMENT	C56957	15/01/2018	A587	CLINICAL	0.5
AN INTRODUCTION TO ORTHOKERATOLOGY	C57302	12/02/2018	A591	CLINICAL	0.5
STANDARDS OF PRACTICE – AVOIDING A WRONG TURN	C57316	12/03/2018	DENIED	CLINICAL/ETHICAL	0
DATA PROTECTION AND THE PRACTICE	C57301	10/04/2018	DENIED	CLINICAL/ETHICAL	0
INFECTION CONTROL IN OPTICAL PRACTICE	C58789	11 JUNE 2018	A606	CLINICAL	0.5
MYOPIA CONTROL WITH SOFT CONTACT LENSES	C58824	13 JULY 2018	A607	CLINICAL	0.5
INFECTION PREVENTION AND CONTROL IN OPTICAL PRACTICE PART TWO	C59586	10 SEPT 2018	A608	CLINICAL	0.5
LOW VISION REHABILITATION IN VISUAL FIELD LOSS	C59626	15 OCT 2018	A623	CLINICAL	0.5
HISTORY AND SYMPTOMS: A POWERFUL DIAGNOSTIC TOOL	C70027	10 JUNE 2019		CLINICAL	DENIED

<b>Provider</b>	<b>Brien Holden Vision</b>				
<b>Website</b>	<a href="http://www.brienholdenvision.org">www.brienholdenvision.org</a>				
<b>Provider contact</b>	<a href="mailto:academy@brienholdenvision.org">academy@brienholdenvision.org</a>				
<b>Details</b>	Please contact the provider or go to the website for all information on this course including how to enroll and costs. Read the INSTRUCTIONS above for details on how to submit your results for recording.				
Title	Cost	Closing date	NZ ID#	Type	Credits
<b>MYOPIA EDUCATION PROGRAM COURSE TWO – MANAGING MYOPIA</b> <ul style="list-style-type: none"> <li>MODULE 1: EPIDEMIOLOGY, ETIOLOGY AND RISK ASSESSMENT</li> <li>MODULE 2: RISK ASSESSMENT AND CASE STUDIES</li> <li>MODULE 3: BEHAVIOURAL ADVICE AND SPECTACLES</li> <li>MODULE 4: MULTIFOCAL CLS AND ORTHOKERATOLOGY</li> <li>MODULE 5: LOW DOSE ATROPINE AND CLINICAL TOOLS</li> <li>MODULE 6: INTERACTIVE WEBINAR</li> </ul>			A630	CLINICAL	6.0
<b>MYOPIA EDUCATION PROGRAM COURSE TWO – COMPLEX CASES</b> <ul style="list-style-type: none"> <li>MODULE 1: MYOPIA PROGRESSION AT DIFFERENT AGES</li> <li>MODULE 2: BINOCULAR VISION ISSUES AND MYOPIA MANAGEMENT</li> <li>MODULE 3: VARIABLE OR POOR VISION WITH MYOPIA MANAGEMENT</li> <li>MODULE 4: HIGH MYOPIA</li> </ul>			A637	CLINICAL	4.0

<b>Provider</b>	<b>Goodfellow Unit - The University of Auckland</b>				
<b>Website</b>	<a href="http://www.goodfellowlearning.org.nz/">http://www.goodfellowlearning.org.nz/</a>				
<b>Provider contact</b>	<a href="mailto:support@goodfellowlearning.org.nz">support@goodfellowlearning.org.nz</a>				
<b>Details</b>	Follow the instructions on the website to register for the learning and forward your results confirmation or certificate to have the CPD entered. Please contact them direct with questions.				
Title	Cost	Closing date	NZ ID#	Type	Credits
UNDERSTANDING MACULAR DEGENERATION	FREE		A421	CLINICAL/ETHICAL	1.0

<b>Provider</b>	<b>Mauri Ora</b>
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<b>Website</b>	<a href="http://www.mauriora.co.nz">www.mauriora.co.nz</a>				
<b>Provider contact</b>	<a href="mailto:support@mauriora.co.nz">support@mauriora.co.nz</a> 09 257 5050				
<b>Details</b>	You must register onto the website to access and enroll in the online courses. Certificates can be copied off your own computer when you have successfully completed the course. Read the INSTRUCTIONS above for details on how to submit your results for recording.				
Title	Cost	Closing date	NZ ID#	Type	Credits
FOUNDATION COURSE - HEALTHCARE & THE TREATY OF WAITANGI	NZD\$49		A435	CULTURAL/TREATY	2.0

<b>Provider</b>	<b>Ministry of Health e-learning</b>				
<b>Website</b>	<a href="http://www.learnonline.health.nz">www.learnonline.health.nz</a>				
<b>Provider contact</b>					
<b>Details</b>	<b>LearnOnline.Health.nz</b> is a vocational training resource hub for New Zealand's community of health practitioners, providing a collaborative approach to educational resources for the health sector. There is a growing number of courses available provided by different organisations for health workers either studying or working in different fields of practice. Create a new account on the website to register and access the course.				
Title	Cost	Closing date	NZ ID#	Type	Credits
FOUNDATION COURSE IN CULTURAL COMPETENCY	FREE		A424	CULTURAL	1.0

<b>Provider</b>	<b>Mivision</b>				
<b>Website</b>	<a href="http://www.mivision.com.au/cpdmodules/">http://www.mivision.com.au/cpdmodules/</a>				
<b>Provider contact</b>	Nikki Byrne: <a href="mailto:nikki@mivision.com.au">nikki@mivision.com.au</a> +61 (0)2 8336 8616				
<b>Details</b>	<p>All Mivision articles are <b>FREE</b> to complete, but be aware that not all are approved for NZ CPD for DOs.  FAQs: <a href="http://www.mivision.com.au/cpd-instructions-and-fags/">http://www.mivision.com.au/cpd-instructions-and-fags/</a> or contact Nikki if you have further questions.</p> <ul style="list-style-type: none"> <li>Some articles listed may not now be available on the Mivision site as the Australian CPD period is different to NZ. Please check the Mivision site to see which articles are currently available.</li> <li>Where the Mivision website mentions that the article is approved for NZ, this is for OPTOMETRISTS ONLY. <b>This does not apply to NZ Dispensing Opticians.</b> Accreditation of articles for NZ DOs is listed below and you must submit your results email to ADONZ to have your CPD points entered.</li> <li>If you don't receive a results confirmation email, you can access your results in the "Your CPD Profile" section on the Mivision website and forward that to the office to have your CPD point entered.</li> </ul>				
Title	Cost	Closing date	NZ ID#	Type	Credits
DIGITAL EYE STRAIN SOLUTIONS	FREE	CLOSED	A541	CLINICAL	1.0
THE RELUCTANT PATIENT	FREE	CLOSED	A553	CLINICAL	0.5
MULTIFOCAL CONTACT LENSES WHY HOW AND MODERN DESIGNS	FREE	CLOSED	A555	CLINICAL	1.0
OPTIMISING SINGLE VISION LENSES FOR TODAY'S PATIENT	FREE	CLOSED	A560	CLINICAL	1.0
DRY EYE FAILS: WHY SOME TREATMENTS DON'T WORK	FREE	CLOSED	A563	CLINICAL	0.5
MEETING YOUR DUTY OF CARE IN THE DIGITAL ENVIRONMENT	FREE	CLOSED	A583	CLINICAL/ETHICAL	0.5
EYE TECH IN THE AGE OF HIGH TECH	FREE	OPEN			DENIED
THE BLUE LIGHT PARADOX: PROBLEM OR PANACEA	FREE	CLOSED	A582	CLINICAL	1.0

THE SNAKES AND LADDERS OF DRY EYE MANAGEMENT	FREE	CLOSED	A584	CLINICAL	1.0
DIGITAL SV AND MULTIFOCAL LENSES: RESOLVING NON-TOLERANCE ISSUES	FREE	CLOSED	A589	CLINICAL	1.0
MYOPIA AND THE VISUAL ENVIRONMENT	FREE	OPEN	A604	CLINICAL	1.0
CONTROLLING LIGHT: TRANSMISSION, REFLECTION AND ABSORPTION BY SPECATCLE LENSES	FREE	OPEN	A611	CLINICAL	1.0
DEFINING NEAR VISION BEHAVIOUR: A NEW TOOL FOR PRACTICE	FREE	OPEN	A619	CLINICAL	1.0
GLAUCOMA: IMPROVING OUTCOMES THROUGH DEDICATED SUPPORT	FREE	OPEN		CLINICAL	DENIED
VISUAL CORRECTION FOR SPORTS	FREE	OPEN	A631	CLINICAL	1.0
MANAGING AGE-RELATED ASTIGMATISM PART ONE	FREE	OPEN		CLINICAL	DENIED
MANAGING AGE-RELATED ASTIGMATISM PART TWO	FREE	OPEN		CLINICAL	DENIED
EIGHT MYOPIA MYSTERIES	FREE	OPEN	A635	CLINICAL	0.5
MYOPIA CONTROL WITH SOFT CONTACT LENSES	FREE	OPEN	A636	CLINICAL	1.0
THE DRY EYE BATTLE PART ONE	FREE	OPEN	A640	CLINICAL	1.0
A COMPLETE APPROACH TO DRY EYE	FREE	OPEN	A639	CLINICAL	1.0
THE ROLE OF GENETICS IN SCHOOL MYOPIA	FREE	OPEN	A641	CLINICAL	1.0
THE DRY EYE BATTLE PART TWO	FREE	OPEN	A645	CLINICAL	1.0
PUTTING THE EYE INTO THE EQUATION	FREE	OPEN		CLINICAL	PENDING

<b>Provider</b>	<b>Specsavers</b>
<b>Provider contact</b>	<a href="mailto:anz.cpd@specsavers.com">anz.cpd@specsavers.com</a> Katie Philp: <a href="mailto:katie.philp@specsaves.com">katie.philp@specsaves.com</a>
<b>Details</b>	Specsavers may provide some CPD accredited learning for their employees. If you have questions about what is available as a Specsavers employee, please contact Katie at the address above.

## ■ PEER REVIEW ACTIVITIES

### INSTRUCTIONS for cases presented for peer review

The objective of peer review is to provide practitioners with the opportunity to maintain or improve the quality of their performance. It reinforces the essential points of good documentation / record keeping and provides immediate feedback to a participating practitioner by peers in a collegial and supportive environment.

**Practitioners who attend and also present a case at a peer review session will qualify for the 1 credit per hour of attendance plus an additional 0.25 credit per ¼ hour of presentation (rounded to the nearest 15 minutes). A minimum of 10 minutes presentation will be required to be eligible for presentation points.** To qualify for a credit allocation there must be at least three registered DOs in attendance at the activity.

A case presented for peer review must have been managed within the last six months by the DO presenting the case and must not have been presented before. The case presented should be a non-standard dispense that shows a good level of skill or ingenuity, or a difficult grief case brought to successful resolution. It must contain a description of the patients examination findings from the optometrist, the reason for the lenses and frames chosen comments on the clients history (eg working environment, physical problems, any medical problems), and any other information required to convey to the DOs peers the intricacies of the case. Credits will be awarded upon completion of a record of attendance by the facilitator of the activity, and if applicable, confirmation that the practitioner has presented a case for peer review.

The ODOB DO CPD accreditation Committee may audit any practitioner applying for accreditation of a case presented at a peer review activity. If audited, practitioners will be required to submit anonymised patient notes pertaining to the case presented, and a completed **PEER REVIEW ACTIVITY FORM** (available on the ADONZ website: [www.adonz.co.nz/resources](http://www.adonz.co.nz/resources)) cosigned by a registered DO present at the same session to which the forms relates, and demonstrating that the practitioner has:

- Presented a case for presentation
- Lead a discussion on the management of the case
- Reflected on his/her management of the case

Failure to provide a satisfactory record of a case presentation will result in the practitioner’s credits being reduced from 1.25 for presentation to 1 credit per hour for attendance. Practitioners must therefore complete a **PEER REVIEW ACTIVITY FORM** at the time of the peer review event, and save it for submission to the ODOB DO CPD Accreditation Committee when requested.

**Remote attendance at peer review meetings via the internet eg skype and/or video conferencing can qualify for CPD accreditation.**

## ■ OTHER CPD

### INSTRUCTIONS for other courses

If you have completed one of the courses listed below and would like the CPD credits recorded here, please **EMAIL** your confirmation of completion to the office. Confirmation should be either a copy of a certificate or an official transcript from the provider. This document should have **YOUR NAME, PASS MARK** and must show the **COURSE NAME** that you have completed.

**To apply for cross credit of other courses not listed here (if you have attended an event or completed a course that you feel might be eligible for CPD accreditation) please email the ADONZ office and ask for a cross credit information pack. You must supply as much detailed information as possible in order for the Accreditation Committee to properly assess the course. Failure to provide enough information will mean that CPD will be declined.**

*Please note that there is a limit on the number of non-optical CPD points that you may gain.*

Title	Provider (if applicable)	NZ ID#	Type	Credits
OPHTHALMIC PRACTICE MANAGEMENT (DIPLOMA OF PRACTICE MANAGEMENT)	TAFE NSW / OTEN	CC01	ETHICAL	2.0
NATIONAL CERTIFICATE IN FIRST LINE MANAGEMENT LEVEL 4 (NZQA)	AVAILABLE THROUGH TECHNICAL INSTITUTES	CC02	ETHICAL	2.0
NZSL - NZ SIGN LANGUAGE INTRODUCTORY 1A	AVAILABLE THROUGH COMMUNITY EDUCATION (16 HOUR COURSE INCLUDING ASSIGNMENTS)	L561	CULTURAL	1.0
NZSL INTRODUCTORY 1B	AVAILABLE THROUGH COMMUNITY EDUCATION (THERE IS A LIMIT ON NON-OPTICAL CPD)	L590	CULTURAL	1.0
NZSL INTRODUCTORY 1C		L632		1.0
NZSL INTRODUCTORY 1D		L633		1.0
NZSL INTRODUCTORY 2A		L634		1.0
NZ HEALTH PRACTITIONERS DISCIPLINARY TRIBUNAL ONE DAY TRAINING WORKSHOP	<b>THIS WORKSHOP IS BY INVITATION ONLY FROM THE HPDT</b>	L605	CULTURAL	3.0

## ■ CONTACT DETAILS

- Contact **ADONZ** if you have questions relating to **CPD or general membership** enquiries. You may become a **member** of ADONZ at any time. Contact Hayley for information.
- Contact **ODOB** if you have questions relating to your **registration or APC**. All DOs are **registered with ODOB** (this is regarding your legal right to practice). You must maintain your registration and hold an APC if you want to practice as a Dispensing Optician in New Zealand.

Association of Dispensing Opticians of NZ Inc (ADONZ) <a href="http://www.adonz.co.nz">www.adonz.co.nz</a>				Optometrists & Dispensing Opticians Board (ODOB) <a href="http://www.odob.health.nz">www.odob.health.nz</a>		 Optometrists and Dispensing Opticians Board	
Hayley Bendall <i>Administrator</i>	<a href="mailto:Hayley@adonz.co.nz">Hayley@adonz.co.nz</a> <a href="mailto:info@adonz.co.nz">info@adonz.co.nz</a>	Annette McCoy <i>Registration and Recertification Officer</i>	<a href="mailto:Annette.McCoy@odob.health.nz">Annette.McCoy@odob.health.nz</a>	Donald Crichton <i>President</i>	<a href="mailto:adonzdonald@gmail.com">adonzdonald@gmail.com</a>	Lindsey Pine <i>Registrar</i>	<a href="mailto:Lindsey.pine@odob.health.nz">Lindsey.pine@odob.health.nz</a>
Postal	ADONZ PO Box 137 Morrinsville 3340	Postal	Optometrists & Dispensing Opticians Board PO Box 9644 Wellington 6141	Phone (no fax)	07 824 1044	Phone	04 474 0704
<b>ADONZ office information:</b> <b>Office hours:</b> Hours will vary (especially during school holidays), but the office is usually open on weekday mornings. <b>Sending information to the ADONZ office:</b> Please scan and email - you will receive a confirmation email when your document is received. If you do not hear from the office within two working days, please contact Hayley.							

\*The CPD News is a monthly newsletter produced by ADONZ and available to all Dispensing Opticians and students (even if you're not a member of ADONZ). It is the only up to date source of CPD information for DOs in New Zealand and lists all accredited CPD for the current cycle.

You can always view the CPD News on the **ADONZ website home page blog** – go to [www.adonz.co.nz](http://www.adonz.co.nz) and just click on **CPD for Dispensing Opticians** (listed in the middle of the screen). There is no need to log in to view this.

**If you ever have CPD related questions please email the ADONZ office: [info@adonz.co.nz](mailto:info@adonz.co.nz)**