

# The BARS

BRITISH  
ASSOCIATION  
OF  
RETINAL  
SCREENING

# Chronicle



# BARS 2024 CONFERENCE

*Liverpool*

Crowne Plaza Hotel  
26th - 27th September

## Registration for the BARS 2024 Conference is open!

Workshops back by popular demand!  
Slit Lamp, OCT & Wide-field Imaging

*Book now!*

[Click here to buy tickets](#)



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# WELCOME BACK!

# 2024

HAPPY NEW YEAR



With the Christmas and New Year festivities behind us now and we start to endeavour what 2024 will bring, one thing you can look forward to is the latest edition of The BARS Chronicle.

In this issue, we are thrilled to introduce you to the new members of the BARS Council, who were elected recently. We were fortunate enough to have a plethora of highly qualified candidates to fill all vacancies, which made it unnecessary to use a voting system. You will have the pleasure of reading their biographies as they introduce themselves. The BARS Council is run by a dedicated team of enthusiastic volunteers, all of whom are committed to the promotion of diabetic eye screening. We are excited to welcome our newest members!

With OCT becoming increasingly more involved with diabetic eye screening, Heidelberg Engineering have introduced a suite of educational courses specifically tailored to diabetic eye screeners and we spotlight on that later in the issue.

There are some interesting images looking at the Meibomian glands which can highlight the damage from dry eye disease.

Finally, as we look forward to the BARS Conference in September held at the Crowne Plaza in Liverpool, we have compiled a calendar of ophthalmology events which may be of interest.

Happy reading 😊

Richard and Charlotte (BARS Co-chairs)

# Meet our newest members!



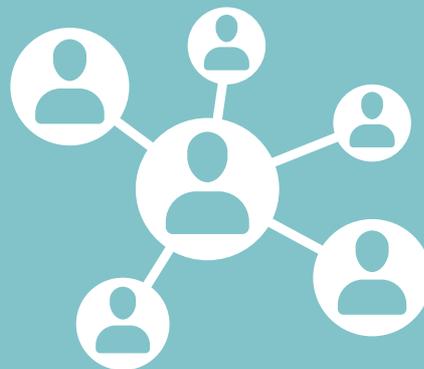
Denise McLoughlin

Surveillance Manager/ Grading Lead

South East London Diabetic Eye Screening Programme

I have been working in DESP programmes since 2010, and have worked in various roles, starting as a trainee Screener/ Grader and progressing through the years into various clinical and management roles and currently work as the surveillance manager and grading lead within the South East London Diabetic Eye Screening Programme. As part of this role, I was responsible for the implementation of the new OCT pathway and the creation of robust processes to safely manage our M1 and R2 patients within the surveillance pathway. I am an active OCT & ROG level grader, who leads the management of all grading processes and pathways within the programme. I currently lead on the education and development within the clinical team which ties in well with my role as an assessor and IQA for the Health screening diploma.

I am very excited to have the opportunity to join the BARS council. I have various ideas on how to help shape BARS as a platform to bring our national DES colleagues together, with a hope to be the centralised hub for collaboration, sharing of ideas, learning, and success stories. I feel that BARS is well embedded within the screening world, and has the potential to be a key component of shaping screening practices and improvements, with the potential to be used as an educational hub for diabetic eye screening.





Emma Winfield  
Screeener/ Grader, Somerset DESP

I joined the Somerset DESP team in May 2018 as a support worker after working in palliative and mental health work, I quickly took a keen interest in the role and learning more about retinopathy and diabetic eye care. In December 2020 I was fortunate enough to be promoted and supported through my qualification with the Gloucester Retinal Education Group (GREG) to become a fully qualified Screeener/ Grader. Since then, I feel I have really found my place within my team and have become a confident and enthusiastic grader, I currently have experience at Primary and Secondary grading with my sights on ROG grading soon and my ambitions set on a senior grading position one day. I recently completed the OCT in digital Surveillance course which has sparked a real interest for me in OCT work, which I hope to continue to develop further knowledge in, and I am lucky enough to work for a great programme who are working hard to spearhead the way for further OCT involvement in DESP.

As someone who enjoys arts and painting in their spare time, I understand how important a person's sight is to them and the fear that can surround such matters, which makes me proud to be working in a job that can prevent sight loss to people of all ages. I think I could provide a level headed, practical approach to my work as a council member with a little artistic flare thrown in for good measure! I am passionate about the work we do and would love an opportunity to promote diabetic eye care and it's future advancements in this wonderful service nationally.





Milena Lalka-Tatarczak  
Jersey Diabetic Eye Screening Programme

In January 2021 I started my role as a Retinal Screener in Jersey. I was previously a HCS in care home and therefore have undertaken significant CPD since moving: University Certificate in Imaging for Diabetic Eye Screening , BARS Administration course, Anatomy of the Eye. I have also been fortunate enough to attend, online, the National diabetic eye screening conference in 2021 and also the BARS conference last year with the whole team.

I am bilingual in English and Polish and am currently learning Portuguese with the aim I can offer screening in 3 languages. I am always looking for opportunities to learn and improve, not only myself, but also our screening programme. I am excited to be part of the BARS council and for the prospects this will offer.

My goal for this year is to expand my knowledge by attending Diabetic Retinopathy Grading Course.





Emily Burden  
Diabetic Eye Screener  
Dorset DESP

My name is Emily, and I started my career in optics back in 2015 when I joined Specsavers as an apprentice straight out of school. Although I was unsure about what I wanted to do, I was keen on helping people in some way.

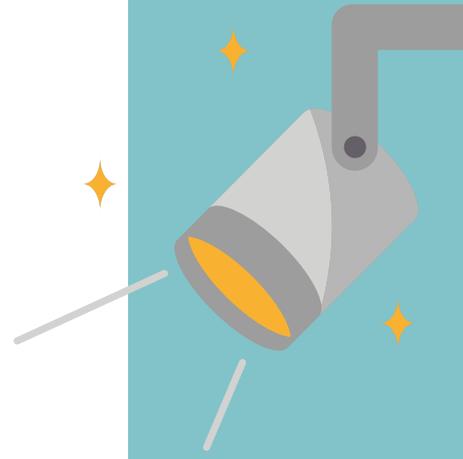
During my five years at Specsavers, I worked in various roles, including as an in-store trainer. I enjoyed this role as I could help my team improve their knowledge and skills, which helped to provide better service to customers and benefit the business. Later, I had the opportunity to work at an eye health company called Evolution, which is now known as CHEC. This role allowed me to gain more knowledge about eye health issues such as glaucoma, and I even got to assist at a surgical clinic.

I briefly left optics to test if it was the right career for me. However, it didn't take long for me to realize my passion and look for another optics job that was more patient-focused than sales-oriented. That's when I came across an ad for a diabetic eye screening job, and since I had prior experience with this screening while working at Specsavers, I was excited to take on the role.

In April 2022, when the company moved to NEC, I started working there and have been helping patients ever since. I create the company newsletter for Dorset, which is informative yet fun and has been well-received. Recently, I have also taken on other engagement roles for the company, which involves attending events and raising awareness about the importance of screenings for eye health.



# SPOTLIGHT ON: EDUCATIONAL COURSES

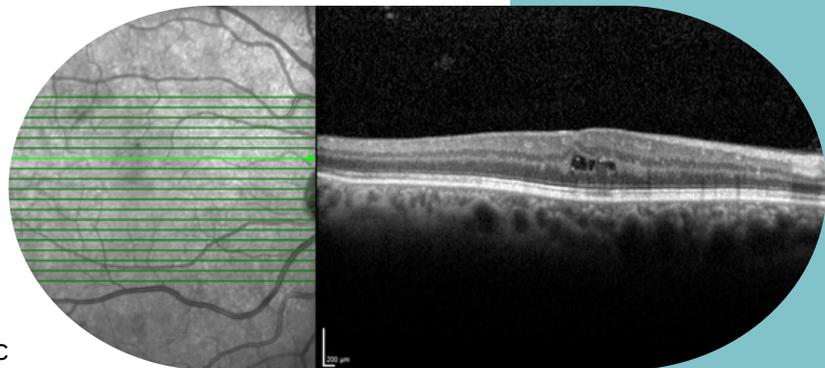


## Heidelberg Engineering launch OCT courses for diabetic eye screeners



The Heidelberg Engineering Academy has introduced a suite of educational courses specifically tailored to diabetic eye screeners. The courses provide detailed tuition in how to capture OCT images competently, understand normal retinal anatomy, and identify pathological changes. The opportunities on offer include in-person courses hosted in Leeds and a virtual webinar.

The SPECTRALIS: Skills for Diabetic Eye Screening Course is suitable for participants who want comprehensive training on how to acquire and interpret OCT images for diabetic screening. This interactive course covers an introduction to OCT and its use in diabetic eye screening, case study discussion, hands-on SPECTRALIS image acquisition using infrared and OCT, and HEYEX 2 software navigation.



The course runs from 9:30am – 4:00pm and there is a choice of dates to attend, either the 12th March or 23rd April 2024.

The OCT Skills for Diabetic Eye Screeners Webinar takes place on 9th April, 6:00pm – 7:00pm, and provides guidance on using OCT for diabetic eye screening.

The speakers will explore how normal retinal anatomy and retinal pathology relating to diabetes looks on OCT with case study discussion. The webinar, which is free to attend, will be delivered by Samantha Mann, Consultant Ophthalmologist, from Guy's and St Thomas' NHS Foundation Trust and Tim Cole, Clinical Affairs Manager, Heidelberg Engineering UK.

“These new courses have been designed to help participants take the best quality images, which in turn allows for the most accurate diagnostics”, says Tim Cole, Clinical Affairs Manager.

“The Heidelberg Engineering Academy is committed to raising the standard of education in ophthalmic imaging and empowering participants with confidence and knowledge to take away and improve patient care in their clinic.”

To register for the webinar:

[\*\*CLICK HERE\*\*](#)

To register for the course:

[\*\*CLICK HERE\*\*](#)

If you have any questions, please contact [Academy-UK@HeidelbergEngineering.com](mailto:Academy-UK@HeidelbergEngineering.com)



# EVENT CALENDAR 2024

Medical Ophthalmological Society (MOSUK) Meeting 2024  
7th February  
Crowne Plaza Newcastle, Newcastle-upon-Tyne, UK

UKNOS (UK Neuro-ophthalmology Society) Annual Meeting 2024  
8th February  
Newcastle on Tyne, UK

SOC (Scottish Ophthalmological Club) Spring Meeting 2024  
23rd February  
Radisson Blu Hotel, Glasgow, UK

100% Ophthalmology @100% Optical  
24 February - 26 February 2024  
ExCeL, London, UK

MOS (Midland Ophthalmological Society) President's Winter Meeting 2024  
24th February - 2 March 2024  
Zermatt, Switzerland

RSM (Royal Society of Medicine) Subspecialty ophthalmology update symposium  
14th March 2024  
Virtual and London, UK, Royal Society of Medicine

MOS (Midland Ophthalmological Society) Spring 2024 Meeting  
22nd March 2024  
Coventry, UK

RSM: National Diabetic Eye Screening Conference 2024:  
Prioritising People with Diabetes  
19th April 2024  
London, UK, Royal Society of Medicine

The Royal College of Ophthalmologists Annual Congress  
20-23rd May  
ICC, Belfast

EAsDEC Conference 2024  
30th May - 1st June  
University of Milan, Milan, Italy

Meeting of the European Neuro-Ophthalmological Society  
EUNOS 2024  
3rd - 6th June  
University of Birmingham, Birmingham

Oxford Ophthalmological Congress 2024  
1st - 3rd July  
New Theatre, Oxford

World Ophthalmology Congress 2024  
16th - 19th August 2024  
Vancouver Convention Centre in British Columbia, Canada

International Conference on Clinical and Experimental Ophthalmology 2024  
30th - 31st Aug  
Saudi Arabia

Cambridge Ophthalmological Symposium 2024  
5th - 6th September  
St John's College, Cambridge

British Emergency Eye Care Society Annual Meeting 2024  
20th September  
Royal Armouries, Leeds, UK

**The 22nd Annual BARS Conference**  
**26th - 27th September 2024**  
**Crown Plaza Hotel, Liverpool**

World Sight Day  
10th October

# INTERESTING IMAGES



## ‘Meibomian Gland Dysfunction’

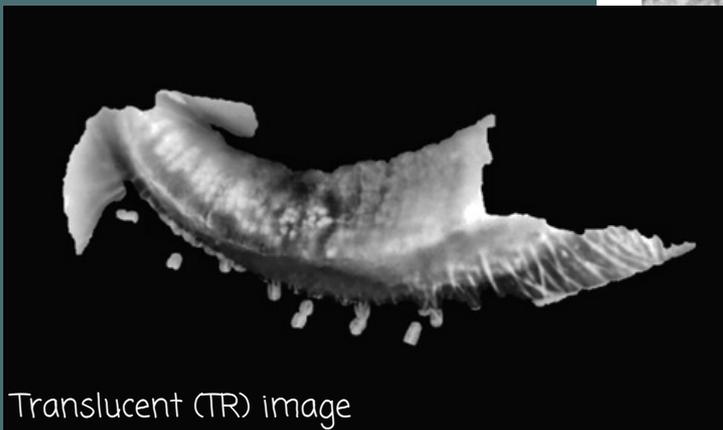
The interesting images selected this week show Meibomian Gland Dysfunction (MGD) in both eyes caused by dry eye disease.

The tears in our eyes consist of three layers - an oily (lipid) layer, a watery (aqueous) layer, and a sticky (mucous) layer. Our eyelids have Meibomian glands that produce oil, which prevents the watery layer of the tear film from drying out. If these glands get blocked (MGD), it can lead to a breakdown of the tear film and result in dry eyes caused by evaporation.

Eye: OD



Infrared (IR) image



Translucent (TR) image



Merged IR and TR image



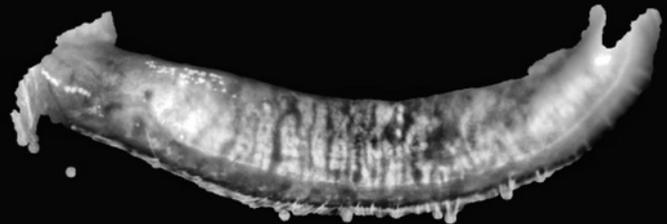
# INTERESTING IMAGES

MGD may lead to eyelid inflammation, called blepharitis

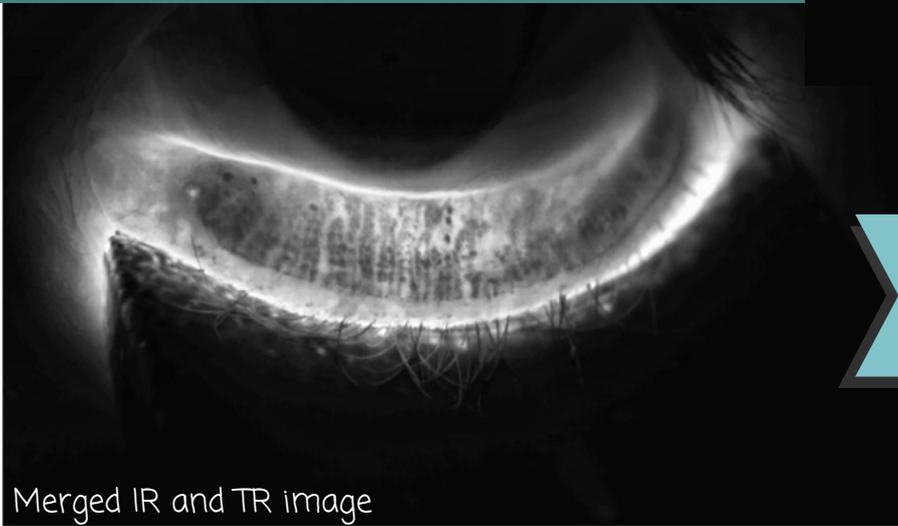
Eye: OS



Eye: OS -



Translucent (TR) image



Merged IR and TR image

The dead cells are seen as black dots on the images!



If there is a certain subject you'd like us to cover please contact us at: [chair@eyescreening.org.uk](mailto:chair@eyescreening.org.uk)



# “Spotlight on...”



*BARS are  
interested in hearing  
from you!*

We would like to run a series of articles as a “Spotlight on...” looking at both DESP programmes and the various staff roles within them.

## **For programme themed articles it would be good to include:**

- Catchment area and population/cohort
- Numbers of clinics/locations/referral centres
- Numbers/roles of staff
- Prevalence of DR and grades
- Any other information the programme thinks it might be useful to share.

## **For staff role themed articles it would be good to include:**

- Role title
- Brief description of duties (day to day activities)
- What motivated you to join a DESP?
- Any other information it might be useful and/or you would like to share.

As we all discovered at the conference, there are differing ways of running DESPs but with the same vision and mission so we thought this would be a good way of sharing practices and learning and developing with (and from) each other.

Please contact us with your ideas at [chair@eyescreening.org.uk](mailto:chair@eyescreening.org.uk)

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