

**The 23rd Hong Kong International Optometric Symposium  
on 6 November 2025 (Thursday) at HKCEC**

**Age Well, See Well: Redefining Eye Care for the Golden Age  
(智慧護眼, 樂享年華: 黃金歲月眼科護理新標準)**

**Event Report**



### **Overview:**

- Six experts from Australia, United Kingdom, Hong Kong and Singapore shared the latest research on 6 different topics under the theme “Age Well, See Well: Redefining Eye Care for the Golden Age”
- A total of 1,635 participants attended a Symposium in a hybrid event.
- 98% respondents rated the Symposium as good to excellent.

### **Event Report**

1. Dr Fei-chau Pang, Commissioner for Primary Healthcare, Health Bureau, was the Guest of Honour and delivered the opening remarks at the Opening Ceremony.
2. Under the theme “Age Well, See Well: Redefining Eye Care for the Golden Age 智慧護眼, 樂享年華: 黃金歲月眼科護理新標準”, the HKIOS was organised in a hybrid format allowing both onsite and online participation, which facilitated remote and face-to-face engagement.
3. Six experts shared insights on various sub-topics related to elderly eye care:
  - i. Prof Lisa Keay, Head of School of Optometry and Vision Science, University of New South Wales, Australia
  - ii. Dr Andrew Tsai, Clinical Associate Professor, SingHealth Duke-NUS Ophthalmology & Vision Sciences ; Academic Clinical Programme; Senior Consultant in the Surgical Retina Department at the Singapore National Eye Centre, Singapore
  - iii. Prof Christine Dickinson, Professor of Clinical Optometry, University of Manchester, United Kingdom, United Kingdom
  - iv. Dr Guillian Rudduck, Consultant Optometrist and Head of Eye Support at Wirral University teaching Hospital and President of College of Optometrists, United Kingdom
  - v. Prof Joanne Wood, Centre for Vision and Eye Research, Optometry and Vision Science, Queensland University of Technology, Australia
  - vi. Prof Freddy Lam, Assistant Professor, Department of Rehabilitation Science, The Hong Kong Polytechnic University, Hong Kong


***[Download [Event Booklet](#) for Speakers' details]***



4. To encourage interaction, both onsite and online audiences were invited to submit questions during the Q&A sessions following each presentation. Total of 394 questions were received.
5. Considering that many optometrists work in clinics or retail stores during weekdays, the hybrid model provided convenience and flexibility. Feedback from the questionnaire was overwhelming positive, suggesting that the hybrid format should be continued in the future.
6. Continuing Professional Development (CPD) points were offered to participants by the Optometrists Board Hong Kong. Attendees received a Certificate of Attendance for a maximum of 6 CPD hours. In addition, the event is accredited by The Council on Optometric Practitioner Education (COPE), providing optometrists the assured continuing education courses.
7. A post-event questionnaire gathered responses from 394 participants. An impressive 98% rated the HKIOS as good to excellent, finding it very helpful for their professional work.

**Key Takeaways**

<p><b>Prof Lisa KEAY</b></p>	<p><b>Vision for Aging Well: The Optometrist’s role in Enhancing Life</b></p>
	<p>Prof Keay highlighted that since many eye health conditions are age-related, people with eye diseases and/or low vision are likely to have other age-related systemic health conditions. Within the same age-group, conditions like cancer, cardiovascular disease (CVD), depression and dementia are all more common in people with vision impairment compared to people with normal vision. Vision impairment has been found to be independently predictive of all-causes mortality and CVD-mortality. One of the reasons for these associations is that vision impairment and systemic conditions can share common risk factors. These risk factors include smoking, poverty, reduced health-care access and poor diet. Vision impairment can also cause or exacerbate other conditions either directly, through injuries such as falls, or indirectly through reduced access to health care, limitations in physical activity or increased social isolation. Systemic health problems can lead to vision impairment for example systemic diseases like diabetes have ocular complications such as diabetic retinopathy. These patterns in co-morbidity mean that people with low vision have many competing health priorities, providing impetus for holistic and integrated optometric care. Select examples of efforts to optimise vision and eye health in the context of multi-morbidity</p>

	<p>had been discussed and how these efforts support the global healthy aging agenda.</p>
<p><b>Dr Andrew TSAI</b></p>	<p><b>Advances in Evaluation of Diabetic Retinopathy and Age-related Macular Degeneration: The Role of the Optometrist</b></p>
	<p>Dr Tsai highlighted that Diabetic Retinopathy (DR) and Age-related Macular Degeneration (AMD) are among the leading causes of visual impairment worldwide. Early detection and timely intervention remain critical in preserving vision, and optometrists play a frontline role in this continuum of care. This talk explored recent advances in the evaluation and diagnosis of DR and AMD, highlighted how emerging technologies are reshaping clinical practice. Key developments include high-resolution Optical Coherence Tomography (OCT), OCT Angiography (OCTA), widefield imaging, and artificial intelligence-based screening tools. These innovations offer greater sensitivity in detecting early pathological changes and facilitate personalized monitoring of disease progression. The integration of multimodal imaging and AI also enhances diagnostic accuracy and efficiency in primary eye care settings. This talk had also examined the evolving role of optometrists in co-managing retinal diseases, delivering patient education, and participating in tele-ophthalmology initiatives. In summary, this session recognized the importance of the optometrist's expanding role in preserving vision in the face of two of the most common retinal diseases.</p>
<p><b>Prof Chistine DICKINSON</b></p>	<p><b>Challenges and Strategies for Effective Optometric Care in Dementia</b></p>
	<p>Prof Dickinson shared that dementia is common in elderly populations, with a risk of 1 in 5 for the over-80s. It is highly likely that optometrists will see patients with dementia, especially as this population are also at risk for age-related ocular conditions. It is very important that these individuals have regular eye examinations to optimise their visual performance, since this can help them maintain their independence and well-being.</p> <p>Eye examinations in this population can be more challenging, but modifications and adaptations are described which help to improve the results obtained. Poor vision is common in dementia but 50% was correctable by spectacles, and for almost half the remaining cases it was due to cataract. However, this presentation also described the range of less common vision problems (visual perceptual problems; and hallucinations) encountered by individuals with dementia, and discuss how to identify and investigate these. Guidelines were provided to optimise the dispensing of any spectacles, and to aid with compliance.</p> <p>This presentation helped practitioners to communicate effectively with individuals with dementia so that these</p>

	<p>individuals felt they have been given clear guidance on their eye condition, and the recommended management, and their families have been given information on how to support them.</p>
<p><b>Dr Gillian RUDDUCK</b></p>	<p><b>Transforming Eye Care for an Ageing Population: Perspectives from the United Kingdom</b></p>
	<p>Dr Rudduck suggested that ophthalmology is currently the largest outpatient speciality in the NHS in the UK, with almost 9 million appointments in England a year and long wait lists that lead to avoidable sight loss. Optometrists play a vital role in delivering high-quality, accessible eye care within local neighbourhoods, providing accessible, timely diagnosis and management of eye conditions.</p> <p>Primary care optometrists are embedded in communities, making them ideally placed to deliver further improved outcomes and optometrists possess the necessary clinical skills to provide community-based NHS services. As the population ages, the prevalence of eye conditions increases, and the UK has looked to embrace the potential offered by optometry.</p> <p>Optometrists are well placed to deliver a wide range of enhanced eye care services in the community, supporting earlier intervention and avoiding unnecessary GP and hospital appointments. These include community urgent eye care, pre- and post-cataract care, and glaucoma referral refinement services. 70% of patients who attend emergency departments for ocular problems could be managed in primary care, without need for onward referral. Local optometrists can also work in partnership with colleagues in hospital eye services to manage more patients in the community, freeing up hospital capacity for more complex and urgent patients.</p> <p>This presentation discussed the journey undertaken by the four nations that make up the UK, in developing and delivering eyecare by optometrists, that meets the growing needs of the population.</p>

<p><b>Prof Joanne WOOD</b></p>	<p><b>Vision, Falls and Collaborative Care: ( I )Vision and Fall Prevention: Clinical Tools for Optometrists</b></p>
	<p>Prof Wood shared that falls are a serious health problem for older adults and have important physical, emotional and economic consequences. Around one third of community-dwelling adults aged 65 years and over, experience a fall annually and around a half experience multiple falls, which has significant implications for the ageing population. Vision impairment has been shown to be a significant risk factor for increased rates of falls and injury among older adults. Fear of falling also represents a significant problem among older adults with vision impairment, potentially contributing to activity restriction, physical and psychological issues, and reductions in quality of life.</p> <p>This presentation provided an overview of the problems of falls in older adults and summarise the research evidence demonstrating an association between vision, eye disease and spectacle use with balance, mobility and falls among older adults. A summary of evidence-based prescribing strategies to reduce risk of falls had also be provided, including prescribing for patients who are high-risk fallers, those with large changes in refractive changes and for patients following cataract surgery.</p>
<p><b>Prof Freddy LAM</b></p>	<p><b>Vision, Falls and Collaborative Care: ( II )Interprofessional Collaboration for Fall Prevention: Partnering with Physiotherapists</b></p>
	<p>Prof Lam pointed out that falls among older adults are a major public health issue, with increasing prevalence in aging populations, such as Hong Kong, where projections estimate 560,000 fallers annually by 2050. The risk factors of falls are multifactorial, including muscle weakness, gait and balance deficits, visual impairments, and environmental hazards. The current guideline recommended fall-risk assessment algorithm was introduced. with a particular focus on balance, vision, and environmental factor.</p> <p>Fall prevention measures for people at different risk level had been discussed. Prevention strategies often advocate tailored multifactorial interventions, emphasizing balance-challenging exercises (3 hours weekly for <math>\geq 50</math> hours) integrated with strength training. For people with high risk of falls, multicomponent intervention tailored to the need of the older people required, including vision and hearing assessments.</p> <p>Collaborative care integrating physiotherapy, vision management, and lifestyle interventions is vital to address both intrinsic and extrinsic risk factors, reducing fall incidence and enhancing quality of life for older adults. Ongoing research and comprehensive strategies are needed to improve fall prevention and care in aging populations globally.</p>

## **Event Replay**

The replay of the Symposium is available on the event website : [REPLAY](#)

## **Acknowledgement**

The Symposium has become one of the most important annual events for optometric and ophthalmological professionals to gather, interact and exchange knowledge. Its pivotal role in Asia and Hong Kong is underscored by the support from the Professional Services Advancement Support Scheme (PASS) and five commercial sponsors: Carl Zeiss Far East Co., Ltd, MENTHOLATUM (Asia Pacific) Limited, Nuovo Bright Ltd, Loyal Tech Group Limited and ViewGear Co., Ltd.

## **Enquiry:**

For more information or any inquiries about the Symposium, please contact:  
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