



range, though a number of you found 7 or less to be cited and quite a few of you quoted '8-12' which suggests an answer based on the text rather than a conversation. Establishing a consistent angle is a useful exercise as the pantoscopic angle has a significant impact on the resultant lens performance.

Face form angle tended to range from 2-5 degrees, with 4 degrees being the most common answer. Several of you suggested 20 degrees and one respondent told us of 40 degrees which might not make for their best frame fit.

Most people found that side length is assumed to be either 135 or 140 if not specified as one would expect for an adult frame. For a small head or even that of a child this may have an impact on the resultant back vertex distance and hence the measurement might be best included if predicted.

Here is an example of one of the excellent responses we received. 'A pantoscopic tilt of 10 degrees is specified, especially for standard varifocals, where the measurement is of more importance. We discussed the need to alter the cent ration height for pantoscopic tilt in single vision lenses. Dihedral angle would be between 4-6 degrees, however we discussed the variation depending on the type of the frame. The average for an adult would be 135mm. (130mm women 140mm men), Children frames would be smaller.' ●

● Thank you for your participation. Next week we will discuss the first of the advanced imaging exercises  
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## Dispensing Optician of the Year

*Optician* finds out more about Dispensing Optician of the Year 2012 Martin Varley and what it takes to triumph at the Optician Awards

In the 34 years he has worked in the profession, Dispensing Optician of the Year Martin Varley of Christopher Nixon Optometrists in Harrogate says the landscape in the dispensing sector has changed immeasurably. From deregulation a number of years ago to the relatively recent phenomenon of dispensing opticians struggling to achieve recognition for what they do, are just two of the biggest changes Varley recalls, but it's clear from talking to him that he's fiercely proud of what he does.

Remembering the night of the Optician Awards when he was announced as the winner, Varley remembers his surprise. 'I thought I might be in with a chance, but when my name was read out I was delighted. The evening itself was fantastic and I have to say that *Optician* does a great job with the awards night – it really does the industry proud,' he adds.

The practice promoted the award in the months following Varley's win, but in way in which he describes as subtle. 'A local practice likes to talk long and loud about their nominations, but we have talked about the win in a much more understated manner. I think our patients appreciate that we go the extra mile and being able to say we have won an award reinforces that.' He also says that he received a number of letters from patients congratulating him on his win, which he describes as an incredibly



humbling experience.

Training is a key of Varley's role at the practice and many students have benefited from his practical knowledge for the practical elements of their university courses. He has also trained a lab technician, who had no previous experience of glazing, in the on-site lab he set up in 2006.

On his duties as a dispensing optician at the practice, a role which he has held for 24 years, Varley says: 'I have always wanted to enjoy my day's work, so I want to look after the patients. We try to build a relationship with the patients and that means making jokes and generally being like a friend to them.' Asked what piece of advice he would offer to aspiring dispensing opticians, he says: 'Look after the patient like they're your mother and provide the best post possible service, because that's what separates the multiples and the independents. Put the patient first and you won't go far wrong.' ●

### ● Dispensing Optician of the Year sponsored by Luxottica

Winner Martin Varley

#### Shortlisted

Alistair Barrett  
Daniel Jackson  
James Dawson

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