

Curriculum Vitae

James Komornik, Doctor of Optometry

CONTACT INFORMATION

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Clinical Experience

1/2015-12/2015 The Eye Institute (TEI), PCO clinic Philadelphia, PA

2nd-3rd Year Optometry Intern

- Examined patients for comprehensive, problem-specific, and follow-up eye examinations in the Primary Care, Glaucoma, Neuro-Ophthalmic Disease, Emergency, and Pediatric Suites.
- Administered Humphrey's Visual Field (HVF) perimetry, Optical Coherence Tomography (OCT), Fundus Photography, Pachymetry, and B-scan Ultrasonography testings.
- Performed 3 and 4 mirror gonioscopy, Goldmann Applanation Tonometry, and other techniques
- Learned how to efficiently and properly fit soft spherical, toric, monovision, and multifocal contact lenses and performed insertion and removal training and follow-up examinations.
- Diagnosed and co-managed anterior segment, posterior segment, and low vision disorders such as: Glaucoma, Dry Eye Syndrome, Cataracts, Background Diabetic Retinopathy, Hypertensive Retinopathy, Anterior Uveitis, and more.
- Grade for Rotation Spring, Summer, and Fall Semesters: Honors

2/2016-5/2016 Weaver Eye Associates York, PA

3rd Year Optometry Extern – Private Practice Site

- Examined patients independently for comprehensive, problem-specific, and follow-up examinations.
- Interpreted OCT, HVF, Optomap, TearLab, and corneal topography testings.
- Gained further experience in fitting patients with spherical, toric, monovision, and multifocal soft contact lenses.
- Learned to use MiBoFlow and conducted treatment on patients.
- Diagnosed and co-managed anterior segment, posterior segment, contact lens-related, low vision, and binocular disorders such as: Primary Open-Angle Glaucoma, Dry Eye Syndrome, Cataracts, Traumatic Uveitis, Corneal Ulcers and Abrasions, Giant Papillary Conjunctivitis, Fuch's Dystrophy, Stargardt's Disease, Multiple Evanescent White Dot Syndrome, Brown's Syndrome, Duane's Retraction Syndrome, Diabetic retinopathy, Macular Degeneration, Retinitis Pigmentosa, and more.
- Shadowed Vision Therapy. Observed Brock String, Quoit Vectogram, VTS4 and SVI, Hart Chart, Eccentric Circles, Parquetry Blocks, and other methods.
- Grade for Rotation: Honors

5/2016-8/2016 Jack C. Montgomery VA Medical Center

Muskogee, OK

4th Year Optometry Extern – VA site

- Examined patients independently for comprehensive, problem-specific, and follow-up examinations.
- Performed punctal plug instillation, foreign body removal and subsequent rust ring removal with Alger Brush, epilated cilia, drained cysts, excised benign lid lesions, fit scleral contact lenses, assessed and cleaned prosthetics, administered and interpreted OCT, HVF, and B-scan Ultrasonography, and performed 4 mirror gonioscopy with and without Forbes' compression technique, and performed 3 mirror gonioscopy to assess both anterior chamber angle and posterior segment. .
- Diagnosed and co-managed various anterior segment, posterior segment, neurological, and low vision disorders such as: Primary Open-Angle Glaucoma, Pigment Dispersion Glaucoma, Pseudoexfoliation Glaucoma, Uveitic Glaucoma, Angle-Recession Glaucoma, Chronic Angle Closure Glaucoma, Anterior Uveitis, Posterior Polymorphous Dystrophy, Fuch's Dystrophy, Central Serous Chorioretinopathy, Corneal Ulcers and Abrasions, Conjunctivitis, Non-proliferative and Proliferative Diabetic retinopathy, Non-exudative and Exudative Age-related Macular Degeneration, Central and Branch Retinal Vein Occlusions, Branch Retinal Artery Occlusion, Non-Arteritic Ischemic Optic Neuropathy, Cerebral Vascular Accidents affecting the visual pathway, Horner's Syndrome, and more.
- Performed Betadine Wash protocol on patients with Epidemic Keratoconjunctivitis
- Shadowed Ocularists and learned proper assessment, care, and management of patients with artificial eyes.
- Grade for Rotation: Honors

8/2016-11/2016 PCO's Cornea, Anterior Segment, and Contact Lens Specialty Rotation

Philadelphia, PA

4th Year Optometry TEI Intern

- Conducted evaluation and diagnosis, fitting, and follow-ups on patients with the need for specialty contact lenses.
- Administered and interpreted corneal topography, anterior segment OCT, pachymetry, and keratometry testings
- Implemented the Amsler-Krumich Keratoconus Grading System with Dr. Kriti Bhagat to new and established patients with Keratoconus.
- Fitted patients in NovaKone, Kerasoft, VIP Cone, Rose-K2, MSD, Zenlens, Custom Stable Elite, Orion Suntac, Onefit 2.0, Proclear Multifocal contacts, and more. I became proficient at knowing when which type of specialty lens was warranted, what parameter adjustments were needed to allow optimal fits, how to utilize microvaults and toric peripheries, and how to polish lenses.
- Performed pre and post operative care for Dr. James Lewis including co-management of patients post-cataract extraction with IOL implant, penetrating keratoplasty, LASIK, epi-LASIK, DSEK, and YAG capsulotomy.

- Independently performed and provided eye care for patients in the following additional services: Emergency, Glaucoma, and Neuro-ophthalmic Disease.
- Completed and submitted a poster with Dr. Kriti Bhagat that was accepted, and later presented, at the Global Specialty Lens Symposium 2017.
- Diagnosed, performed contact lens fitting in, and performed follow-up care on patients with keratoconus, pathological myopia, corneal scarring, post-refractive ectasia, status post-penetrating keratoplasty, pellucid marginal degeneration, exposure keratitis secondary to parotid gland tumor with subsequent seventh nerve palsy, aphakia, high ametropia, anisometropia, nystagmus, Rod-Cone Dystrophy with subsequent photophobia, and more.
- Grade for Rotation: Honors

11/2016-2/2017 Edmond's Eye Associates

Philadelphia, PA

4th Year Optometry Intern — Contact Lens Site

- Examined patients independently for comprehensive, problem-specific, follow-up, acquired brain injury, contact lens, and low vision examinations.
- Rotated between four offices including Jefferson Concussion Center and Wills Eye Institute department of Low Vision and Contact Lens.
- Gained further knowledge on the fit, follow-up care, and long term management of patients in the need of specialty contact lenses (rigid gas permeable, scleral, piggyback, and specialty soft lenses). Managed patients included Keratoconus, Pellucid Marginal Degeneration, Pathological Myopia, Aphakia, Aniridia, Post-Refractive Ectasia, Post-Penetrating Keratoplasty, Sjogren's-associated Dry Eye Disease, Photophobia in a patient with iatrogenic irregular astigmatism and corectopia, and more.
- Improved refraction technique and abilities for low vision patients including those with Dry Macular Degeneration, Wet Macular Degeneration, Stargardt's Dystrophy, Post-CRVO, Keratoconus, Irregular Astigmatism, Pathological Myopia, and other conditions.
- Evaluated, diagnosed, and determined what the emphasis of vision therapy should be for patients with post-concussion syndrome.

RELEVANT EMPLOYMENT HISTORY

Record-Keeping Intern

Beach Electronics & Mfg., Inc

Virginia Beach, VA

4/2009 – 4/2011

- In this position I became well-versed in administrative tasks. I organized records: checking the reconciliation letters, statement letters, registers, balance sheets, sales tax liability forms, sales invoice letters, etc. for each month. Additionally, I made boxes for shipments, sealed envelopes with Tabletop Impulse Sealer, and made labels following Military Specific Packaging standards. I learned how to use many tools including a mini-lathe. Lastly, I inputted Contracts, Bids, and Parts into MilTrac (a Military Tracking Database), and helped with various tasks in the workplace.

Clinical Skills Lab Teaching Assistant

Salus University

Elkins Park, PA

1/2015 — 12/2016

- Helped underclassmen prepare for practicals by helping refine techniques in retinoscopy, subjective refraction, binocular testing, direct ophthalmoscopy, slit lamp examination, binocular indirect ophthalmoscopy, 3 and 4 mirror gonioscopy, non-contact lens indirect ophthalmoscopy, Goldmann tonometry, and other skills.

Private Tutor

Salus University

Elkins Park, PA

1/2015 — 2/2017

- Private tutor for Optics, Neuro-Anatomy, Physiology, Systemic and Ocular Pharmacology, Binocular Vision, Posterior Segment, Anterior Segment, Psycho-Physical methods in Monocular Vision, Neuro-Ophthalmic Disease, Clinical Skills, Ocular Motility, and Contact Lens.
- Tutored as many as 13 students in a semester.

Associate Optometrist

Gilbert Eyecare

Virginia Beach and Norfolk, VA

6/2017-12/2018

- Patient care: Evaluated patients for comprehensive, problem-specific, follow-up, soft contact lens, orthokeratology, corneal rigid gas permeable lens, scleral contact lens, glaucoma, dry eye, blepharitis, acquired brain injury, macular degeneration, diabetic retinopathy, emergency, and low vision examinations.
- Rotated between both Virginia Beach and Norfolk offices.
- Managed patients included Dry Eye, Blepharitis, Cataracts, Keratoconus, Pellucid Marginal Degeneration, Pathological Myopia, Lattice Degeneration, Macular Hole, Aphakia, Post-Refractive Ectasia, Post-Penetrating Keratoplasty, Diabetes, Sarcoidosis, Thyroid Eye Disease, Bell's Palsy, and more.
- Evaluated, diagnosed, and performed a binocular vision evaluation and vision therapy from start to finish for a patient with Convergence Insufficiency.
- Grew knowledge base in billing, coding, and insurance policies for commercial vision, commercial medical, and governmental medical insurances.
- Researched and helped incorporate new technologies in the office and found buyers and sold the old equipment: incorporated patient-company communication tool 4PatientCare; became a Zen Lens specialty contact lens provider; started selling OCuSOFT products in office including drops, masks, and vitamins; researched Optical Coherence Tomography instruments and determined to bring on the Topcon Maestro; researched perimeters and brought on the Octopus Visual Field Analyzer; price-quoted, bought, and utilized punctal plugs; and sold previous Topcon Retinal Camera, Jupiter Scleral Fitting Set, and Corneal Topographer.
- Improved medical record charting: connected external and internal findings in MyVisionExpress Electronic Health Record with ICD 10 codes, wrote and added pre-set

plans for those ICD 10 codes, changed and wrote out new normal findings, added test interpretations templates, ordered procedure codes for ease of selecting, updated recall preferences in MVE, ran reports for procedure codes by doctor by location, ran reports for reimbursements per office for years 2013 through 2018, and more.

- Improved documentation: researched insurance panels to make sure documentation would stand in a case of an audit, adjusted templates and framework to incorporate those changes (ie contact lens fitting information for VSP, premium versus standard contact lens fitting for Eyemed, specialty lens form for scleral contact lens fitting, test interpretation forms for medical testing).
- Staff Training: OCT functions-central scleral clearance, scleral landing zone, anterior chamber angle; vision therapy; OCuSOFT products; I+R sclerals; Vision Therapy; 4PatientCare; Plaquenil Screenings/what we do etc)
- Marketing: headed social media marketing sharing articles, sharing pictures and meme's, writing articles, and posting public awareness and safety facts; implemented new optical marketing including (with permission) posting pictures of patients on facebook happy with their experience and or new glasses; visited primary care providers and other professionals in the area to explain what services I provided; implemented patient communication platform 4PatientCare and increased positive online reviews 10-fold in each office.
 - Wrote articles and blog posts including: Dealing with Tired Eyes, Digital Eye Strain, Fireshow Safety Tips, Colored Contact Lenses, and others.
 - Wrote website pages including: Eye Care Services, Advanced Technologies, Astigmatism, Blepharitis, Cataracts, Pink Eye, Diabetes, Dry Eye Syndrome, Floaters.
- Added to the office's scope of practice with: orthokeratology, glaucoma, Integrative Eyecare Group diabetic exams, macular degeneration, post-penetrating keratoplasty co-management, performing procedures (ie dilation and irrigation, corneal debridement, foreign body removal, etc); and low vision refractions (for telescopes and magnifiers); and more.
- Miscellaneous Administrative tasks: updated the schedule, implemented Quality (MIPS) reporting, wrote scripts for staff (ie for offering exams to the new doctor, for offering imaging in place of dilation, explaining medical versus vision insurance exams, explaining orthokeratology, etc); attended IEG meetings and went around visiting primary care physicians to increase referrals to the program; made a new letter templates for communicating with patients and other providers; updated contact lens fitting prices; updated contact lens material prices; wrote each section for the new website layout (about us, services, blogs, frames, etc); to name a few.

Associate Optometrist

Mid-Atlantic Eyecare

Norfolk, VA

6/2017-6/2020

- Patient care: Evaluated patients for comprehensive, problem-specific, follow-up, soft contact lens, corneal rigid gas permeable lens, scleral contact lens, glaucoma, dry eye,

blepharitis, lacrimal duct procedures, corneal procedures, emergency, post-operative, veteran compensation and pension, disability, and low vision examinations.

- Managed patients included Dry Eye, Blepharitis, Cataracts, Keratoconus, Pathological Myopia, Amblyopia, Lattice Degeneration, Macular Hole, Macular Edema, Retinal Detachments, Aphakia, Post-Penetrating Keratoplasty, Stenosis of Lacrimal Duct, Thyroid Eye Disease, Bell's Palsy, Cataract and Glaucoma post-operatively, and more.
- Learned all aspects (both optometric and ophthalmologic) of billing and coding (including appropriate modifiers, grace periods, etc) for commercial vision, commercial medical, and governmental medical insurances.
- Incorporated new technologies and services including specialty contact lenses (scleral contact lenses, corneal RGP contact lenses, bandage lenses, etc). Set fee schedules for services and materials, found material vendors, incorporated buying group discounts, created protocol for specialty contact lens fittings including filing pre-authorizations, and track insurance reimbursements and profits.
- Took over many of the Dry Eye Services (performing tear osmolarity testing, punctal plugging, bandage contact lenses, prescribing topical and medical medications, created form for buying our in-house OCuSOFT products, etc).
- Staff Training: OCT functions-central scleral clearance, scleral landing zone, anterior chamber angle; I+R sclerals; trained new technician on Medflow electronic health record system, and more.
- Marketing: created a form to give patients to promote leaving a review on social media platforms, google, yelp, and healthgrades.
- Added to the office's scope of practice with specialty contact lenses and low vision evaluations (for telescopes and magnifiers).
- Performed post-operative care including the same-day, one week, one month, and four month follow-up exams.

Managing Member

Optometrist

Sea Eye Care

Norfolk, VA

11/2018-Present

- Formed company independently
- Managing member and head optometrist
- Perform comprehensive eye care. .

Academic Positions and Societies

- **Phi Eta Sigma Honors Fraternity:** I was asked to join this Honors Fraternity after my Freshman year, because I had over a 3.75 Grade Point Average. I regularly attend meetings and do volunteer work with this Fraternity.
- **National Society of Collegiate Scholars:** I was asked to join this society after my performance during my first semester in college, and I have maintained the grade point average to remain a member throughout my time at Old Dominion University.

- **American Optometric Association member:** I am an active member in the AOA as well as it's local chapters. I attend local chapter meetings and state and national meetings.

Volunteer Experiences and Job Shadowing

Phi Eta Sigma Honors Fraternity Volunteer

- ODU Relay For Life, April 2013
- I volunteered at the Phi Eta Sigma booth for Relay For Life to raise money for cancer research. We raised money by having a raffle where students and attendees paid money for a raffle ticket for a chance to win a Ynot gift card and two tickets to any Tedd Constant Center event. Hopefully our actions along with the support and donations of others will help fund cancer research enough, so that we can one day find a cure for the terrible disease.

Phi Eta Sigma Honors Fraternity Volunteer

- Adopt-A-Spot, 1/2013 – 5/2013
- For Phi Eta Sigma, we chose to join in on the Adopt-A-Spot program for our city. We would clean in the Quad area of Old Dominion University behind the Ireland House dormitory, in order to help maintain sanitation for Norfolk and the campus. We met monthly as a group with trash bags and cleaned the litter and ensured the area was cleanly and the environment was not polluted or harmful in anyway.

Shadowing Dr. David Gilbert

- Gilbert Eyecare, 2013-2016
- My first semester at Old Dominion University I called optometrists in the area and Dr. Gilbert was very open to me shadowing him. I shadowed many other optometrists but spent the most hours with Dr. Gilbert. Throughout my undergraduate career I followed him once a month during the semester and more frequently between semesters. I have shadowed Dr. Gilbert for over 200 hours, and I have learned a great deal from him about doctor-patient relationships, doctor-staff relationships, and optometry.

Shadowing Dr. Marlene Moster

- Will's Eye Hospital Department of Glaucoma, 2016
- I had the opportunity to shadow Dr. Marlene Moster, Will's Eye Hospital Department of Glaucoma in the Winter of 2016. I observed her and her resident perform Selective Laser Trabeculoplasty, Laser Peripheral Iridotomy, Synechialysis, Combination Cataract Surgery with Micro-Invasive Glaucoma Surgery (MIGS), Gonioscopy-Assisted Transluminal Trabeculotomy (GATT), and Seton Surgery procedures. She is one of the best glaucoma surgeons in the nation and I was able to observe cutting edge procedures.

EDUCATION

High School

Kempsville High School 2006-2010

- GPA: 3.3
- Received High School Diploma

University

Old Dominion University 2010-2013

- GPA: 3.7
- Studied General Biology and took elective courses in Business Management
- After my third year of undergraduate school, I was accepted into the accelerated optometry program at Salus University.

Graduate School

Salus University's Pennsylvania College of Optometry 2013-2017

- GPA: 3.34
- Clinic grades: Honors for each of the following semesters: Spring 2015, Summer 2015, Fall 2015, Spring 2016, Summer 2016, Fall 2016, and Winter 2016.
- Didactic courses led me to have a special interest for the management of the glaucomas, specialty contact lens fitting, systemic condition co-management including diabetes, medical optometry, and primary eye care.

PROFESSIONAL QUALIFICATIONS

Certifications, Accreditations, Awards

- **Honors College at Old Dominion University** (January 2011): I was accepted after my first semester at school. I did not have qualifying grades going into college, but once I was accepted, I pushed myself to succeed. I applied to the honors college after my first semester, and I was accepted shortly after.
- **Certification of Leadership** (4/2012): I received this certificate from the Student Activities and Leadership at Old Dominion University. I participated in three of the Leadership Lecture Series to get this award. I went to "Finding the Happy Medium: Work and Life Balance as a Leader," "The Journey," and "Motivating Yourself and Others." I learned much from these discussions. I benefited mostly by learning how to balance work and fun.
- **Certification for Orthokeratology** (9/2016): I took an online course for Paragon's Corneal Reshaping Technology contact lens fitting and passed the certification test at the end of the course.
- **Valley Contax Fitting Certification** (5/2016): Completed an online course and passed a test for Valley Contax Custom Stable Elite contact lens fitting.
- **Paragon CRT Contact Lens Certification** (1/2017): Completed an online course and passed a test for Paragon's Corneal Reshaping Technology contact lens fitting.
- **Zenlens Fitting Certification** (January, 2017). Completed an online course and passed a test for Alden Optical's Zenlens scleral contact lens.

- **NovaKone Fitting Certification** (January, 2017). Completed an online course and passed a test for Alden Optical's NovaKone specialty soft contact lens.
- **MiSight Fitting Certification** (February, 2021). Completed an online course and passed a test for CooperVision's MiSight specialty contact lens for myopia control.
- **Suite 3 Clinical Excellence Award** (May, 2017). Each clinic suite's (1, 2, and 3) preceptors, clinic chief, and staff chose one student who was exceptional in clinic in patient care, doctor-patient relationships, and clinical knowledge. I was selected for this award in my suite by chief's Dr. Andrew Gurwood and Dr. Michael Rebar.
- **Blanchard Contact Lens Excellence Award** (May, 2017). This was an award given at the graduation banquet. Blanchard is a specialty contact lens company that has programs to work closely with students. I was nominated for this award by the Cornea, Anterior Segment, and Contact Lens Suite preceptor Dr. Kriti Bhagat for my knowledge, skills, and fitting capability in specialty contact lenses.
- **Blanchard Scleral Contact Lens Fitter's Award** (May, 2017). This too was an award given at Salus University's graduation banquet. This award was particular to a type of specialty contact lens: Scleral Lenses.
- **Fellow of the Scleral Lens Education Society** (FSLs) (2019). This fellowship was completed by submitting clinical case reports that had to be approved by the Scleral Lens Education Society Board as well as pass an online test on scleral contact lens knowledge.
- **Fellow of the American Academy of Optometry** (FAAO) (2020). This fellowship was completed by submitting clinical case reports that were approved by the American Academy of Optometry Board as well as pass an oral exam provided by a panel of experts.
- **Certificate of Fundamental of Analyzing Real Estate Investments** (February, 2021). This was an online course provided by Udemy which went over all aspects of real estate investments. The course included both commercial and residential real estate investment information. The course had tests at the end of each section that were required to be passed before completion of the certification.

Technologic Capability

- Proficient with the following Electronic Health Record Softwares: CompuLink, OfficeMate, CPRS, Revolution, Medflow, Examwriter, My Vision Express, and Next Gen.
- Well-experienced with the following optometric machines: Zeiss Cirrus OCT, Zeiss Stratus OCT, Optomap, Zeiss Clarus, Rabin Cone Contrast Test, RetEval ERG, Humphrey Visual Field, Zeiss Atlas Corneal Topographer, Octopus Visual Field Analyzer, Topcon Retinal Fundus Camera, Topcon's Maestro Fundus Camera/OCT, iCare tonometer, Humphrey Matrix Visual Field, fundus cameras, non-contact tonometers, autorefractors, perimeters, and B-scan ultrasonographers.

INTERESTS

Glaucoma:

- With the countless of glaucomatous patients seen at TEI in Philadelphia, PA, the Muskogee Veterans Affairs Hospital, working with Dr. Fred Gross a glaucoma specialist, and shadowing Dr. Moster, I am especially interested in the medical management of the glaucomas. I am comfortable diagnosing, treating, and coordinating care of mild, moderate, and severe stages of glaucoma and often work closely with surgeons when tertiary care is indicated.

Specialty Contact Lens Fitting:

- Having completed a rotation at the Cornea, Anterior Segment and Contact Lens Specialty at TEI and Will's Eye Hospital Department of Contact Lenses, I have grown a particular interest in fitting patients with specialty contact lenses. I utilize orthokeratology, corneal rigid gas-permeable, specialty soft, and scleral contact lenses.

Low Vision:

- Having worked at the Low Vision Department at Will's Eye Hospital and performing low vision evaluations at Gilbert and Mid-Atlantic Eyecare, I have seen numerous patients with various culprits of reduced vision. I learned and perfected how to perform careful and precise refractions for these patients, and when to recommend low vision devices such as hand held magnifiers, telemicroscopes, and telescopes.

References:

Andrew Gurwood, O.D., TEI's Chief of Suite 3

Maria Downey, O.D., TEI Preceptor and Instructor

Kriti Bhagat, O.D., TEI Preceptor and Instructor

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