



SCHOOL OF ALLIED HEALTH SCIENCES
Department of Optometry

Organizes Webinar on

**The Four R's of Rehabilitation:
Record, Refract, Rx, and Report.**

Speaker:

Hardeep Kaur,

Assistant Professor, School of Optometry
Bharati Vidyapeeth (Deemed to be) University,
Medical College, Pune

On 6th March 2026, 3PM Onwards



Report on Webinar

The Four R's of Rehabilitation: Record, Refract, Rx, and Report Organized by

**Department of Optometry
School of Allied Health Sciences
Swami Vivekananda University**

1. Introduction: The Department of Optometry under the School of Allied Health Sciences at Swami Vivekananda University organized an academic webinar titled "The Four R's of Rehabilitation: Record, Refract, Rx, and Report." The webinar was conducted on 6th March 2026 at 3:00 PM onwards with the aim of enhancing students' understanding of the systematic approach used in optometric rehabilitation and clinical practice.

Optometry plays a significant role in the diagnosis, management, and rehabilitation of visual disorders. Proper evaluation and documentation of patient information are essential for effective clinical decision-making. The webinar focused on explaining the structured clinical process followed by optometrists in patient care through the concept of the Four R's of Rehabilitation, which includes Recording patient information, performing refraction, prescribing appropriate treatment, and preparing proper clinical reports.

This session provided valuable insights into the practical aspects of optometric examination and patient management for students and professionals in the field of vision science.

2. Objectives of the Webinar

The primary objectives of the webinar were: To introduce students to the concept of the Four R's of Rehabilitation in optometry practice.

To explain the importance of accurate patient documentation and case history recording.

To enhance understanding of refractive assessment techniques used in clinical practice.

To guide students on writing appropriate optical prescriptions (Rx) for patients.

To highlight the importance of clinical reporting and patient record maintenance.

To provide practical knowledge and professional exposure through interaction with an experienced academic expert.

3. About the Speaker: The webinar featured Ms. Hardeep Kaur, who is currently serving as an Assistant Professor at the School of Optometry, Bharati Vidyapeeth (Deemed to be) University Medical College, Pune.

Ms. Hardeep Kaur is an experienced academician in the field of optometry with expertise in clinical optometry and vision rehabilitation. During the webinar, she shared her professional experience and provided valuable insights into the practical workflow followed in optometric examinations and patient management.

15:58

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School of Optometry, Pune, Maharashtra
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Department of Optometry, School of Allied Health
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Thank you!

Contact: h.kaur@bharativedyapeeth.edu

Bonny

Hardeep

Simrin

Prasansh

10 others

Prasansha Bardhan joined

Her session was informative and interactive, helping students understand both theoretical concepts and practical clinical procedures.

4. Description of the Webinar Session: The webinar began with an introduction to the importance of structured clinical procedures in optometry practice. The speaker emphasized that effective patient care requires a systematic approach that ensures accuracy, efficiency, and proper documentation.

The session focused on the Four R's of Rehabilitation, which represent four essential stages of optometric clinical management.

Record: This stage involves documenting the patient's case history and clinical information such as symptoms, previous prescriptions, and medical conditions to understand the cause of visual problems.

Refract: Refract refers to determining the patient's refractive error using instruments like retinoscopes, autorefractors, and phoropters to identify conditions such as myopia, hyperopia, astigmatism, and presbyopia.

Rx (Prescription): Based on refraction results, the optometrist prescribes appropriate vision correction such as spectacles or contact lenses to provide optimal visual clarity.

Report: This stage involves preparing a detailed clinical report including examination findings, diagnosis, and treatment recommendations for proper patient record and professional communication.

5. Key Learning Outcomes:

The webinar provided several important learning outcomes for the participants: Students gained a clear understanding of the systematic workflow used in optometric rehabilitation. Participants learned the importance of accurate patient history and documentation. The session improved students' knowledge of refractive testing procedures. Students understood how to prescribe corrective lenses effectively. The webinar emphasized the importance of professional reporting and patient record management in healthcare practice.

6. Participation and Engagement: The webinar witnessed active participation from students of the Department of Optometry and faculty members of the School of Allied Health Sciences. Participants showed keen interest in the topic and engaged with the speaker through questions and discussions during the session.

The interactive nature of the webinar allowed students to clarify their doubts and gain practical insights into real-world optometric practices.

7. Importance of the Webinar: Such academic webinars play an important role in bridging the gap between theoretical learning and practical clinical experience. The session helped students understand how optometric procedures are implemented in professional healthcare environments. The discussion on the Four R's of Rehabilitation highlighted the importance of maintaining a structured and systematic approach in patient care, which is essential for delivering accurate diagnosis and effective treatment.

8. Conclusion: The webinar on "The Four R's of Rehabilitation: Record, Refract, Rx, and Report" was highly informative and beneficial for the students of the Department of Optometry at Swami Vivekananda University. The session provided valuable knowledge about the essential steps involved in optometric clinical practice and patient rehabilitation.

The expert guidance of Ms. Hardeep Kaur helped students understand the importance of systematic patient evaluation, proper refractive assessment, accurate prescription, and professional documentation.

Overall, the webinar successfully achieved its objective of enhancing students' understanding of optometric rehabilitation practices and preparing them for future clinical responsibilities.

We are thankful to Dr. Nandan Gupta sir, Chancellor, Swami Vivekananda University for his immense support; Prof. (Dr.) Subrata Kumar Dey sir, Vice Chancellor, Swami Vivekananda University for making us reach new heights; Prof. (Dr.) Pinak Pani Nath Sir, Registrar, Swami Vivekananda University for guiding us and Mr. Saurabh Adhikari sir, Chief Operating Officer, Swami Vivekananda University being with us since the beginning.

