

CURRICULUM VITAE

Magne Helland, BSc Optom (Hons), MSc Optom

Present position:

Main position - Fulltime

Associate Professor at Buskerud University College

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**BUSKERUD UNIVERSITY COLLEGE
(HØGSKOLEN I BUSKERUD)**

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EDUCATION & TRAINING

- 2004: Course in statistics and the use of the statistical software SPSS, Buskerud University College. (5 ECTS, fulfilled September 2004)
- 2000 - 2001: Course in "Cyberdemocracy", Norwegian School of Management BI (10 units (vektall))
- 1997 - 2000: Master of Science in Clinical Optometry, Pennsylvania College of Optometry (in collaboration with Buskerud University College, Department of Optometry and Visual Science), a two year part-time programme (started November 1997 – graduated February 2000)
- 1997: Concentrated Ocular Therapy Course (#750B), Pennsylvania College of Optometry, Philadelphia (duration 100 hours)
- 1993: Course in Leadership and Administration, The Norwegian Ministry of Education and Research (duration 4 weeks +), fulfilled 1993
- 1984 - 1986: Degree of Bachelor of Science with Honours (class two, division one) in Optometry at The City University, London (duration 2 years), fulfilled/graduated 1986

- 1982: Attained the Microbiology Course at Department of Pharmacy, University of Oslo, autumn 1982
- 1982: Course in Contact Lens Fitting, Kongsberg College of Engineering, Department of Optometry, (duration 216 hours) fulfilled/graduated 1982
- 1980: Course in Ophthalmic Optics, Kongsberg College of Engineering, Department of Optometry, (duration 20 hours) fulfilled 1980
- 1978 - 1980: Optometry, Kongsberg College of Engineering, Department of Optometry, (duration 2 years), graduated 1980
- 1977 - 1978: Dispensing Optics, Tinius Olsens Skole, Kongsberg (duration 1 year), fulfilled 1978
- 1976 - 1977: Mathematics (Fo 1-2), University of Oslo, fulfilled 1977
- 1971 - 1974: Grammar School (Examen Artium - Natural Science), Vhal Gymnas, Oslo (duration 3 years), fulfilled 1974
- 1962 - 1971: Lower- Secondary (Comprehensive) School , Oslo

MILITARY BACKGROUND

- Present military rank (if mobilized); "Fenrik"
- 1976: State employed as a "Kvartermester Klasse II" at the sea fortress "Sjøforsvarets Stasjon Hvasser", Hvasser (to Aug. 1976)
- 1975 – 1976: Promoted to "Kvartermester Klasse III" and lecturer/supervisor at the "Radarskolen" at KNM Tordenskjold, Bergen, (Aug. 1975 - Jan. 1976)
- 1975: Sea duty, (frigate KNM Stavanger), (May - Aug. 1975)
- 1975: Course in Electronic Warfare, KNM Tordenskjold, Bergen, (May 1975)
- 1975: Course in Radar operation etc., KNM Tordenskjold, Bergen, (March - April 1975)
- 1975: Compulsory training in the Norwegian Navy (from Jan. 1975), Stavanger and Bergen

CERTIFICATION & PROFESSIONAL MEMBERSHIPS

- 2004: State recognised optometrist for clinical use of ophthalmic diagnostic pharmaceutical agents (May 2004)
- 1988: State recognised optometrist (including specialisation in Contact Lens Fitting (Nov. 1988)
- 1981 - present: Member, The Norwegian Optometric Association (Feb. 1981-present)
- 1982 – 1991: Member, The Norwegian Contact Lens Forum (previously The Norwegian Contact Lens Association) (Aug. 1982 – until the "Forum" was fused with, and included as a part of the Norwegian Optometric Association in 1991)
- 1987 – present: Member, The British Contact Lens Association (Feb. 1987 – present)
- 1988 – present: Member and Fellow, The International Association of Contact Lens Educators (IACLE) (member from 1988 – 1996, and Fellow from October 1996 - present)
- 1994 – 2000: Member, The Sports Vision Association

ACADEMIC HONOURS, AWARDS & SCHOLARSHIPS

- 2001: Award from the Norwegian Optometric Association for outstanding contribution to the optometric profession in Norway (April 2001)



- 1996: Award/scholarship from The Association of Norwegian Optometric Wholesalers (Contact Lens Suppliers) for work related to Contact Lens Keratitis, (Nkr. 10.000,-)
- 1988: Award/scholarship from Jacob Kjell Hultgrens Memorial Award for work on Audio-visual Aids to be used at the Department of Optometry at Kongsberg College of Engineering, (Nkr. 5.000,-)
- 1988: Award/scholarship from The Norwegian Contact Lens Association for work on Ocular Photography, (Nkr. 10.000,-)
- 1986: Best Student Prize at The City University - for Ophthalmic Dispensing (third year), (Norville Optical Company Limited)
- 1985: Best Student Prize at The City University - for Clinical Work (second year), (Bateman)
- 1984 – 1986: Scholarship/award from The Norwegian Optometric Association for optometry studies in UK, (1984/85 and 1985/86), (total Nkr. 100.000,-)
- 1985: Scholarship/award from Johan Helmich Janson and Marcia Jansons Legat for studies within optics/optometry at The City University, London, (Nkr. 15.000,-)
- 1985: Scholarship/award from Jacob Kjell Hultgrens Memorial Award for optometry studies in UK, (Nkr. 8.000,-)

APPOINTMENTS & COMISSIONS

- 2006 - 2007: Leader of an audit group appointed by The Swedish National Agency for Higher Education to evaluate the two institutions running optometric education in Sweden (Karolinska Instutet in Stockholm, and Högskolan i Kalmar in Kalmar)
- 2006 - present: Website News Editor and website editor for the departmental website at Department of Optometry and Visual Science at Buskerud University College (www.hibu.no/AFOS)
- 2006 - present: Departmental coordinator for continuous education and training within optometry at Department of Optometry and Visual Science
- 2006 - present: Member of the departmental leader team at Department of Optometry and Visual Science
- 2002 – 2005: Member of the Scientific Council for the Swedish Optometric Association (Optikerförbundet - Vetenskapligt råd)
- 2001 – present: Member of the State Appointed Council for the approval of new Contact Lens Specialists hosted by The Norwegian Optometric Association. This

- council's responsibilities were extended in May 2004 when a new law giving qualified optometrists access to diagnostic ophthalmic pharmaceutical agents was introduced
- 2000 – 2006: Website News Editor for the Norwegian Optometric Association (www.optikerne.no) (part time position)
 - 1999 – present: Member of the Internet Working Group for The Norwegian Optometric Association
 - 1998 – present: Professional adviser for the Norwegian Optometric Association (including their work up to 2004 to expand the scope of optometry to include the use of diagnostic ophthalmic drugs in clinical optometric practice)
 - 1995 – present: Associate Professor at Buskerud University College, Department of Optometry and Visual Science, (April 1995 – present)
 - 1995: Member of a working group appointed by the Ministry of Health; Treatment of children with vision and binocular problems
 - 1995: Member of a working group appointed by the Ministry of Education and the Ministry of Health; the prevalence of binocular problems among children
 - 1995: Editor of the journal of the Norwegian Optometric Association - *Optikeren* (1995 - No. 2 and No. 3)
 - 1994 – 1995: Representing The Norwegian Optometric Association in Jacob Kjell Hultgrens Memorial Award (Jacob Kjell Hultgrens minnefond) (from Jan. 1994 to Aug. 1995)
 - 1994 – 1995: Secretary General and Professional Adviser, The Norwegian Optometric Association, (Jan. 1994 - July 1995)
 - 1990 – 1993: Head of Department at Kongsberg College of Engineering, Department of Optometry, (Aug. 1990 - July 1993)
 - 1990: Employed as an optometrist in an hospital Eye Department (Buskerud Sentralsykehus) (1/5-position), Drammen, (Jan. - Des. 1990)
 - 1989 – 2001: Member of The State Advisory Board in Optometry (Det sakkyndige råd for optikervirksomhet) (from 1989 and Leader from Aug. 1995 – 2001)
 - 1988 – 1995: Vice President in The Norwegian Optometric Research Institute (Norsk Optometrisk Forskningsinstitutt) (from Oct. 1988 to Aug. 1995)
 - 1987 – 1995: Member of the Editorial Board of the journal of the Norwegian Optometric Association - *Optikeren* (from 1987 to 1990 and from 1994 (No. 4) to 1995 (No. 4))
 - 1983 – 1995: Lecturer at Kongsberg College of Engineering, Department of Optometry (from Aug. 1983) (the college was reorganised in 1992 to Buskerud College, Faculty of Engineering, Department of Optometry, and later again renamed to Buskerud University College, Department of Optometry and Visual Science)
 - 1980 – 1983: worked as an optometrist in private practice in Oslo (Optiker Tron Stageboe, Theresesgt. 46, Oslo) (June 1980 - Sept. 1983)

TEACHING EXPERIENCE – LECTURING RESPONSIBILITIES

1999 - 2005	Administration and coordination of Dissertations and Main Projects
1996 - 2004	Basic optometric techniques
1995 - 1997	Occupational optometry
1992 - 1993	Photometry
1988 - 1990	Binocular problems - orthoptics
1986 - 1992	Low vision

1986 - 1990	Special optometric techniques
1986 - 2005	Contact lenses
1984 - 2005	Dissertation and main project, supervision
1983 - 1994	Optometric procedures
1983 - 1985	Physiological optics
1983 - 2004	Basic optometric techniques
1983 – 2004	Supervisor for undergraduate dissertations and main projects

CLINICAL TEACHING

1986 - 2003	Contact lenses (clinical supervisor)
1986 - 1992	Low vision optometric care (clinical supervisor)
1984 - 2004	Optometric general care (clinical supervisor)
1983 - 2004	Clinical techniques (clinical supervisor)

RESEARCH INTERESTS

Eye Blinking & Dry Eyes
 Occupational Optometry
 Contact Lenses
 Social Optometry
 Optometry Education and Didactics
 E-learning

RESEARCH EXPERIENCE

2003 – present: Research on vision and ergonomics in particular concerning work with Visual Display Units (VDU). Grants from Norges Forskningsråd, The Research Council of Norway.

Responsible for several subprojects, total budget Nkr.

2000 – 2004: National research on Vision, Eye Health and Reading among School Children. For SINTEF (SINTEF, The Foundation for Scientific and Industrial Research at the Norwegian Institute of Technology, is the largest independent research organisation in Scandinavia).

Responsible for the “eye & vision” part of the study which had a total budget of Nkr. 716.000,-

OTHER MAJOR PROJECTS

2002 – 2004: Flexible learning within the optometric profession in Norway – The development of a Internet supported learning concept (Fleksibel læring innen norsk optometri – utvikling av et webstøttet undervisningskonsept). Work supported by grants from Norway Opening Universities (NOU) (SOFF/Norgesuniversitetet). Total budget Nkr. 310.000,-

2001 – 2002: E-learning within the optometric profession. Work done for the Norwegian Optometric Association to collect as much available information as possible on e-learning concepts world wide, and to develop a sub-page on their website with relevant information and hyperlinks. Total budget Nkr. 50.000,-

PUBLICATIONS

1. Papers

Optikeren is the official publication of The Norwegian Optometric Association. Many entries on this list are for papers and articles in *Optikeren*. For this CV all headings/titles originally in Norwegian have been translated into English. This translation has been done in a rather direct way – mainly to keep the wording as “Norwegian” as possible.

Optikeren has an editorial board, but is not a referee journal. For all papers written in English – the title is underlined.

- Helland M, Horgen G, Kvikstad TM, Garthus T, Aarås A (2007?): Will musculoskeletal, visual and psychosocial stress change for visual display unit (VDU) operators when moving from a single person office to an office landscape? International Journal of Occupational Safety and Ergonomics (JOSE). **Submitted for publication**
- Helland M, Horgen G, Kvikstad TM, Garthus T, Bruenech JR, Aarås A (2007?): Musculoskeletal, visual and psychosocial stress in VDU operators after moving to an ergonomically designed office landscape. Applied Ergonomics. **Submitted for publication**
- Morgan PB, Woods CA, Jones D, Efron N, Tan K-O, Gonzalez MY, Pesinova A, Grein H-J, Runberg S-E, Tranoudis IG, Chandrinos A, Fine P, Montani G, Marani E, Itoi M, Bendoriene J, van der Worp E, Helland M, Phillips G, Belousov V, Barr JT (2007): International Contact Lens Prescribing 2006. Contact Lens Spectrum, Jan./No. 1 (<http://www.clspectrum.com/article.aspx?article=&loc=archive\2007\january\0107034b.htm>, 02.05.2007)
- Helland M (2007): The Mekka for the Optometric Profession. *Optikeren*, No. 1, 18-19 (http://optikeren.pdc.no/index.php?seks_id=8930&a=1, 02.05.2007)
- Helland M, Gladhus L (2007): First aid in optometric practice – Part 3; Anaphylaxis. *Optikeren*, No. 1, 38-45 (http://optikeren.pdc.no/index.php?seks_id=9168&a=1, 02.05.2007)
- Helland M, Horgen G, Kvikstad TM, Aaraas A (2006): Do background luminance levels or character size affect the eye blink rate during VDU work for young adults? American Academy of Optometry, Proceedings from meeting in Denver, USA, December
- Graven OH, Helland M, MacKinnon L (2006): The influence of staff use of a virtual learning environment on student satisfaction. Proceedings ITHET : 7th Annual International Conference, ISBN 1424404061
- Gladhus L, Helland M (2006): First aid in optometric practice – Part 2; CPR. *Optikeren*, No. 7, 22-26

- Helland M, Gladhus L (2006): First aid in optometric practice – Part 1; Why be prepared, and how to deal with vasovagal syncope. *Optikeren*, No. 6, 22-26
- Morgan PB, Efron N, Woods CA, Jones D, Pesinova A, Grein H-J, Tranoudis IG, Chandrinos A, Itoi M, van der Worp E, Phillips G, Belousov V, Helland M, Thunholm-Henriksson I-L, Ong A, Hung LK, Barr JT (2006): International Contact Lens Prescribing 2005. *Contact Lens Spectrum*, Jan./No. 1 (<http://www.clspectrum.com/article.aspx?article=&loc=archive\2006\january\0106035.htm>, 02.05.07)
- Aakre B M, Aarås A, Horgen G, Helland M, Langaas T, Haugen, I-B K, Bruenech J R (2005): Researchers from Buskerud University College to Las Vegas, *Optikeren*, No. 7, 18-22
- Helland M (2005): From optics to optometry – The Norwegian Optometric Association 1945-2005. (Bookreview), *Optikeren*, No. 6, 49.
- Helland M (2005): Direct referrals to ophthalmologists? *Dagens Medisin (Medicine of Today)*, 11/05 (<http://www.dagensmedisin.no/nyheter/VisArtikkel.asp?ArtId=5250>, 02.09.05)
- Helland M, Aakre BM (2005): Unethical marketing of refractive eye surgery. *Journal of The Norwegian Medical Association*. 21;125(8):1048 (http://www.tidsskriftet.no/pls/lts/PA_LT.VisSeksjon?vp_SEKS_ID=1179808, 02.09.05)
- Helland M, Horgen G, Kvikstad TM, Aakre BM, Aaras A, Bruenech JR (2005): Do the Luminance Levels of the Surroundings of Visual Display Units (VDU) and the Size of Characters on the Screen Effect the Eye Blink Rate During VDU Work. Paper presented at HCI International 2005 (Las Vegas), Volume 1 - Engineering Psychology, Health and Computer System Design (CD-ROM).
- Horgen G, Helland M, Kvikstad TM, Aaras A, Bruenech JR (2005): Do the Luminance Levels of the Surroundings of Visual Display Units (VDU) and the Size of the Characters on the Screen Effect the Accommodation, the Fixation Pattern and the Muscle Load During VDU Work. Paper presented at HCI International 2005 (Las Vegas), Volume 1 - Engineering Psychology, Health and Computer System Design (CD-ROM).
- Aakre B M, Doughty M J, Helland M, Horgen G, Aaras A, Bruenech J R (2005): Visual Discomfort During VDU Work After LASIK Surgery. Paper presented at HCI International 2005 (Las Vegas), Volume 1 - Engineering Psychology, Health and Computer System Design (CD-ROM).
- Helland M, Dugstad J (2005): The use of multiple choice questions for formal examinations – experiences and useful advises (in Norwegian). (In. *Til å bli klok av ... Et knippe prosjekterfaringer*, Norgesuniversitetets skriftserie nr. 2/2005, Norgesuniversitetet, Tromsø, ISBN 82-91308-38-1)
- Morgan PB, Efron N, Woods CA, Jones D, Grein H-J, Tranoudis IG, Montani G, Marani E, Itoi M, van der Worp E, Phillips G, Helland M, Thunholm-Henriksson I-L, Chwee E Y, Barr JT (2005): International Contact Lens Prescribing 2004. *Contact Lens Spectrum*, Jan./No. 1 (<http://www.clspectrum.com/article.aspx?article=&loc=archive\2005\january\0105034.htm> , 02.09.05)
- Heim J, Haugen O, Helland M, Fostervold KI (2004): Final report "Vision and reading in primary school children". SINTEF IKT, Oslo (STF90 A04063) (<http://www.sintef.no/upload/IKT/9012/BIT/Rapporter/Sluttrapport%20%20Syn%20og%20lesing.pdf>, 02.09.05)

- Morgan PB, Efron N, Woods CA, Jones D, Tranoudis Y, Itoi M, van der Worp E, Helland M, Hong AYC, Barr JT (2004): International Contact Lens Prescribing 2003. Contact Lens Spectrum, Vol. 19, No. 1, 34-37
(<http://www.clspectrum.com/article.aspx?article=&loc=archive\2004\january\0104034.htm>, 02.09.05)
- Helland M (2003): Driving with confidence. A practical guide to driving with low vision. (Bookreview), Optikeren, No. 6, 48.
- Helland M (2003): Solar retinopathy. Patient contacts to Norwegian optometrists after the solar eclipse of August 11. 1999. Optikeren, No. 3, 38-44
- Morgan PB, Efron N, Woods CA, Jones D, Tranoudis Y, van der Worp E, Helland M, Hong AYC, Barr JT, Bailey GM (2003): International Contact Lens Prescribing 2002. Survey results from eight countries provide a snapshot of contact lens prescribing around the world. Contact Lens Spectrum, Vol. 18, No. 1, 40-43
(<http://www.clspectrum.com/article.aspx?article=&loc=archive\2003\january\0103040.htm> , 02.09.05)
- Morgan PB, Efron N, Woods CA, Jones D, Tranoudis Y, van der Worp E, Helland M (2002): International Contact Lens Prescribing - Survey results from six countries provide a snapshot of contact lens prescribing around the world. Contact Lens Spectrum, Vol. 17, No. 1, 42-45
(<http://www.clspectrum.com/article.aspx?article=&loc=archive\2002\january\0102042.htm>, 02.09.05)
- van der Worp E, Morgan P, Efron N, Helland M, Jones L, Woods C (2001): Contactlens aanpassingen Internationaal, VISUS 2001/1 (Deutch optometric journal), 151-157.
- Helland M, Lindteigen H (2001): Which challenges will traditional higher education face when it comes to e-learning? – and what attitudes have lecturing staff members? Report from Buskerud University College (No. 45, ISSN: 0807-447X)
- Morgan PB, Efron N, Helland M, Jones L, Woods CA and van der Worp E. (2001): How does the UK market compare with other countries? Optician, Vol. 221, No. 5799, 26-32.
- Daae K I, Helland M (2001): In memorandum – Trygve Saude. Optikeren, No. 6, 26
- Helland M (2001): New litteratur and Internetsites: Contact lenses and refractive surgery. Optikeren, No. 5, 81-83
- Morgan PB, Efron N, Woods CA, Jones L, van der Worp E, Helland M (2001): International contact lens prescribing 2000. Supplement to Optikeren, No. 2
- Helland M (2001): Contact lens complications in Norway in 1999. Optikeren, No. 2, 8
- Helland M (2000): Optometrists and the use of diagnostic pharmaceutical agents. Journal of The Norwegian Medical Association. 10;120(12):1467-8
(http://www.tidsskriftet.no/pls/lts/PA_LT.VisSeksjon?vp_SEKS_ID=36074, 02.09.05)
- Helland M (2000): Prosjektarbeid i helsefagene (Bookreview). Optikeren, No. 4, 34-35
- Helland M (1999): Handbook for International Master Degree Students – Master of Science in Clinical Optometry (English Edition), Buskerud College, Report no. 15, ISBN 82-91116-25-3
- Helland M (1999): Epidemiologi. (Bookrview), Optikeren, No. 2, 26
- Helland M (1998): Handbook for International Master Degree Students – Master of Science in Clinical Optometry (Norwegian Edition), Buskerud College, Report no. 12, ISBN 82-91116-22-9

- Helland M (1998): The City University Colour Vision Test (3rd Edition). (Book-/productreview), Optikeren, No. 7, 45
- Helland M (1998): New literature related to geriatric optometry. Optikeren, No. 5, 57-59
- Helland M (1998): De fargeblindes øy. (Bookreview), Optikeren, No. 1, 37
- Helland M, Herholdt Dugstad J (1998): The use of references in optometric scientific papers. Optikeren, No. 2, 34-36
- Helland M (1998): The Master program carries on!, Optikeren, No. 3, 36-37
- Helland M (1998): The use of Internet by Norwegian optometrists. Optikeren, No. 1, 14-15
- Helland M, Knudsen Jr. Ø (1998): Basic knowledge in general first aid – what about the optometrist? Optikeren, No. 1, 4-8
- Helland M (1997): On diving and corrections for divers - and contact lenses. Optikeren, No. 7, 41-42.
- Helland M (1997): The handbook of ophthalmic emergencies. (Bookreview), Optikeren, No. 7, 38.
- Helland M (1997): Cornea Color Atlas. (Bookreview), Optikeren, No. 7, 38.
- Martinsen H P, Olsen O K, Huslænde T, Varmo R, Tørmo P, Helland M, Bruenech J R (1997): Normal physiological variations in the limbal area with emphasis on vascularisation. Optikeren, No. 6, 20-25
- Helland M (1997): Fundus Fundamentals - An Interactive Visual Review Tool for the Fundus. (Bookreview), Optikeren, No. 3, 45.
- Helland M (1997): Optometric Instrumentation - Second Edition. (Bookreview), Optikeren, No. 2, 37.
- Helland M (1997): Cornea Copia - An Interactive Visual Review Tool for the Cornea and Contact Lenses. (Bookreview), Optikeren, No. 1, 45.
- Helland M (1996): Klass 1996 - En oversikt over kontaktlinseprodukter tilgjengelig i Sverige. (Bookreview), Optikeren, No. 6, 45.
- Lid J, Niazi S, Sørskår T L, Helland M (1996): Optometrists and referrals to other health care practitioners. Optikeren, No. 6, 37-40.
- Eieland I, Helland M, Daae K I (1996): Illumination and visual considerations in Norwegian dental offices. Optikeren, No. 6, 15-18.
- Helland M (1996): The key 1996 contact lens event? Optikeren, No. 5, 26-27.
- Helland M (1996): The use of Internet by Norwegian optometrists. Optikeren, No. 4, 4.
- Helland M (1996): Can long term contact lens use cause trigeminal neuropathy? Optikeren, No. 1, 42
- Helland M (1995): Spare time in London - visit Foyles. Optikeren, No. 2, 34
- Helland M (1995): The Optometric Situation in Scandinavia. Transaction of the Second World Conference on Optometric Education, Hong Kong 1993, IV. Panel on Europe. edited by Collin H B & Bleything W B, Clinical and Experimental Optometry, 78: 1: 24-32
- Helland M (1994): New books on Children and Vision. Optikeren, No. 6, 29-30
- Helland M (1994): The importance of vision for athletes. Inside Sport. Vol. 5, No. 4, 20-(32)
- Helland M (1994): Eyesight in focus on sport medical conference. Optikeren, No. 6, 16-17
- Helland M (1994): Sports and Vision - The importance of vision for athletes. Optikeren, No. 6, 11-14

- Helland M (1994): To be honest.... Optikereren, No. 5, 43
- Helland M (1994): Swedish thriller on higher education for optometrists - part II - Towards new goals or back to the middle age?. Optikereren, No. 5, 26-30
- Helland M (1994): The Nordic Contact Lens Conference in Oslo (8. to 9. Oct.) - More Norwegian than Nordic? Optikereren, No. 5, 20-21
- Helland M (1994): Å drive praksis. (Bookreview), Optikereren, No. 4, 54-55
- Helland M (1994): Complications of Contact Lens Wear. (Bookreview), Optikereren, No. 4, 53-54
- Helland M (1994): Continuing Education - reading habits of Norwegian optometrists. Optikereren, No. 4, 41-42
- Helland M (1994): Otto Wichterle 80 years. Optikereren, No. 4, 38-39
- Helland M (1994): Professor Robert J. Fletcher retires! Optikereren, No. 4, 36
- Helland M (1994): City University 100 years. Optikereren, No. 4, 35
- Helland M (1994): Test your vision along the road! Optikereren, No. 3, 52
- Helland M (1994): Can Norwegian optometrists contribute Internationally? Optikereren, No. 3, 49-50
- Helland M (1994): How to win friends and influence people! (Bookreview), Optikereren, No. 2, 55
- Helland M (1994): The Edge Defect Debate. (Abstract - Read for you), Optikereren, No. 2, 51-52
- Helland M (1994): Contact lens use and winter sports. (Abstract - Read for you), Optikereren, No. 2, 51
- Helland M (1994): Corneal injuries due to fish bile. (Abstract - Read for you), Optikereren, No. 2, 50-51
- Helland M (1994): Ageing, hemianopic field defects and driving performance. (Abstract - Read for you), Optikereren, No. 2, 50
- Helland M (1994): Epidemiologi og prosjektplanlegging for oss optikere. (Bookreview), Optikereren, No. 1, 46-47
- Helland M (1994): Spectacles for presbyopic patients using VDU's. (Abstract - Read for you), Optikereren, No. 1, 41
- Helland M (1994): How to influence patients behavioural pattern - the examination and the doctor-patient-relationship. (Abstract - Read for you), Optikereren, No. 1, 41
- Helland M (1993): New books on Contact Lenses. Optikereren, No. 1, 31-33
- Helland M (1992): Borelia-infections and possible visual implications. Optikereren, No. 5, 3-6
- Helland M (1992): Malpractice and Contact Lenses. (Bookreview) Optikereren, No. 4, 50-51
- Helland M (1992): Kongsberg - the natural place for Norwegian optometry. Optikereren, No. 3, 54-56
- Helland M (1992): A personal test - some optometric problems. Optikereren, No. 3, 50-52 & 57-58
- Helland M (1992): New books on Low Vision. Optikereren, No. 2, 38-40
- Helland M (1992): "The four freedoms". Optikereren, No. 1, 45
- Helland M (1992): Optometric Journals - an unused resource among many Norwegian optometrists? Optikereren, No. 1, 39-41
- Helland M (1991): Ophthalmic photography. (Bookreview), Optikereren, No. 6, 51-53
- Helland M (1991): Kongsberg College of Engineering, Department of Optometry - popular among applicants. Optikereren, No. 5, 45-47

- Helland M (1991): Dysleksi - informasjon for undervisningspersonell. (Bookreview), Optikeren, No. 5, 43
- Helland M (1991): News from Kongsberg College of Engineering. Optikeren, No. 3, 52
- Helland M (1990): Department of Optometry - larger than ever. Optikeren, No. 5, 37-(42)
- Helland M (1989): Essillors symposium on presbyopia - The Scandinavian workshop. Optikeren, No. 5, 21-22
- Helland M (1989): Optometric courses - selected topics. Optikeren, No. 4, 27-30
- Helland M (1988): Low Visual Acuity. (Bookreview), Optikeren, No. 5, 36
- Helland M (1988): Robert Fletcher - an international "star" in a Norwegian optometric setting. Optikeren, No. 5, 11-(42)
- Helland M (1988): The Nordic Contact Lens Congress. Optikeren, No. 4, 27-28
- Helland M (1988): Contact Lens Optics. (Bookreview), Optikeren, No. 1, 17
- Helland M (1987): Hodepine - Fra folkemedisin til legevitenskap. (Bookreview), Optikeren, No. 4, 22
- Helland M (1987): Dictionary of Optometry. (Bookreview), Optikeren, No. 3, 32-33
- Helland M (1987): Radial keratotomy. Optikeren, No. 3, 8-12
- Helland M (1985): Diabetic eye disease. (Bookreview), Optikeren, No. 5, 19

2. Abstracts

3. Work in progress

Several papers/presentations related to occupational optometry, with the first coming up;

- July 2007; HCII 2007 Beijing, China
- October 2007; NES 2007 Lysekil, Sweden

PRESENTATIONS

National presentations, talks and continuing education courses

For this CV all titles originally in Norwegian have been translated into English.

- 2006: Eye blinking and VDU work – need more than an eye wink attention. at The Annual Conference of The Norwegian Optometric Association, Bergen, (April/May 2006)
- 2006: Vision and reading for children at primary school – What to learn for optometrists from the SINTEF project? at The Annual Conference of The Norwegian Optometric Association, Bergen, (April/May 2005)
- 2005: Recording keeping – Record as little as possible, but just enough! “One-on-One debate” with Øystein Dalen at The Annual Conference of The Norwegian Optometric Association, Kongsberg, (April/May 2005)
- 2004: *Diagnostic Pharmaceutical Agents! Is it interesting for me, or is it better to stay off?* Lecture at a course arranged by The Norwegian Optometric Association for

Norwegian Optometrists with a Master Degree in Clinical Optometry. Kongsberg, (20. July 2004)

- 2004: The Transit of Venus 8. of June 2004 – What can we expect to see, and how can the phenomenon be safely observed? An open “popular”-scientific presentation at Buskerud University College, Kongsberg, (June 1th 2004)
- 2004: Solar retinopathy. A bluff crated by the media, or a sight threatening condition? Lecture for The Annual Conference of The Norwegian Optometric Association, Tromsø (30th April 2004)
- 2004: Humor within the optometric profession – taken seriously! Lecture for The Annual Conference of The Norwegian Optometric Association, Tromsø (30th April 2004)
- 2004: "I do not want to use diagnostic pharmaceutical agents!" Invited lecture for The Annual Conference of The Norwegian Optometric Association, Tromsø (29th April 2004)
- 2003: Orthokeratology. A bluff, or an alternative to refractive surgery? Invited lecture at a seminar for Norwegian ophthalmologists (arranged by Pharmacia Norge AS - Pfizer), Oslo, (18. October 2003)
- 2003: The Norwegian Contact Lens Market. Professional optimal CL-fittings, or a mass sale of simple visual correction? Invited lecture at a seminar for Norwegian ophthalmologists (arranged by Pharmacia Norge AS - Pfizer), Oslo, (18. October 2003)
- 2002: What influence the human visual system and our perception?? Invited lecture at a seminar for engineers involved in non-destructive testing (Nivå 3 seminar for Norsk Forening for Ikke-destruktiv Prøving). Oslo, (November 2002) (http://www.ndt.no/NDTinformasjon/2002-3/ndtinfo_3-2002_Seminar.htm)
- 2002: How to get as much as possible out of <http://www.optikerne.no> and the associations Intranet. Lecture/course for The Annual Conference of The Norwegian Optometric Association, Stavanger (27th April 2002)
- 2002: Myopia! Some historical conciderations! Lecture for The Annual Conference of The Norwegian Optometric Association, Stavanger (27th April 2002)
- 2002: Examinations based on Multiple Choice Questions. Invited lecture on a seminar for the staff at Buskerud University College. (March 2002)
- 2000: "An optimal eyeexamination related to dyslexia patients – how should it be performed? Lecturing together with ophthalmologist Olav H. Haugen at an open seminar at SINTEF/Oslo (26. October 2000)
- 2000: "Relevant optometric and ophthalmologic intervention for patients with dyslexia". Lecturing together with ophthalmologist Olav H. Haugen at an open seminar at SINTEF/Oslo (26. October 2000)
- 2000: "The patient first of all – one year after! – How to become an even better health care professional", lecture for The Annual Conference of The Norwegian Optometric Association, Ålesund, (May 2000)
- 2000: "The patient first of all! – How to become a better health care professional", for the Annual meeting of state employed optometrists, Oslo, (March 2000)
- 1999: "The patient - First of all"(Different methods for quality insurance of clinical practice)", lecture for The Annual Conference of The Norwegian Optometric Association, Oslo, (May 1999)
- 1998: "Vision related reading- and writing difficulties – from an optometrists perspective!", lecture at a national conference for vision health care professionals, Trondheim/Melhus, (September/October 1998)

- 1997: "The use of Information Technology (IT) for Eye Health Care Practitioners", for the Annual meeting of state employed optometrists, Drammen, (May 1997)
- 1997: "What does optometrists learn about refraction?", for the Annual meeting of The Norwegian Association of Ophthalmologists, Drammen, (May 1997)
- 1997: "Colour vision deficiencies and the X-Chrome lens", lecture for The Annual Conference of The Norwegian Optometric Association - Contact Lens Forum, Oslo, (April 1997)
- 1997: "The use of grading scales in contact lens practice - a critical review of methods for recording and storing slit lamp observations", lecture for The Annual Conference of The Norwegian Optometric Association - Contact Lens Forum, Oslo, (April 1997)
- 1996: "VDU's and Vision", lecture for computing students, Kongsberg, (Oct. 1996)
- 1996: "Low Vision Aids". lecture for vision therapist students from University of Oslo, Kongsberg, (Oct. 1996)
- 1996: "Optometrists and referrals to other health care practitioners", for The Annual Conference of The Norwegian Optometric Association, Mo i Rana, (June 1996)
- 1996: "The use of Internet by optometrists", lecture, optometric seminar, Kongsberg, (March 1996 (in English))
- 1995: "Evaluation of the Tear Film with emphasise on the Lipid Layer", workshop, "The Kongsberg Days 1995" (Interdisciplinary Vision Conference), Kongsberg, (Oct. 1995)
- 1995: "Binocular Vision Problems - tropias and phorias", course for health care practitioners, Hammerfest and Vadsø, (March 1995)
- 1995: "Occupational Optometry - What is going on and how to improve", course for Norwegian optometrists held at 6 major locations, (Kristiansand, Stavanger, Bergen, Trondheim, Oslo and Tønsberg), (Feb. and March 1995)
- 1995: "Optometrists and Glaucoma Screening - The present situation and how to become better", for The Hedmark and Oppland County division of The Norwegian Optometric Association, Trysil, (Jan. 1995)
- 1995: "Sports Vision - A general Introduction", for The Hedmark and Oppland County division of The Norwegian Optometric Association, Trysil, (Jan. 1995)
- 1994: "Sport and vision", Sports Medicine Autumn Conference (Idrettsmedisinsk Høstkongress), Lillehammer, (Nov. 1994)
- 1994: "Binocular problems", chairman, panel discussion, "The Kongsberg Days 1994" (Interdisciplinary Vision Conference), Kongsberg, (Nov. 1994)
- 1994: "Filing patient information and record card keeping", lecture and workshop, Nordic Contact Lens Conference, Oslo, (Oct. 1994)
- 1994: "Vision and driving", for The Annual Conference of The Norwegian Optometric Association, Lillehammer, (April 1994)
- 1994: "High quality eye examinations?", lecture and workshop at The Annual Conference of The Norwegian Optometric Association, Lillehammer, (April 1994)
- 1994: "Sports related ocular injuries", conference for coaches, athletes etc., Kongsberg, (April 1994)
- 1993: "The Norwegian optometric legislation and work with patients with binocular problems", for an interdisciplinary conference (ophthalmologists, optometrists, orthoptists etc.), Oslo, (Nov. 1993)
- 1991: "Dyslexia and vision - What does research tell us?", for The Oslo and Akershus County division of The Norwegian Optometric Association, Oslo, (Nov. 1991)

- 1991: "Diabetes and eye changes", for Kongsberg Diabetes Association, Kongsberg, (Oct. 1991)
- 1990: "Photography for eye-care practitioners", a two-days course for optometrists, ophthalmologists, general practitioners etc., Kongsberg, (Nov. 1990)
- 1990: "Magnifiers - some optometric considerations", for a interdisciplinary seminar on Low Vision (optometrists, low vision therapists, ophthalmologists etc.), Oslo, (Nov. 1990)
- 1990: "Hygienic Aspects of a Contact Lens Practice", course for Contact Lens Assistants, for The Annual Conference of The Norwegian Optometric Association, Haugesund, (April 1990)
- 1990: "Ready Made Spectacles - What's so bad?", for The Annual Conference of The Norwegian Optometric Association, Haugesund, (April 1990)
- 1989: "Occupational Optometry - The role of the optometrist", The Kongsberg Days 1989" (Interdisciplinary Vision Conference), Kongsberg, (Nov. 1989)
- 1989: "Ocular Photography for Contact Lens Practitioners - Is a SLR-camera sufficient?", for The Annual Conference of The Norwegian Contact Lens Association, Sundvolden, (Oct. 1989)
- 1987: "Accommodation and presbyopia", "The Kongsberg Days 1987" (Interdisciplinary Vision Conference), Kongsberg, (Nov. 1987)
- 1987: "Optical Principles of Low Vision Aids", course for low vision therapists, Hurdalsenteret (Low Vision Rehabilitation Centre), (Sept. 1987)
- 1987: "ACCOMMODATION - What happens and why does it fail?", for The Annual Conference of The Norwegian Optometric Association, Oslo, (April 1987)
- 1987: "RADIAL KERATOTOMY AND RELATED OPERATIVE TECHNIQUES - A THREAT FOR THE OPTOMETRIC PROFESSION?", for The Oslo and Akershus County division of The Norwegian Optometric Association, (May 1987)
- 1986: "BINOCULAR PROBLEMS/ORTHOPTICS", for the "Westcoast" division of The Norwegian Optometric Association, Haugesund, (Oct. 1986)

International and Scandinavian lectures and talks

- 2007: Contact lens prescribing – Scandinavia versus the World. Shared presentation together with Philip Morgan at the Nordic Conference in Contact Lenses and Anterior Eye, Kongsberg, Norway, 20.-22. April
- 2007: Contact lens sales through the Internet. Panel discussion with Philip Morgan, Ross Grant and Malin Sundström - Chaired by Gro H. Vikesdal, Kongsberg, Norway, 20.-22. April
- 2006: Do background luminance levels or character size affect the eye blink rate during VDU work for young adults? American Academy of Optometry, Denver, USA, 7. December
- 2005: "Eye blinking while working at Visual Display Units (VDU). The influence of luminance levels and size of characters, and comparing a laboratory situation with real daily work activities". Presentation at the Nordic Ergonomics Society (NES) 37th Annual Conference, Oslo, Norway, 10.-12. October
- 2005: Do the Luminance Levels of the Surroundings of Visual Display Units (VDU) and the Size of Characters on the Screen Effect the Eyeblink Rate During VDU Work. Presentation at Human Computer Interaction (HCI) International 2005, Las Vegas, 22.-27. July

- 2004: Why do Norwegian optometrists use diagnostic pharmaceutical agents? (In Swedish: Därför använder optikerna i Norge diagnostiska droppar). Lecture at the annual conference for the Swedish Optometric Association (Optometridagen), Stockholm (2nd October 2004)
- 2003: Emmetropizations. Refractive changes from birth to teenager? Invited lecture for the Danish Optometric Association ("Faglig Konference 2003" - Urmagernes og Optikernes Landssammenslutning (Denmark)), Bredsten, (October 2003)
- 2001: <http://www.optikerne.no> - A dynamic website for Norwegian optometry, or a digital flop? Lecture at the Scandinavian Optometric Congress, Leangkollen/Asker, (Oct. 2001)
- 2001: ICT & Optometry - A holistic approach. Lecture at the Scandinavian Optometric Congress, Leangkollen/Asker, (Oct. 2001)
- 2000: Ultraviolet (UV) radiation and contact lenses (In Swedish: Ultraviolet (UV) strålning och kontaktlinsebruk), lecture at the annual conference for the Swedish Optometric Association, Stockholm, (October 2000)
- 2000: How to record slit lamp observations - a critical review of methods for recording and storing slit lamp observations (In Swedish: Registrering och arkivering av okulära observationer vid bl.a. linsetilpassning), lecture at the annual conference for the Swedish Optometric Association, Stockholm, (October 2000)
- 1999: Causes of low vision and blindness – Can the optometrist contribute with preventive eyecare? lecture at the annual conference for the Swedish Optometric Association, Stockholm, (October 1999)
- 1999: Contact lenses for congenital colour vision deficiencies. lecture at the annual conference for the Swedish Optometric Association, Stockholm, (October 1999)
- 1999: "Case presentation" (EH, a 16-year-old white female (schoolgirl) with a trauma related subconjunctival haemorrhage (SCH) which took 10 weeks to resolve). Formal open presentation at Pennsylvania College of Optometry, Philadelphia, (September 1999)
- 1998: "Optometry Education in Norway and The Master of Science in Clinical Optometry Program", lecture at an educational conference in Denmark, Copenhagen, (Nov. 1998)
- 1998: "HOW TO FIND PROFESSIONAL OPTOMETRIC INFORMATION IN CYBERSPACE", lecture at the Norwegian Master of Science program in clinical optometry, Kongsberg, (January 1998)
- 1998: "HTS-Evaluation" – A clinical evaluation of a computerbased vision therapy program (Home Therapy System). Formal open presentation at Pennsylvania College of Optometry, Philadelphia, (September 1998)
- 1997: "CONTACT LENSES AND OCCUPATIONAL OPTOMETRY", lecture at the meeting of the Scandinavian Contact Lens Meeting (collaboration between the contact lens associations in the Scandinavian countries)(in English), Turku (Finland), (September 1997)
- 1997: "ONE-ON-ONE" Debate - The use of grading scales in contact lens practice is a waste of time!, (together with Prof. Nathan Efron, UMIST) for the Annual Meeting of the Norwegian Optometric Association - Contact Lens Forum (in English), Oslo, (April 1997)
- 1997: "CONTACT LENSES FOR COLOUR VISION DEFICIENCIES", work-shop at the CIBA conference for optometrists from the Nordic countries ("CIBA-cup")(in English), Austria/Salbach, (March 1997)

- 1997: "CONTACT LENSES AND OCCUPATIONAL OPTOMETRY", lecture at the CIBA conference for optometrists from the Nordic countries ("CIBA-cup")(in English), Austria/Salbach, (March 1997)
- 1995: "ONE-ON-ONE Debate - PREDICTIVE TEAR TESTING IS A WASTE OF TIME IN CONTACT LENS PRACTICE", (together with Dr. Philip Morgan, UMIST), "The Kongsberg Days 1995" (Interdisciplinary Vision Conference), Kongsberg, (Oct. 1995)
- 1993: "THE OPTOMETRIC SITUATION IN SCANDINAVIA", lecture at The Second World Conference on Optometric Education (in English), Hong Kong, (April 1993)
- 1993: "CONTINUING EDUCATION - DO WE REALLY NEED IT? IF SO.. HOW CAN IT BE DONE?", Conference on Continuing Education (in English), Oslo, (March 1993)
- 1992: "THE OPTOMETRIC SITUATION IN NORWAY", lecture at the annual meeting of The International Association of Contact Lens Educators (in English), Bordeaux, (Oct. 1992)
- 1989: "OCCUPATIONAL OPTOMETRY", lecture at Essillors symposium on Presbyopia (in English), Marrakech, (June 1989)

PUBLIC COMMUNICATION (MEDIACONTACT)

- 2007: National web news agency – www.mozon.no – Interview “Do you believe you own eyes?” (About myths & vision) (28th May 2007)
- 2006: Radio interview – local radio (NEA Radio) – “Ocular injuries due to fireworks” (21st Dec. 2006)
- 2006: National/regional newspaper – Stavangeravisen – Interview “More Norwegians wear spectacles” (22nd Sept. 2006)
- 2006: National consumer magazine – Forbruker.no – Interview “Contact lenses for less money?” (20th June 2006)
- 2004: National Television – consumer program - "TV2 Hjelper deg" (journalist Janne S. Siler), A 3-minutes presentation/interview discussing optometrists prescribing of glasses (with emphasis on power accuracy) (15th Sept. 2004)
- 2004: Weekly Health Journal – “Bedre Helse”, Interview under the heading “An alarming optometrist – A sighttest saved Lises vision! (Nr. 5, 2004, 10-12)
- 2004: National Radio – consumer program – “Norgesglaset” (NRK P1 radio (journalist Sjur Sætre)), Interview (7th June 2004)
- 2004: Local Daily Newspaper – Laagendalsposten - Two articles – “Warning against staring at the sun”, and “How to view the transit of Venus in a safe way” (page 7) (7th June 2004)
- 2004: Monthly Health Journal – consumer magazine - Forbruker-Rapporten (No. 03/2004, page 40-42), Heading “Foggy at the Optometrist”.
- 2004: Monthly Health Journal - Illustration photography in the Journal of the Norwegian Association for the Blind (Norges Blindeforbunds tidsskrift, Blindesaken) (No. 2, 2004. Vol 93., page 20)
- 2003: Local Daily Newspaper – Laagendalsposten - (7th June 2004), Interview under the heading “The Greate Eclipse” (29th 2003)(<http://www.laagendalsposten.no/apps/pbcs.dll/artikkel?SearchID=73158749765009&Avis=LP&Dato=20030530&Kategori=NYHET&Lopenr=105300002&Ref=AR>)

- 2001: Local Radio - NRK Troms (journalist Guro Bjerck), Interview concerning low vision and blindness in Norway (29th June 2001)
- 2001: National Television – health program - NRK/TV Puls, Interview concerning myopic changes, and ocular hygiene for VDU-workers (occupational optometry) (12th March 2001)
- 1999: National and local radio – Eleven radio interviews concerning the solar eclipse of 11th August 1999 and possible ocular injuries. (Radio Rogaland 29. July, Radio Alta 30. July, Radio Skansen (Ålesund) 30. July, Radio E6 (Oppdal) 30. July, Radio "Østfold" 6. August, Radio Alta 9. August, Radio Grimstad 9. August, Radio P4 (Lillehammer) 9. August, Radio Grimstad 10. August, P1 Buskerudsendinga 11. August, Radio P4 11. August)
- 1994: Weekly Journal – business magazine – heading “Spectacles for half the price”. Dine Penger, No. 9
- 1992: National Television – consumer programme - NRK/TV Forbrukermagasinet. Comments to the partly deviating results from different optometrists on the same patient etc. (18. Feb. 1992)

MISCELLANEOUS ACTIVITIES WORTHY OF MENTION

- 2003 – present: Member of the University E-learning committee, Buskerud University College (established autumn 2003)
- 2003: Advisor for the Chief Medical Doctor of Finnmark County concerning an audit and inspection of an optometric practice concerning possible malpractice. (report dated May 5th 2003)
- 2002: Entered on the speciality list for low vision practitioners in The Norwegian Optometric Association (Optometrisk Rehabilitering av Synshemmede (ORAS))(Autumn 2002)
- 2000: Leader of an internal advisory group for Buskerud College, Faculty of engineering concerning methods for student examinations and evaluation (Autumn 2000)
- 1999: Court appointed expert in the first law case against a Norwegian optometrist (December 1999)
- 1999 – 2001: Founder and administrator of "Optometriforum" – a Scandinavian e-mail based interest group for optometrists (<http://www.optikerne.no/OptoForum/account.jsp>)(similar to the "Optometry Mailing List" in UK).
- 1997 – 2000: Responsible for the departmental web/Internet pages (Buskerud College, Department of Optometry)
- 1993: Main ocular photographer for the English version of the above mentioned book (Saude T: OCULAR ANATOMY AND PHYSIOLOGY. Blackwell Scientific Publishers, Oxford)
- 1992: Main ocular photographer for a Norwegian book on ocular anatomy (Saude T: ØYETS ANATOMI OG FYSIOLOGI. Tell Forlag A/S Oslo, ISBN 82-7522-007-6)

REFERENCES

Available on request.