



B. Ralph Chou, MSc, OD, FAAO
Editor-in-Chief

It was interesting and gratifying to see that optometrists make the list of the top 10 highest-paying, least stressful jobs in the USA.¹ Among health professionals, apparently only orthodontists rate higher; the others in the top five are computer and information systems managers, law professors and physicists. Curiously, professional astronomers are ninth, so even in an alternate universe I might have enjoyed a less stressful career...

Stress is just one of the many possible causes of mental illness, and many of our patients and friends probably talk about how much they experience, and how they cope. There has been much in the news media lately about the importance of mental health – Bell Media’s annual “Let’s Talk” day is a good example of the push in Canadian society to remove the stigma of mental illness and encourage those affected to seek help.

As primary care practitioners, we optometrists can also help patients who are facing mental health issues. Our lead article by Drs. DellaBella, Schwartz and Nehmad discusses the efficacy of the PHQ-2 screening tool to identify patients who may benefit from a referral to a mental health specialist for clinical depression. The critical question is, do we have the time, inclination and professional duty to add this screening test to our examination routines, and if so, does it fit with our regulated scope of practice?

Our profession has changed immensely over the nearly four decades that I have been practicing. It is not inconceivable that screening for the mental health of our patients will become part of everyday activities. ●

REFERENCES

1. Dreher B. These are the 10 highest paying, least stressful jobs. <https://www.menshealth.com/health/a23872514/high-pay-low-stress-jobs/>. Accessed 2018 October 20.