

DEPARTMENT OF COMMERCE, COMMUNITY, AND ECONOMIC DEVELOPMENT  
 DIVISION OF CORPORATIONS, BUSINESS AND PROFESSIONAL LICENSING

# BOARD OF EXAMINERS IN OPTOMETRY

CONDENSED MINUTES OF THE MEETING HELD JANUARY 28, 2026

**THESE DRAFT MINUTES WERE PREPARED BY THE STAFF OF THE DIVISION OF CORPORATIONS, BUSINESS AND PROFESSIONAL LICENSING. THEY HAVE NOT BEEN REVIEWED OR APPROVED BY THE BOARD.**

Date:	January 28, 2026
Time:	09:00 AM
Location:	Teleconference (Zoom)
Attending:	Members: Kathleen Rice (Chair, OD), Damien Delzer (OD), Ethan Arndt (OD), Sheryl Lentfer (OD), Charles (C.O.) Rudstrom (Public Member) Staff: Ashley Carabajal (Licensing Examiner III), Reid Bowman (Program Coordinator II) Public Members: Michael Connors (AK OD)

<b>1a. Call to Order/Roll Call: <u>Ethics Report</u></b>							
Brief Discussion:	<p><i>Before beginning the meeting, Ms. Carabajal introduced newly appointed member Dr. Delzer. The board welcomed Dr. Delzer.</i></p> <p><i>Each member of the board confirmed they had no ethical conflicts to disclose.</i></p> <p><i>Dr. Delzer disclosed to the board that he is a Council on Optometric Practitioner Education (COPE) Course Reviewer, which is an unpaid volunteer position for the Association of Regulatory Boards of Optometry (ARBO); the outgoing president for the Alaska Optometric Association (AOA), which is an unpaid volunteer position; lastly, he was a prior Senior Clinical Examiner for the National Board of Examiners in Optometry (NBEO).</i></p> <p><i>Dr. Delzer stated there should be no conflicts of interest.</i></p>						
<b>1b. Call to Order/Roll Call: <u>Review/Approve Agenda</u></b>							
Brief Discussion:	<i>No discussion to amend the agenda.</i>						
Motion:	<i>Motion to approve the agenda as written. (First: Mr. Rudstrom; Second: Dr. Delzer)</i>						
Recorded Votes:	<table border="0"> <tr> <td><i>Dr. Rice – Y</i></td> <td><i>Dr. Lentfer – Y</i></td> </tr> <tr> <td><i>Dr. Delzer – Y</i></td> <td><i>Dr. Arndt – Y</i></td> </tr> <tr> <td><i>Mr. Rudstrom - Y</i></td> <td></td> </tr> </table>	<i>Dr. Rice – Y</i>	<i>Dr. Lentfer – Y</i>	<i>Dr. Delzer – Y</i>	<i>Dr. Arndt – Y</i>	<i>Mr. Rudstrom - Y</i>	
<i>Dr. Rice – Y</i>	<i>Dr. Lentfer – Y</i>						
<i>Dr. Delzer – Y</i>	<i>Dr. Arndt – Y</i>						
<i>Mr. Rudstrom - Y</i>							
Action Items:	<i>The board will follow the agenda as written unless amended later in the meeting.</i>						

## **2. Public Comment**

Brief Discussion:

*Ms. Carabajal informed the board there was one member of the public present, Dr. Connors, a licensed optometrist in Alaska. Ms. Carabajal reminded the board that Dr. Connors had been present to listen to previous meetings and submitted a letter to the board regarding taking online continuing education course hours into consideration while discussing AO360.*

*Ms. Carabajal asked Dr. Connors if he had any comments for the board. Dr. Connors did not respond, and the board continued with the agenda.*

## **3. AO360 Discussion: Regulation Review**

Brief Discussion:

### ***12 AAC 48.330 (Unprofessional Conduct)***

*The board reviewed and discussed 12 AAC 48.330 (Unprofessional Conduct), specifically (d)(1), (2), and (3). The board agreed to remove 12 AAC 48.330(d)(1), (2), and (3) and amend (d). Dr. Lentfer worked on wording that could potentially work and emailed it to Ms. Carabajal. Example wording: "An optometrist may only represent themselves as a specialist if they are currently certified through an approved optometric organization recognized by the board."*

*Mr. Rudstrom mentioned asking division staff to help with suggestions on wording. Dr. Arndt suggested creating a board advisory that lists which organizations are recognized by the board. Dr. Delzer agreed with Dr. Arndt's suggestion of listing recognized organizations on our website.*

### ***12 AAC 48.340 (Prescription and Use of a Pharmaceutical Agent or Controlled Substance)***

*The board reviewed the above section and agreed to make no changes.*

### ***12 AAC 48.350 (Use of Controlled Substances; Limitations)***

*The board reviewed the above section and agreed to make no changes.*

### ***12 AAC 48.370 (Telehealth)***

*Mr. Rudstrom and Dr. Delzer did not see a need to make any changes at this time. Dr. Rice suggested amending 12 AAC 48.370(b)(1), to remove "verbally, in writing, or" – however, Mr. Bowman stated this cannot be removed due to AS 08.02.130(a) in centralized statute. The board agreed to make no changes to 12 AAC 48.370 at this time but discussed potentially making changes in the future.*

### ***12 AAC 48.900 (Reinstatement of a Lapsed License)***

*The board agreed to remove 12 AAC 48.900(c)(4) which requires licensees who are lapsed for more than two years but less than five years to provide a statement of dates and places of employment while the license was lapsed. The board agreed to amend (c)(2) to remove "for the entire period the license has been lapsed," which would remove the requirement for reinstatement applicants to pay a fee for the entire period their license was lapsed.*

### ***12 AAC 48.910 (Display of Certificate)***

*The board discussed this section during the January 07, 2026, meeting and agreed to remove this regulation.*

	<p><b>12 AAC 48.920 (Prescription Requirements)</b></p> <p><i>The board agreed to remove 12 AAC 48.920(a)(1) and (2), as ODs know how to write prescriptions and it was not needed in regulation.</i></p> <p><i>Dr. Lentfer stepped away from the meeting at 10:41AM and returned at 10:44AM. A quorum was maintained.</i></p> <p><i>The board moved on to discuss wording in 12 AAC 48.920(b). The board agreed to amend 12 AAC 48.920(b) to remove “(a)(2)” which references contacts, and agreed to the following wording: “The expiration date for eyeglasses and contact lenses under this section may not be less than one year from the issue date of the prescription, unless the prescriber determines the ocular health of the patient to require an expiration date of less than one year.”</i></p> <p><i>Ms. Carabajal asked the board if there were any sections of the regulations the board wanted to go over again before the end of the meeting. Dr. Arndt suggested revisiting the continuing education regulations, as a public member submitted a letter to the board for review.</i></p> <p><i>Dr. Connors commented, letting the board know due to technical difficulties, he was unable to speak during public comment but thanked Dr. Arndt for bringing the letter to attention. Dr. Arndt asked if the board planned to have another meeting to discuss continuing education regulations. Ms. Carabajal informed the board they have already passed the 25% reduction plan for AO360 based on the spreadsheet.</i></p> <p><i>Dr. Arndt asked Dr. Delzer what his thoughts were on online CE vs. in-person CE. Dr. Delzer stated this would be a lengthy discussion and would be happy to discuss it if more time allowed. The board agreed to discuss continuing education requirements at the next scheduled meeting.</i></p> <p><i>Mr. Bowman explained the next steps for AO360. Ms. Carabajal will compile the spreadsheet and get it submitted to the board for approval via OnBoard and if the board wanted to discuss anything on the spreadsheet, a meeting must be set before February 13, 2026, which is the deadline for submitting a board approved AO360 plan.</i></p>
Action Items:	<p><i>Ms. Carabajal will update the AO360 spreadsheet to include additional regulation reductions discussed in the meeting and will get it posted to OnBoard for board review and approval. If a discussion is needed, a meeting will need to be scheduled prior to February 13, 2026.</i></p>

Next Meeting:	April 09, 2026
Adjournment:	11:04 AM