

## **The Greatest Contact Lens Course Ever**

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2 Hour  
OD Education  
Category: CL Lenses

#### **Summary:**

With over 90 years of experience collectively in contact lenses, the panel of contact lens fitters will review their most helpful tips in each area of contact lens fitting, practice management and treatment of contact lens complications.

## Learning Objectives:

1. To learn the most valuable fitting strategies for soft, toric, and multifocal lenses
2. To learn the most valuable fitting strategies for hybrids, scleral and gas permeable lenses
3. To learn the most valuable tips for new technology
4. To learn the most valuable tips for increasing your contact lens clinic productivity and efficiency
5. To learn the most valuable tips for troubleshooting contact lens complications

## Outline:

- 1) Introduction of speakers
- 2) Outline of the course to the audience
  - a) Moderator
  - b) Speakers
  - c) Best tips for each category below
- 3) Contact Lens Fitting
  - a) *Soft Spheres*
    - i) new designs and technology
      - (1) daily replacement options
    - ii) custom options
      - (1) monthly replacement
      - (2) custom parameters
      - (3) straightforward to fit
  - b) *Soft Torics*
    - i) amounts of astigmatism in general population
    - ii) proportion of patients fit with toric lenses is underrepresented
    - iii) dispel myth that spherical lenses mask astigmatism
    - iv) clinical data on what happens when you fit toric lenses to low astigmats
  - c) *Soft Multifocals*
    - i) the opportunity re numbers of potential patients
    - ii) clinical results from fitting MF vs monovision
    - iii) clinical pearls
  - d) *Gas Permeable*

- i) still an incredibly useful option
- ii) strategies to improve GP success
  - (1) larger diameter
  - (2) reverse geometry designs
- e) *Hybrids*
  - i) Benefits of hybrid lenses
    - (1) Good vision
    - (2) Stable vision
    - (3) Good comfort
  - ii) when to select a hybrid lens
  - iii) empirical fitting
- f) *Scleral lenses*
  - i) unique indications
    - (1) Regular corneas
    - (2) Refractive error
    - (3) Astigmatism
    - (4) Presbyopia
  - ii) Irregular corneas
    - (1) Primary and secondary corneal ectasias
      - (a) Advanced (notably decentered) keratoconus
      - (b) Keratoglobus
      - (c) Pellucid marginal degeneration
  - iii) Post-surgical/refractive
    - (a) Post-LASIK
    - (b) Post-PRK
    - (c) Post-RK
    - (d) Post Penetrating keratoplasty
      - (i) Endothelial cell count
      - (ii) Scleral lens wearing time
  - iv) Corneal transplants
  - v) Trauma
  - vi) Corneal scars
  - vii) Corneal degenerations or dystrophies
    - (1) Salzmann's nodular degeneration
    - (2) Terrien's marginal degeneration
  - viii) Ocular surface disease
    - (1) Graft versus host disease

- (2) Sjögren's
  - (3) Stevens Johnson syndrome
  - (4) Neurotrophic keratopathy
- ix) fitting techniques
  - (1) diagnostic
  - (2) scleral profilometry
  - (3) impression-based
- x) Tips and tricks for scleral lens fitting
- g) *OrthoK*
  - i) History
  - ii) Modern designs
    - (1) Reverse geometry design
    - (2) Flatter back optic zone diameter versus first peripheral curve
  - iii) Topography design
    - (1) Empirical design
  - iv) Corneal changes
  - v) Epithelial changes first
    - (1) Intracellular fluid
  - vi) Most likely long term epithelial and stromal remodeling
  - vii) Importance of pachymetry
- h) *Fluorescein Patterns*
  - i) Central base curve and alignment zone
  - ii) Reverse curve
- i) *Choosing candidates for myopic orthokeratology*
  - i) Topography basics
    - (1) Axial
    - (2) Tangential
    - (3) Eccentricity values
    - (4) Elevation map
  - ii) Refractive error
    - (1) Approved up to -6.00
    - (2) Off label designs for higher myopia
  - iii) Troubleshooting Topography
- j) *Myopia Management*
  - i) Treatment modalities
    - (1) Pharmaceutical
    - (2) Optical
    - (3) Lifestyle and alternative therapies

- ii) Current literature about safety and compliance
  - (1) Atropine
  - (2) Spectacles
  - (3) Contact lens
  - (4) Alternative therapies
- k) *Drug Eluting contact lenses*
  - i) concept
  - ii) design
  - iii) clinical results to date
- l) *Prosthetics*
  - i) Goal to match the opposite eye
  - ii) Custom vs non-custom options
- m) *Colored Lenses*
  - i) Modalities
- n) Sports & Medical tinted Lenses
  - i) great opportunity for all athletes (kids to professional athletes)
- o) Theatrical lenses
  - i) soft
  - ii) scleral

#### 4) Troubleshooting Complications

- a) Evaluate the ocular surface ahead of fitting CL and in patients with discomfort issues
- b) How to prevent complications
- c) Red eyes
- d) Infections
- e) Corneal ulcers
- f) Edema

#### 5) New Technology

- a) Topographers
- b) Tomography
- c) Axial length devices
- d) Aberrometer
- e) Profilometry

#### 6) Practice Management

- a) Patient care and education

- b) Inventory management
- c) Financial management
- d) Marketing and growth
- e) Staff Training and development
- f) Customer service and experience