Clinical decision making: contact lenses: part one

Claire McDonnell
1 CET POINT

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Clinical decision-making: contact lenses: part 1

Claire McDonnell, FAOI, PGDE

Course code C-32797 | Deadline: October 4, 2013

Learning objectives
Demonstrates an understanding of soft lens adaptation and aftercare issues and how to manage them (Group 5.1.1)
 Makes appropriate adjustment of lens for best fit
 Makes the appropriate choice of soft lens parameters (Group 5.1.3)
 Selects the appropriate toric lens for the needs of the patient (Group 5.3.1)

Learning objectives
Understands the fitting philosophies of soft lenses, and the lens’ behaviour on the eye (Group 5.1.2)
 Understands the minor issues which can arise during adaptation or that are identified at the aftercare appointment, and how these are managed (Group 5.2.2)
 Understands the signs and symptoms of serious contact lens complications such as microbial keratitis

Learning objectives
Assesses the fitting of a soft lens using a variety of techniques (Group 5.1.1)
 Makes appropriate adjustments of the lens parameters
 Makes the appropriate choice of soft lens parameters
 Identifies problems experienced by the patient which arise in contact lens wear (Group 5.4.1)
 Identifies problems experienced by the patient or the ocular surfaces which arise in contact lens wear
 Demonstrates an understanding of the options of management of aftercare problems (Group 5.4.2)
 Chooses and manages the fitting of toric contact lenses (Group 5.5.1)

About the author
Claire McDonnell is a lecturer in the Department of Optometry at the Dublin Institute of Technology. She teaches ocular anatomy and physiology and contact lens practice. She previously worked in refractive surgery and has written articles on contact lenses and the anterior segment. She has also presented CET workshops and lectures in this area.
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October 6 & 7

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MORE INFORMATION

- **EXAM QUESTIONS** Under the new enhanced CET rules of the GOC, answers to MCQs for this exam must be submitted online. Please visit www.optometry.co.uk/cet/exams and complete by midnight on September 6, 2013. You will be unable to submit exams after this date. Answers will be published on www.optometry.co.uk/cet/exam-archive and CET points will be uploaded every two weeks. You will then need to log into your CET portfolio by clicking on “MyGOC” on the GOC website (www.optical.org) to confirm your points.

- **REFLECTIVE LEARNING** Having completed this CET exam, consider whether you feel more confident in your clinical skills – how will you change the way you practice? How will you use this information to improve your work for patient benefit?

**01** Which of the following statements about the fit of the contact lens shown in Image A is CORRECT?

- a. The lens is likely to be too steep
- b. The lens is likely to be too flat
- c. The lens has rotated nasally
- d. The lens has rotated temporally

**02** How much movement on blink is likely to be observed with the contact lens shown in Image A?

- a. No movement
- b. 0.1–0.2mm
- c. 0.2–0.5mm
- d. >0.5mm

**03** If the base curve of the lens shown in Image A is 8.80mm, which base curve should be selected to improve the fit of this lens?

- a. 9.0mm
- b. 8.6mm
- c. 7.8mm
- d. 14.2mm

**04** What is wrong with the fit of the contact lens shown in Image B?

- a. The lens has rotated clockwise (left)
- b. The lens has rotated anti-clockwise (right)
- c. The lens is decentred nasally
- d. The lens is decentred temporally

**05** If the contact lens shown in Image B has the parameters -1.00/-2.25x180, 8.7, 14.4, and the fit is as shown in Image B, what symptom is the patient likely to complain of?

- a. Blurred vision
- b. Increased ocular redness
- c. Poor lens comfort
- d. The patient will be asymptomatic

**06** If the contact lens shown in Image B has the parameters: -2.00/-1.50x170, 8.6, 14.2, which of the following is the MOST appropriate lens parameters to order next?

- a. -2.00/-1.50x180, 8.6, 14.2
- b. -2.00/-1.50x160, 8.6, 14.2
- c. -2.00/-1.50x170, 8.3, 14.2
- d. -2.00/-1.50x170, 8.9, 14.2
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What complication is shown in Image C?
- Contact lens papillary conjunctivitis
- Lid wiper epitheliopathy
- Follicular conjunctivitis
- Meibomitis

Which of the following is MOST likely to cause the complication in Image C?
- A lens made from high modulus material
- A lens which has come into contact with tap water
- A lens with low oxygen transmission
- A lens soaked in un-neutralised hydrogen peroxide solution

What is the MOST appropriate immediate management of the complication shown in Image C?
- Emergency (same day) referral to the hospital eye service for treatment
- Routine referral to the GP for prescription of chloramphenicol
- Advise over-the-counter anti-allergy eye drops such as anti-histamines
- No management is required as the condition resolves spontaneously

What contact lens complication is shown in Image D?
- Superior epithelial arcuate lesion
- Superior limbic keratoconjunctivitis
- Marginal keratitis
- Blepharitis

What symptom would you expect a patient with the condition shown in Image D to have?
- Reduced VA
- Discomfort
- Deep boring pain
- Purulent discharge

Which of the following is the MOST appropriate management option for the complication shown in Image D?
- Cessation of lens wear and use of sodium cromoglicate eye drops until resolution
- Cessation of lens wear and use of preservative-free artificial tears until resolution
- Non-urgent referral to the patient’s GP for antibiotic eye drops
- Change the care regime to a thiomersal-preserved solution cleaning system

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