Clinical decision-making: contact lenses, part two

Claire McDonnell
Practitioners are faced with a variety of contact lens fitting and aftercare issues which present to them day in and day out. This VRICS tests registrants’ knowledge in a variety of clinical decision making scenarios, including rigid gas permeable lens fitting and parameter adjustments and management of contact lens complications.

Course code: C-32815 | Deadline: November 1, 2013

Learning objectives
Be able to assess the fit of a rigid lens
Understand how to make appropriate adjustments to the lens for best fit (Group 5.1.3)
Understand rigid lens aftercare issues and how to manage them (Group 5.2.2)

Learning objectives
Understand the fitting philosophies of RGP lenses, and the lens’ behaviour on the eye (Group 5.1.2)
Understand the minor issues which are identified at the aftercare appointment, and how these are managed (Group 5.2.2)

Learning objectives
Be able to assess the fit of a rigid lens
Understand how to make appropriate adjustments to the lens for best fit (Group 5.1.2)
Understand rigid lens aftercare issues and how to manage them (Group 5.4.2)

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.
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 November 1, 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?

A

01 What does the fluorescein pattern suggest about the fit of the spherical lens shown in Image A?
   a It is an alignment fit
   b The lens is too steep
   c The lens is too flat
   d The lens is sitting on a toric cornea

02 If the power of the lens shown in Image A is +8.00DS, what can be done to improve the centration of this lens?
   a Only increase the total diameter of the lens
   b Only steepen the BOZR of the lens
   c Change the lens design to a lenticular
   d Only increase the axial edge lift of the lens

03 Assuming the patient in Image A has been fitted with the correct lens power, what over-refraction would you expect, considering the fluorescein pattern observed?
   a Positive (plus lenses) over-refraction
   b Negative (minus lenses) over-refraction
   c A cylindrical over-refraction only
   d No over-refraction

Reference to aid completion of the case
www.contamac.com/Practitioners/Contact-Lens-Fitting-Techniques/basic-gp-lens-fitting.aspx

B

04 If the lens shown in Image B has a spherical back surface, what does the fluorescein pattern suggest about the fit of this lens?
   a The lens is sitting on a cornea which has with the rule astigmatism
   b The lens is sitting on a cornea which has against the rule astigmatism
   c The lens is sitting on a cornea which has oblique astigmatism
   d The lens is sitting on a keratoconic cornea

Reference to aid completion of the case

05 If the spectacle prescription of the eye in Image B is -2.00/-0.25x180, which of the following is TRUE?
   a The corneal and lenticular astigmatism are similar in magnitude, but opposite in direction
   b The corneal and lenticular astigmatism are similar in magnitude and are in the same direction
   c The eye has predominantly corneal astigmatism and little lenticular astigmatism
   d The eye has predominantly lenticular astigmatism and little corneal astigmatism

06 Considering the fluorescein pattern shown in Image B and given the spectacle prescription of -2.00/-0.25x180 in this eye, what is the MOST appropriate type of lens to fit?
   a A back surface toric RGP lens
   b A spherical RGP lens
   c A front surface toric RGP lens
   d A bitoric RGP lens

Reference to aid completion of the case
1 CET POINT

Visit www.optical.org for all the information about enhanced CET requirements

The finding shown in Image C is caused by contact lens wear. The patient has worn an RGP lens in one eye, and a soft lens in the other eye, for many years. What is the finding shown in Image C and what is the MOST likely cause?

a. Left upper lid ptosis caused by RGP wear
b. Left upper lid ptosis caused by soft contact lens wear
c. Right exposure keratitis caused by soft contact lens wear
d. Right lid retraction caused by RGP wear

How can the finding shown in Image C be monitored for progression?

a. By measuring the interpalpebral aperture of both eyes at every aftercare visit
b. By measuring the horizontal visible iris diameter of both eyes at every aftercare visit
c. By taking keratometry readings of both eyes at every aftercare visit
d. By checking for corneal staining with fluorescein at every aftercare visit

How can the finding shown in Image C be resolved?

a. Cessation of soft contact lens wear in the right eye
b. Cessation of RGP contact lens wear in the left eye
c. Botox injections on the left upper lid
d. Right eye tarsorrhaphy surgery

What symptoms are likely to be experienced by the patient with the RGP contact lens related problem shown in Image D?

a. Foreign body sensation during contact lens wear
b. Blurred vision during contact lens wear
c. Photophobia during contact lens wear
d. This patient is likely to be asymptomatic

How can the RGP contact lens related problem shown in Image D be resolved?

a. Steepening the peripheral back optic zone radii of the lens
b. Changing the lens care regime to include protein cleaner
c. Prescribing anti-allergy eye drops for twice daily use
d. Advising the patient to avoid eye rubbing

Reference to aid completion of the case
www.metroatlantaotolaryngology.org/journal/feb08/Bleph.pdf

www.aocle.org/livingL/3-9stain.html