Doing the right thing - What advice do we give our px? C-70303

Px 1. Px 1 is an 11 year old boy. His parents are concerned about his vision as his Rx has increased since his last eye test.

R: -1.50/-0.25x180 L: -1.25/-0.50x180 His current refraction is: His previous refraction was a year ago and was: R: -1.00DS L: -0.75/-0.50x180 The parents are worried that his vision will end up as bad as theirs as they are also both myopic. Dad is approx -3.00 R&L whilst Mom is approx -6.50 R&L. During the test the Optom explains to the parents that it is a natural progression and that it is normal for myopia to increase in childhood, and that the eyes are perfectly healthy. This upsets Mom as she realises how difficult it is with her high level of myopia and she doesn't want her son to suffer in the same way. **Discussion Points:** -How would you reassure the px's Mother? -Was the advice of the optom correct? What other advice could be given? -What optical solutions would you recommend for this px? Consider both spectacle and contact lens options.

Px 2.

Px 2 is an elderly gent. He has come in for an eye test as over the last year his vision doesn't seem as sharp as it was previously.

He is 72 years old and lives alone in a small village. His family all live abroad. He has never had an eye test before as he has always felt that his vision is OK. He wears ready readers for close work but no distance spectacles.

Upon examination it is noticed that the px has the start of a cataract in his RE. The px's unaided vision is recorded as: R: 6/18 L: 6/15 With correction this improves to: R: 6/12 L: 6/6 The optom advises the px that he will need to be referred for his cataract and that he will also need to purchase spectacles as he currently falls below the required driving standards in the UK.

The px doesn't feel this is necessary as he can see perfectly well and in over 50 years of driving has never had a crash. He is reluctant to buy specs as he feels the cost is too high and that he is going to have to buy another pair after the cataract operation.

Discussion Points:
-What action should the optom take now?
-What spectacle options would you recommend to the px?
-Is there any compromise you could make with the px to ensure a positive outcome for everyone?

Px 3.

Px 3 is a 36 year old male. He currently wears extended wear contact lenses. He wears them for 28 days at a time then removes them for one weekend per month.

The px last had an aftercare two years ago and purchases the lenses online after being given a copy of his contact lens specification at the last appointment. The px has come in complaining that his vision seems smeary in the lenses towards the end of the day. He has noticed this over the past few weeks and is eager to get them sorted as he is going away for his summer holidays in a couple of weeks.

The px is examined and advised that he should change his lens modality to a two weekly lens to resolve the problem of the lenses becoming smeary. The px was also advised to make sure to rub and rinse the lenses each night before storage.

Discussion Points:
- Was the advice correct? Was the choice of lens suitable?
- What could be the cause of the problem?
- What kind of slit lamp examination would be necessary to find the route of the problem?
- What lenses would you recommend for the patient and what other advice would you give?

Name:	GOC No:
Summarise the clinical skills and competencies that	t were discussed during this session:
List the main things you learned from this session:	
Describe how you will apply this learning in your pra	actice:
Has this session identified any areas where further describe these below:	personal learning is needed? If so briefly
Signed:	Date: