

Kids In Contact Lenses

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Kids In Contact Lenses

Contact lenses can be a huge benefit to children in numerous ways. Not only can they correct refractive errors, but also reduce myopic progression and increase confidence.

However, there can often be barriers to overcome when recommending contact lenses for kids. This peer review will focus on 3 case records where we explore the contact possibilities available to children and the potential barriers or concerns.



Px 1: Young early myope

Age: 8 yrs old Rx: R: -1.00/-0.25x180 L: -0.75/-0.25x180 VA's: 6/5 R&L

Ocular health - no issues

Prev rx - 12/12 ago: R: -0.50DS L: -0.25/-0.25x180

Px 1 attends practice for a routine ST, parents worried about myopic progression. Px was dispensed spectacles at the previous test and advised to use for concentrated work and school. Px doesn't like wearing specs and often "loses" them. Px's teacher has noticed that the px's is struggling more at school and having difficulty seeing the board.

The child doesn't like the specs as she wanted designer spectacles but Mom was concerned about the cost.

Px's mom is worried about vision getting worse as rx has "doubled" since the last test.

Discussion Points...

- **What solution would you recommend?**
- **What considerations should you make with regards to any contact lens recommendation?**
- **How would you manage the concerns of the parent?**

Px: 2 High cyl, myope

Age: 10 yrs old Rx: R: -4.00/-5.25x172 L: -2.75/-4.75x163
VA's: 6/5 R&L

Ocular health - no issues

Prev rx - 12/12 ago: R: -3.00/-5.25x162 L: -2.25/-4.50x173

Px 2 is struggling with spectacles as they often get broken at school, leading to the patient struggling, especially as the spectacle Rx means that they often have to wait for at least 1 week before the replacements are ready.

Px parents are concerned that this is having an impact on his education so want to find a better solution.

Discussion Points...

- Are contact lenses an option for this kind of Rx?
- What contact lens options would you recommend?
- What risk factors need to be considered?

Px: 3 High myope - wants to be active

Age: 13 yrs old Rx: R: -8.00/-0.25x178 L: -6.75/-1.25x180 VA's: 6/5 R&L

Ocular health - no issues Prev rx - 12/12 ago:R: -7.50/-0.25x178 L: -6.00/-1.25x180

Px 3 is an active teen who enjoys football and swimming. The patient currently wears spectacles but is struggling with sporting activities. Px wants to join the school football team but lacks confidence with spectacles and also struggles to see when swimming.

Parents want to find the best solution as they feel the px is not fulfilling his sporting potential but are apprehensive about the potential risks associated with contact lenses.

Discussion Points...

- Are contact lenses possible?
- Would contact lens solutions be possible for both sports?
- What are the risk factors for children wearing contact lenses and how would you manage the parents concerns?



CONTINUING
EDUCATION & TRAINING

Low Vision In High St Practice

The Importance Of Understanding Low Vision In Practice

- Currently over 2 million in UK suffering some degree of sight loss
- It is predicted that this will double over the next few decades
- NHS funding cuts
- Current long waiting lists
- Difficult pathways

Manifestations Of Sight Loss

- Central field loss
- Peripheral field loss
- General reduction in acuity without field loss
- Fixation difficulties
- Light Scatter

Solutions

The types of sight loss that manifest with low vision conditions present numerous challenges for Low Vision Patients and it is our job to provide solutions to overcome those obstacles.

These can include:

- Refraction
- Lighting
- Magnification
- Filters
- Viewing Techniques

Refraction

The first problem to overcome is refractive error. To get the best results from whichever low vision aid the patient is going to use, we need to ensure they have the best possible vision to assist. However, refraction can often be difficult and sometimes overlooked.

Discussion Points:

- Difficulties in using refraction with low vision conditions
- Importance of refraction in LV dispensing
- Barriers to accurate refraction and px objections

Optical Low Vision Aids: How to identify the right LVA for the right person for the right task:

After ensuring the best possible refraction for the patient we need to identify the right LVA for the patient. With a wide range of LVA's available it is essential that we understand the features and benefits to the patient of each type.

Discussion Points:

- What influences your choice of LVA?
- What types of LVA are available and how do they differ?
- How does the task affect the choice of LVA?

Electronic LVA's. How can LV patients benefit from these?

There are several types of electronic LVA's available to today's LV patients. These can be either specially designed LVA's or common electrical devices that people have adapted through using various functions or apps. But how can our LV patients benefit from their use?

Discussion Points:

- What kind of electronic LVA's are available?
- What kind of tasks are they suitable for?
- Are there any barriers to effective use?

Summary

Understanding Low Vision is more than just understanding the pathology associated with the condition. As Eyecare Professionals we need to understand how Low Vision affects the patient both in terms of the difficulties they face with specific tasks and with how it can affect their well being and mental health.

Low Vision conditions create many challenges and it is up to us to provide solutions to these problems so our LV patients can make the most of their useable vision and continue to lead happy and independent lives.

These may be recommendations for LVA's or sometimes just little tips and hacks that could make a tricky task that little bit easier.