

Sight Test & CL Aftercare C-72858

This px is a 46 year old, diabetic and has come in to practice for routine ST and CL aftercare. She is struggling with NV and is currently wearing SVD specs and SVD daysoft CL's which she purchases online.

Px is a teacher and spends most of her day using a computer. Over the last year she has increased her CL wear time from occasional wear for sports to wearing 5 days per week whilst at work for up to 12 hours per day.

Px prefers wearing CL's so is reluctant to update spectacles. Refer to sight test record on following page:

Discussion Points:

- What are your views on the record card? Are there any good or bad points to consider?
- Is the recall suitable for this patient?
- What are your thoughts on the advice given by the optometrist?
- What would you advise regarding spectacles?

Refer to contact lens AC overleaf:

Discussion Points:

- What are your views on the record card? Are there any good or bad points to consider?
- Is the practitioners advice appropriate?
- What type of multifocal contact lens design is the Acuvue Moist Multifocal and how does it differ from other multifocal designs?
- Was the choice of lens type suitable for the px? Consider design and material.
- Was this px managed correctly with regard to their contact lens wear?

Mrs C Patient.

D.O.B 17.09.1971

Test Date: 06.09.2017

Occupation: Teacher

FOH: None

Smoker: None

General Health: Good

Med: None

Allergies: None

Lifestyle: Gym, Running

Current Rx:

VA's:

Autorefractor: R -6.00/ -0.50 x 180 L -5.50/ -0.75 x 180

IOP's: R 17 17 18 18 av @ L 16 17 17 16 av @

Reason for visit: Wears SVD specs, wants to try multifocal CL's. NV problems with CL's, wears Daysoft.

History & Symptoms: DV fine with Rx, NV fine without Rx. H/A's - none. Dip - none. No flashes, occ floaters - long standing.

R		L
G4 angles open	AC	Depth G4 angles open
Small string floaters	Vitreous	Small string floaters
	Lids & Lashes	
No Redness	Conjunctiva	No Redness
No Redness	Cornea	No Redness
No Redness	Sclera	No Redness
No Redness	Iris	No Redness
TBUT > 10 seconds	Tears	TBUT > 10 seconds

R		L
0.3	Cup:Disc	0.3
Small floaters, no PVD	Media	Small floaters, no PVD
NRR Pink, No Notching	Disc	NRR Pink, No Notching
Margins clear, ISNT - Yes		Margins clear, ISNT - Yes
2/3	AV	2/3
FR seen bright/flat	Macula	FR seen bright/flat
No breaks, no tears	Periphery	No breaks, no tears
Flat	Pigment	Flat

Exam Technique: Ant/Posterior S/L Volk & Direct

R		L
-6.25 6/6	Ret	-5.75/ -0.25 x 180 6/6
6/60	Vision	6/60
-6.25 DS	Subjective	-5.75/ -0.25 x 180
6/6	VA's	6/6
+1.50 n5 @ 33cm	ADD	+1.50 n5 @ 33cm
	Motility	
-6.25 DS	Final Rx	-5.75/ -0.25 x 180
+1.50	ADD	+1.50

Advice & Recommendations: New SVD Recall: 12/24 Months

CL AC record

Reason for wear: Struggling with NV
History: Wears Daysoft
Last AC 3 years ago
DV ok
NV — struggling
Comfort ok — gritty in afternoons — not wearing today

Current spec Rx: Today

R		L	
@	Keratometry	@	
11mm	HVID	11mm	
6mm	PALP.AP	6mm	
3mm	Pupil Size	3mm	
External Eye & Adnexa - Efron scale, NAFL instilled			
R		L	
Clean & Clear	Lids & Lashes	Clean & Clear	
None	Bleph	None	
1.1 no redness	Tarsal Conj.	1.1 no redness	
1.1 no redness	Bulbar Conj.	1.1 no redness	
Clear	Sclerae	Clear	
1.1 clear of abrasions	Cornea	1.1 clear of abrasions	
	Irides		
TBUT > 10 seconds	Tear quality/quantity	TBUT > 10 seconds	
No GPC	Lid Eversion	No GPC	
Acuvue Moist MF	Trial Lens 1	Acuvue Moist MF	
-6.25 VA 6/10	Over Refraction	-5.75 VA 6/10 n12 R+L	
Good fit	Fit	Good fit	
Covering limbus	Limbus	Covering limbus	
Acuvue Moist MF	Trial Lens 2	Acuvue Moist MF	
+0.50 VA 6/6	Over Refraction	+0.25 VA 6/6 n8 R+L	
Good fit	Fit	Good fit	
Covering limbus	Limbus	Covering limbus	

Advice: Book 2 week end of trial
Specification: Acuvue Moist Multifocal: R -6.25 L -5.75

Reflective Learning Statement C-72858

Sight Test & CL Aftercare

Name:

GOC Number:

Date of Peer Review:
D-14262

Name of Facilitator: Stuart Wellings

Summarise the clinical skills and competencies that were discussed during this session:

List the main things you learned from this session:

Describe how you will apply this learning in your practice:

Has this session identified any areas where further personal learning is needed? If so briefly describe these below:

Signed: Date:

