

STANDARDS OF PRACTICE

CONTACT LENS FITTING

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| Name: | Contact Lens Fitting |
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Optometrists are required to obtain clinical information to determine the suitability of patients for contact lens wear. Analysis of the following is required:

- The health of the cornea, conjunctiva, lids, tarsal and bulbar conjunctiva and the integrity of the tear layer
- Corneal curvature
- Refractive status and visual acuity
- The effects that contact lens wear may have on the function of the accommodative, oculomotor and sensory systems
- Relevant environmental, occupational, avocational, emotional and systemic health factors affecting contact lens care.

The optometrists must provide the patient with information about proceeding with treatment including advantages, risks, limitations and costs of contact lens therapy.

In fitting contact lenses, the optometrist must determine by diagnostic fitting or calculation, lenses that are suitable for the patient. The initial lenses are to be evaluated on a patient's eye and modified as required.

Instructions are to be provided by the optometrist or a trained delegated staff member on the following:

- Contact lens hygiene
- Lens insertion and removal
- Use of specific contact lens care products
- Recommended wearing times and replacement schedules
- Normal and abnormal adaptive symptoms
- Contraindications to contact lens wear
- A schedule for progress evaluations
- Appropriate instructions on how and when to access emergency care

Once the optometrist has determined that the adaptation process is complete, the parameters of the contact lens is correct, and that the patient's eye health is not compromised, the contact lens

specifications can be finalized. Optometrists are entitled to remuneration for all professional services involved in the above determination. The patient has the option of obtaining contact lenses from their optometrist or requesting a copy of the contact lens specification in order to obtain contact lenses elsewhere.

Optometrists must recommend continuing care to established contact lens patients and must maintain records with information concerning:

- The age and wearing schedule of the patient's current contact lenses
- The current lens care regime
- Adverse reactions associated with contact lens care
- Health and medication changes

Patients should be assessed to determine if they are achieving acceptable:

- Lens appearance and fit
- Wearing time
- Comfort with the lenses
- Corneal clarity and integrity
- Stable corneal curvature
- Conjunctival and lid appearance
- Tear characteristics
- Over-refraction to obtain best corrected acuity
- Compliance with recommendations on lens care, handling, replacement and wearing schedule

After assessment, the optometrist should identify any problems and counsel patients as necessary.

Clinical Considerations

Patients wearing contact lenses should, at minimum, be assessed on an annual basis and more frequently if the patient is on a continuous wear schedule. Sound clinical judgment should be used at all times to determine frequency of assessment.

Adverse ocular complications can occur with contact lens wear.

Treatment options may include:

- Discontinuation of contact lens wear or modification in the wear schedule of the contact lens patient
- Modification of lens design, material or care system
- Appropriate ocular or systemic therapy
- Referral to another health care practitioner

Optometrist should maintain current knowledge of contact lens therapy and changing professional guidelines.