

STANDARDS OF PRACTICE

OPTICAL PRESCRIPTIONS & SPECTACLE THERAPY

Name:	Optical Prescriptions & Spectacle Therapy
Date Approved:	03/15/2019
Date Updated:	
Number:	SP-C-14
Type:	Clinical Standards (C)
Reference:	10.29.06 MOTION Council Meeting Minutes – Updates to Standards of Practice The Standards of Practice should include reference to the expiry of prescriptions. 01.2007 Standards of Practice *Note: The optical prescription is valid for one year from the time of examination, unless otherwise specified. 06.22.18 MOTION "To accept NHIB's offer of a one-year renewal of the MOU with an increase of 2.5% across all fees and recognition an optical prescription is valid for a period of two years." CARRIED.

Optical Prescriptions

Optical prescriptions are made available to patients following a comprehensive eye examination so that patients may purchase glasses, contact lenses, and/or subnormal vision devices from a licensed provider. A valid prescription should contain all the relevant optical information, the prescribing optometrist's signature, and the expiry date.

As part of a comprehensive eye examination, the optometrist determines the patient's refractive error in addition to assessing their eye health and binocular status. If the patient requires a refractive and/or prismatic correction to achieve optimal vision, an optical prescription is made available to the patient.

In order for an optical prescription to be valid it should contain the following information:

- The prescribing optometrist's identification information including professional name, address, telephone number, and license number where required
- The patient's name and other identification information as needed
- The appropriate refractive and prismatic information
- Issue date of the prescription
- Expiry date of the prescription
- Signature of the authorizing optometrist

The expiry date of the optical prescription should be determined by the prescribing optometrist using sound clinical judgment in the best interest of each individual patient. The Saskatchewan Association of Optometrists does, however, support the Canadian Association of Optometrists' recommendation that the expiry date should be no longer than two years. This recommendation

is consistent with the established minimum frequency of eye examinations for low risk adult patients as identified in the "Review of the Canadian Association of Optometrists Frequency of Eye Examination Guideline - An Evidence Based Approach", principal investigators: Barbara E Robinson, PhD., Paul Stolee, PhD.

In order for the optical prescription to work optimally, it must be mounted in a frame that fits comfortably and is adjusted to the patient so that the lenses remain properly positioned with respect to the required monocular interpupillary distance (PD), the desired vertical centration, and the distance from the lens to the eye. The most accurate PD measurements are obtained by using hand held pupillometers or computerized measuring devices that determine a patient's monocular PD. Accurately determining the monocular PD is the responsibility of the licensed provider and is not part of the optical prescription. Best functional results are obtained when lens designs are carefully matched to the visual tasks for which they are intended and the size and fitting characteristics of the frame are compatible with the lens design.

The Saskatchewan Association of Optometrists encourages the use of effective ultraviolet filtering materials to be used in the manufacture of all eyewear prescriptions, especially for children.

The public trusts their optometrist to help them see the world as clearly as possible and to help them maintain their eye health throughout their lifetime. Regular, comprehensive eye examinations are essential to detect and manage eye disease and to provide a valid optical prescription for optimal vision correction.

Spectacle Therapy

The optometrist is to offer the patient a written, signed and dated optical prescription in a timely manner. Withholding or unnecessarily delaying the release of an optical prescription upon the request of the patient is considered professional misconduct. An expiry date based on the optometrist's clinical judgment should be included in the written prescription.

When providing spectacle therapy, the optometrist must:

- Review with the patient any relevant environmental, occupational, avocation, and physical factors affecting spectacle wear
- Review the details of the prescription
- Advise or delegate a trained staff member to provide information regarding appropriate ophthalmic materials
- Verify or delegate a trained staff member to verify completed spectacles to ensure they meet required tolerances
- Fit or delegate a trained staff member to fit and adjust the patient's spectacles
- Counsel or delegate counseling to a trained staff member on aspects of spectacle wear, including but not limited to the use, expectations, limitations, customary adaptation period and maintenance requirements of the provided spectacles

Patients experiencing unexpected difficulty in adapting to a new spectacle prescription should be counseled to seek re-examination by the prescriber to assess the appropriateness of the

prescription. The optometrist is responsible for the accuracy of their written prescription. When an optometrist dispenses appliances based on a prescription from another practitioner, s/he is expected to ensure the prescription has been filled accurately but is not responsible for the efficacy or accuracy of that other practitioner's prescription.

Optometrists must use their professional judgment when deciding to provide spectacle therapy to any patient with an expired prescription. Optometrists must advise patients of any risks and should obtain informed consent before dispensing an expired prescription.