

## **Abstract for Workshop**

## **Workshop Day 1 - Friday**

**Title:** How to be Successful with Soft Toric Lens Fitting

Presenter : Prof. Philip B. Morgan & Mrs Sarah L. Morgan

Understanding why our patients drop out from contact lens wear is important but often overlooked. We spend many hours examining prospective contact lens wearers, fitting them, training them on the best use of their lenses and solutions, only to see a significant proportion of them discontinue. This presentation will review our knowledge of this area and provide strategies to minimise the number of contact lens drop-outs in order to enhance the contact lens experience for our patients, leading to better practitioner satisfaction and improved practice success.

## **Abstract for Workshop**

**Title:** Ultra Multifocal for Astigmatism, Sponsored by B+L

**Presenter:** Mr. Spyros Konstantakopoulos

At this year's Contact Connect Congress, we are honored to host an esteemed international speaker who will provide an in-depth exploration of our latest innovation: the Bausch + Lomb Ultra Multifocal for Astigmatism contact lens. This session will delve into both the theoretical underpinnings and the practical applications of this state-of-the-art lens. Attendees will benefit from an overview of the lens's design, its advantages for patients with or without myopia / hyperopia, combined with astigmatism and presbyopia, and the advancements it signifies in this domain.

Moreover, this unique opportunity will not be limited to theory alone. In a live demonstration, our expert will conduct a hands-on fitting session, offering attendees a first-hand experience of the lens's efficacy and the subtleties of ensuring an optimal fit for patients. This real-time demonstration promises to equip attendees with valuable insights and skills they will need when fitting this lens in their practices.

Join us in celebrating this convergence of research, innovation, and practical application as we usher in a new era of corrective lens solutions for the ultra-demanding combination of myopia / hyperopia astigmatism and presbyopia

## **Abstract for Workshop**

**Title:** EyePrintPRO (EPP) Special Cases

Presenter: Mr. Willem Pieterse

EyePrint utilizes impressions or scans of the ocular surface to design specialized contact lenses that match the shape of each individual eye. This highly customized fit results in greater stability of the lens, improving comfort for many patients.

EyePrintPRO, allows patients with ocular disease, complicated optics, and severely irregular ocular surfaces to experience the vision, comfort, and ocular health benefits of customized contact lenses. The numerous benefits of the EyePrintPRO are enabled through patented Elevation Specific Technology (EST).

The EyePrint Impression Process captures the exact shape of a patient's eye, providing a 3D model of the entire ocular surface. EyePrint Prosthetics utilizes EST to match the elevation differences of each individual eye with a perfect fitting contact lens.

EyePrint Prosthetics expanded its family of products to appeal to patients with less ocular surface irregularity with the development of EyeFitPRO and ScanFitPRO.

This workshop will be a demonstration of taking impressions and discussion about the practical uses of EyePrint prosthetic lenses. Thereafter a showcase of a series of interesting EyePrintPRO and EyeFitPRO cases done in South Africa.

- o Practical Demo: taking an impression and establishing the accuracy thereof
- o EyePrint Applications -When is EyePrint technology useful in practice
- o EyePrint case reviews (7 cases)

## **Abstract for Workshop**

### **Title:**

Clinical pearls in Corneal Disease and Corneal Imaging

### **Presenter:**

Dr Nick York

MBBCh (Wits), Dip Opth (SA), FC Opth (SA), MMed (UCT), Corneal and anterior segment fellowship (Melbourne)

Corneal and ocular surface disease is an important cause of visual impairment. An estimated 12.7 million people globally suffer from corneal blindness, making it the fourth leading cause of blindness according to the World Health Organisation (WHO). Optometrists play a crucial role in the early diagnosis of corneal disease and should be clinically astute in diagnosing the common corneal disorders as early as possible in order to institute appropriate management or referral and prevent avoidable corneal blindness.

In this workshop, Ophthalmologist and fellowship trained corneal specialist, Dr Nick York will be sharing his insights and clinical pearls regarding different clinical techniques and special investigations to improve optometrists' skills in examining, diagnosing and appropriately managing common corneal and ocular surface diseases.

## **Abstract for Workshop**

### **Title:**

The Lost Art of RGP Fitting

### **Presenter:**

Dr. Elizabeth Chetty

### **Introduction:**

The workshop aims to address the growing demand for expertise in the fitting and management of rigid gas permeable (RGP) contact lenses. As a time-tested vision correction solution, RGP lenses offer superior optical clarity for various eye conditions. Despite their long-standing advantages, fitting RGP lenses is becoming a lost art that is being minimized by the larger diameter lens bandwagon. Prudent optometrists are mindful that the simplest solution that provides optimal visual outcomes and patient satisfaction is paramount. This workshop is designed to equip participants with the basic insights into the art of RGP lens fitting, enabling them to provide superior patient care and improve vision-related quality of life.

### **Importance:**

In an era marked by technological advancements in eyecare, RGP lenses should remain a first choice for correcting complex refractive errors and irregular corneas. The importance of this workshop lies in going back to the basics as a refresher workshop so that participants will gain hands on experience in fitting RGP lenses.

### **Learning Objectives:**

1. Participants will learn how to select the most appropriate lens based on individual patient needs, including considerations for refractive error, corneal shape, etc.
2. Participants will have the opportunity to have guided hands-on experience to do:
  - a slit lamp evaluation
  - tomography measurements with the Oculus Pentacam
  - fitting and evaluation of RGP lenses with both the slit lamp and burton lamp
  - troubleshooting for common fitting issues

### **Conclusion**

The workshop will feature a blend of theoretical knowledge, practical demonstrations, and interactive activities to ensure participants gain comprehensive insights into fitting RGP lenses.

## **Abstract for Workshop**

**Title:** Basic Scleral Fitting - Step by Step Guide – Sponsored by Innocon

**Presenter:** Mrs. Mariska van den Heever

Immerse yourself in an invaluable journey through the realm of scleral fitting with our practical workshop: " Basic Scleral Fitting - Step by Step Guide." This workshop is designed to equip you with the skills needed to confidently understand and apply scleral fitting techniques, enhancing patient care.

Join us for a comprehensive exploration of identifying the optimal starting point for scleral fitting. Through engaging visual demonstrations and practical guidance, you will master the art of recording critical data. Mariska will lead you in understanding your findings, enabling you to navigate the world of scleral fitting effectively.

Even if you only own a slit lamp, this workshop is tailored for you. We'll show you how to utilize your slit lamp effectively for scleral fitting.

Learning Objectives:

- Develop the ability to accurately identify the correct starting point, ensuring a smooth fitting process from the beginning.
- Acquire practical skills to effectively record essential data, allowing you to tailor fittings to meet individual patient requirements.
- Cultivate a profound comprehension of your observations, empowering you to make informed decisions and adjustments for optimal patient comfort and vision.

Whether you're a curious newcomer excited to embark on this journey or an optometrist looking to enhance your practice, our workshop provides a unique opportunity to gain the practical insights necessary for successful scleral fitting in real-world scenarios.

## **Abstract for Workshop**

**Title:**

Foreign Body Removal / Punctum Plugs / Lacrimal System

**Presenter:**

Dr. Dirk Booysen

This practical workshop aims to equip optometrists with essential skills and techniques for effectively addressing common ocular challenges. The workshop will focus on the following key procedures: corneal foreign body removal, debridement and therapeutic management as well as other minor anterior segment procedures such as lacrimal syringing and punctal plugging. Delegates will receive hands-on training, enabling them to confidently perform these procedures in their optometric practice.

Overall, this practical workshop offers delegates a unique opportunity to enhance their skills and expand their clinical repertoire.

## **Abstract for Workshop**

**Title: The Dry Eye Wheel**

**Presenter:** Dr. Marsha Oberholzer

### Session Details

During the last decade, effective Dry Eye Disease diagnosis and management has evolved into a well-structured approach outlined by the Tear Film and Ocular Surface Society (TFOS) reports as guidance. In collaboration with world-renowned Key Opinion Leaders in the field of Dry Eye Disease, Alcon and the World Council of Optometry put heads together in a collaborative effort to develop the ultimate tool that assists Eye Care Professionals in the daily diagnosis and management of Dry Eye Disease. The DRY EYE WHEEL was introduced at the British Contact Lens Association (BCLA) and International Association of Contact Lens Educators (IACLE) Conferences in June 2023. Join us for this workshop on The Dry Eye Wheel. The workshop aims to introduce The Dry Eye Wheel to South African Eye Care professionals and to assist them in using the tool in the daily mitigation, measurement, and management of Dry Eye Disease. This tool assists experienced and less experienced practitioners to have a logical and structured approach to the diagnosis and management of dry eye.

### References

1. Craig JP, et al. TFOS DEWS II Report Executive Summary. *Ocul Surf* 2017;15:276–83
2. <https://dryeye.worldcouncilofoptometry.info/interactive-dry-eye-wheel/>
3. [www.iacle.com](http://www.iacle.com)
4. [www.bcla.org.uk](http://www.bcla.org.uk)

Veeva approval: GSA-VC-PRA-2300002

## **Abstract for Workshop**

**Title: Work, Life Balance**

**Presenter :** Dr Melissa Barnett

Research has demonstrated that overwork isn't healthy for individuals or their companies. However, it can be difficult to overcome unhealthy work habits and reach a more sustainable work-life balance. In order to achieve lasting change, it is essential to approach this process not as a one-time activity, but as a cycle in which you constantly re-evaluate your evolving feelings and priorities and adjust your work and life choices accordingly.