

## Workshops Day 2 - Saturday

### **Abstract for Workshop**

**Title:** Myopia - Tuning in and Communicating Well

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

Myopia management contact lenses give us the unique opportunity to address the myopia epidemic with a simple solution. With multiple research studies revealing the positive impact contact lens wear has on children (including better quality of life and greater self-esteem compared to wearing spectacles), as well as reassuring evidence on the safety of contact lens wear, prescribing contact lenses to both correct a child's emerging myopia and also offer the potential to slow down its progression is highly attractive. Communication with the parents and the child is essential when discussing the best approach, and starting the conversation early is vital. Practice staff can also help to ensure there is good awareness of myopia management, so that children can be seen before their myopia takes off. A tailored communication approach is essential to help guide the parent and child to better understand myopia and why controlling its progression is so important for the future vision and eye health of the child.

- current clinical science
- optimising the approach to recommending myopia management
- how to tailor the conversation with each individual child and parent
- tips for a caring approach to fitting contact lenses in children

### **Abstract for Workshop**

**Title:** Blepharitis and Dry Eye

Presenter: Mr. Willem Pieterse

Blepharitis is the leading cause to meibomian gland dysfunction, which is the forefront to ocular surface disease and inflammation.

This workshop aims to provide delegates with a comprehensive understanding of the relationship between blepharitis and dry eye. This workshop will explore the definition, prevalence, stages, signs, and symptoms of blepharitis, emphasizing its direct impact on the development of dry eye.

Through a combination of theoretical knowledge and hands-on activities, delegates will gain practical skills in diagnosing and managing blepharitis-related dry eye. Delegates will learn about effective treatment options, including proper lid hygiene techniques and therapeutic interventions.

### **Abstract for Workshop**

#### **Title: Elevation Based Fitting for Bespoke RGP Contact Lenses: It's All Relative**

Presenter:

Mrs. Lizelle Dorfling-Smith

This interactive workshop will focus on adapting a more “whole surface mentality” of fitting lenses that transcends traditional lens form constraints. This thought process or fitting approach will be explained and will be put into contrast with current surface profilometry lens fitting. Why does it differ?

This workshop will demonstrate the following:

- How to empirically design an RGP and scleral lens, using ocular tomography, Pentacam.
- How to interpret anterior surface ocular coherence tomography (ASOCT) to improve the scleral lens landing zone interaction with the conjunctival tissue.

The ASOCT can provide valuable information to assess this in-vivo condition and assist us to improve our lens design and better monitor the effect on the ocular surface. A few more benefits of this fitting approach will be given and discussed.

The place of the ASOCT in the future of corneo-scleral and scleral lens fitting is very exciting and might just hold the key for long term ocular health and successful lens wear

### **Abstract for Workshop**

#### **Title: Not a Dry Eye In The House**

Presenter : Mr Brian Tomkins

The world of dry eye management has changed in the last few years as technology and knowledge has advanced especially since the global knowledge base of DEWSII has been published.

This workshop will describe the typical patient journey through the practice and explain the investigation techniques needed to fully analyse tears, lids and all aspects relevant to dry eye symptoms. There will also be discussion on why the process is essential in contact lens fitting and management.

### **Abstract for Workshop**

**Title:** Sclerals Rock. (Empirical Fitting.. The Modern Way )

Presenter : Dr Melissa Barnett & Brian Tomkins

This talk will run through all the possible technologies in practice used in modern times with particular attention paid to investigating patients prior to, and during speciality contact lens fitting.

With tear analysis and new advances in topographies there are now instruments that are a "one stop" option for complete analysis of all aspects of tears/lids and the ocular surface and corneal shape.

There will be discussion on Slit Lamp imaging analysis and image grading and descriptions on the now invaluable OCT and CL fitting capabilities.

Some new innovations in Tomography/ Profilometry will be described and how this now leads to Empirical Fitting for many speciality Contact Lenses

### **Abstract for Workshop**

**Title:** Basic Insertion and Removal of a Scleral Lens

**Presenter:**

Mr. Charl van Zyl

Inserting a scleral lens for a patient for the first time can be a very intimidating task to do. This workshop is for the novice, looking to gain more confidence in inserting and removing scleral lenses, or for the practitioner looking to fine tune their skill set. Discussions will also be held on patient instruction and practical tips and tricks of the trade to make this a more pleasing experience for practitioner and patient.

### **Abstract for Workshop**

**Title: The Anatomy of Solutions**

**Presenter:** Mrs. Marilize le Roux

The purpose of this workshop is to discuss the properties and ingredients used in common soft contact lens solutions. We will look at the different preservatives available and discuss lens care systems to support compliance in contact lens disinfection.

### **Abstract for Workshop**

**Title : Scleral MF Presbyopia Workshop**

**Presenter :** Dr Melissa Barnett

This interactive workshop will focus on novel innovations in scleral lens multifocals for the treatment of presbyopia. It will touch on the modern classification of presbyopia, the impact and burden of inadequately treated presbyopia, and the role of multifocal scleral lenses to successfully manage presbyopia.