

Myopia: Starting the conversation

September 2023
South Africa

Sarah Morgan
BSc(Hons) MPHil MCOptom FAAO FBCLA
Optometrist & Staff Development Consultant
sarah@eyecommunicate.com
@slmorgan

Introduction

•Context

- Optometrists in the spotlight
- Parental awareness
- Child as an individual
- What parents know/don't know?
- Opportunity to make a difference

The spotlight is on us!

1

- Convince ourselves?

The spotlight is on us!

1

2

- Convince ourselves?
- Convince the parent (and child)

Awareness

Parents will bring children for an eye examination	Myopic parents are aware their children may become myopic like them
Parents don't know the benefits of an eye examination	Myopic parents are unaware their children may become myopic like them

Awareness: optometrists

- Reactive to myopia
- Proactive to myopia



Kids and contact lenses



Kids and contact lenses



Can we **cure** it?



- **not** a cure
- MMCLs help vision
- ...may help to lower the final Rx

Charvatová, P., Páralová-Matějíková, D. C., Logen, N. S., Sigafoos, J. D., & Young, G. (2019). A 3-year Randomised Clinical Trial of MiGHT Lenses for Myopia Control. *Optometry and Vision Science*, Official Publication of the American Academy of Optometry, 96(8), 558-565

Chair time?



- 8-11 year olds
- +15 mins extra practice
- used to learning



Kids in spectacles...



35% increased risk of bullying

CONCLUSIONS. For those children who require glasses, opticians should be aware of the risks of bullying, and strategies should be developed and discussed that help reduce their vulnerability.

Kids in spectacles...



~1 in 4 children fails to bring spectacles to school

O'Donoghue, L., McClelland, J.F., Logan, N.S., Rudnicka, A.R., Owen, C.G., Saunders, K.J. (2010). Refractive error and visual impairment in school children in Northern Ireland. *British Journal of Ophthalmology*, 94(9):1155-1159

Safety



Taking the history



- RFV - reason for visit?

Taking the history



- Who is my patient?

Showing the mother
Child's vision without Rx
Vision with spectacles

Taking the history



- Who are the parents?



Taking the history



- Who are the parents?



Taking the history

- Who are the parents?



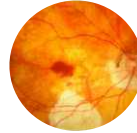
+



Taking the history

- Who are the parents?

?



Myopic parents...

...do they know their child *could* become myopic like them?

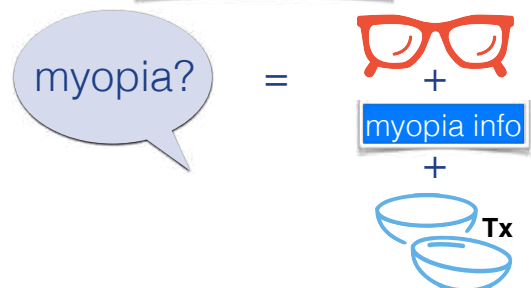
Non-myopic parents...

May not accept that myopia increases as a child grows...

The 'before times'



The new era:



WHAT IF?



- We see the child BEFORE they become myopic?
- When could that be?
 - birth to pre-Kindergarten
 - Kindergarten/Prep
 - Age 6 to 9
 - Age 9 to 11
 - Age 11-16



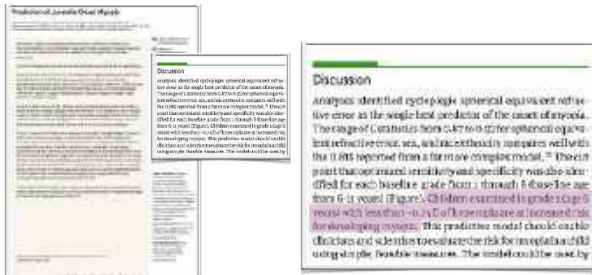
WHAT IF?



- Benefits if seen before myopic:
 - can predict the signs
 - parents witnesses the change
 - child reports onset of myopia
 - not just your opinion
 - the parent and child believes



CLEERE study

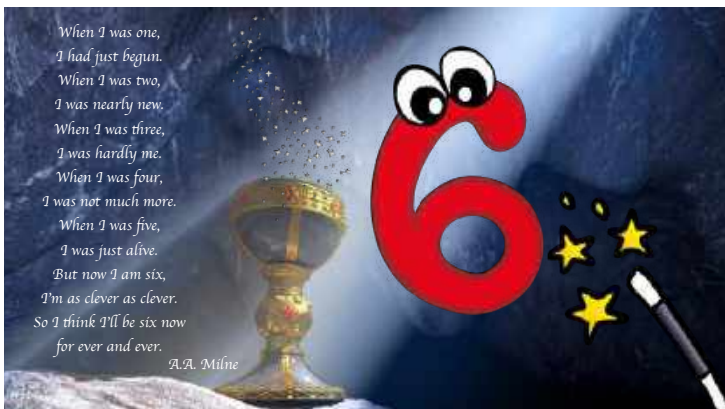


Karla Zadnik, et al. Prediction of Juvenile-Onset Myopia. JAMA Ophthalmology, April 2015 DOI: 10.1001/jamaophthalmol.2015.0471

Conclusions



- New era
- Know the parents
 - their OH
 - their perspective
- ONE. SIMPLE. THING.







Myopia: Starting the conversation A musical interlude

Sarah Morgan
 BSc(Hons) MPHil MCOptom FAAO FBCIA
 Optometrist & Staff Development Consultant
sarah@eyecommunicate.com
 @slmorgan

September 2023
South Africa